FROM THE PRINCIPAL

ARTS SHOWCASE
Thank you to our students, staff and families who were part of (or enjoyed) our fantastic Arts Showcase held at The Hopgood Theatre in Week 8. The Art exhibition in the Hopgood Foyer reflected an increasingly diverse skill set of our students. I just loved the People’s Choice nominations – I had to fill in two cards as I couldn’t separate our students’ work. The music, solo artists and choir in the foyer were priceless. The best part for me though was standing amongst the parents of the students performing and listening to their comments and words of praise. The fact that students with little confidence were able to perform in this setting was impressive and inspiring. (Please see photos in this edition).

The students, who looked fantastic in their full Seaford Secondary College uniform, managed all of their tasks (from Front of House to Usher) with dignity and pride.

The Arts Showcase inspired and impressed. I was struck with the range of styles within each Arts Form and the degree of talent across all Arts forms and year levels. Congratulations and thank you to our students and staff for your hard work and inspiration. Thank you to our families and fellow students for supporting this very important event.

PACTS
Our partnership with our families is important. In Week 8 Denise Luker, in partnership with The Smith Family, facilitated one of many PACTS (Parents as Career Transition Support) parent meetings. There were lots of parents in our staff room discussing career plans for their students and reflecting upon and implementing strategies for how they can develop skills to support them. If you would like further information, please contact Denise Luker on 8327 2222.

YEAR 9 AND 10 CANBERRA TRIP
In Week 9, 37 students and 4 staff members embarked on an adventure to our nation’s capital, Canberra. Highlights of the week included a visit to the Australian War Memorial where, despite it pouring with rain, our students stood in the rain to pay their respects.

DAME ROMA MITCHELL SCHOLARSHIP AWARDS CEREMONY
It was with great pleasure and pride that Uncle Jim, Marion MacKenzie, Jacky Hiscock and I attended the 2014 Chief Executive’s Reconciliation Awards and Dame Roma Mitchell Scholarship Awards Ceremony to see Tara (1105) receive a scholarship. Tara is an excellent role model. Further to this, Ethan (1203) has been selected to speak at the NAIDOC reception. He will share his experience of being a participant of the SAPOL Leadership camp in Canberra.

CONTINUED
NEW LAWS COMING FOR YOUNG DRIVERS

South Australia is introducing new laws on 28 July 2014 to help prepare and protect young people for a lifetime of safe driving. The major change will be the introduction of a night driving and passenger restriction for all P1 drivers under the age of 25.

Further information about the new laws and the exemption scheme can be found at www. mylicence.sa.gov.au or contact Ms Carol Nightingale, Senior Policy Officer on (08) 8402 1908 or email Carol.Nightingale@sa.gov.au.

IB MINI WORKSHOPS

We had the pleasure of hosting a variety of MYPIB (Middle Years Program International Baccalaureate) mini-workshops at Seaford Secondary College on Thursday 26th and Friday 27th June. It was fantastic to have over 100 teachers at our site for the two days. Our teachers had the opportunity to engage in some professional learning during this time. Thank you to Sandra Greenan for her coordination of this event.

TRANSITION DAYS

Over 100 Year 6 students from our partnership primary schools participated in a transition to Seaford Secondary College visit on Thursday 25th June. Our student leaders facilitated the program and engaged students in a tour of the school and a range of orientation activities. Thank you to Amy Whyte, Ben Hardy and Matt Fry for their coordination of this event.

GOVERNING COUNCIL

Finally, you are warmly invited to join our team of parents on our Governing Council. Meetings begin at 6:30pm and conclude at 8:00pm twice per term and are held in the Seaford Secondary College staff room. Our next meeting is Monday 11 August at 6.30pm.

PERSONAL PROJECTS

Congratulations to our Year 10 students on their fantastic Personal Projects. These were presented this week in the library as part of the IBMYP and was an opportunity for our students to identify and investigate something they are really passionate about. It was fantastic too, to see so many of our families supporting our students. Thank you to our Year 10 Care group teachers for their support of our students.

Cezanne Green., PRINCIPAL

BYOD AT SEA福德JULY 2014

The devices that we have found to work best are those with the longer battery life, as students will not be permitted to use their chargers at school. Also having a keyboard makes it easier for the longer assignments that will be required as students progress through to Senior School.

BYOD User Agreements can be obtained from Student Services at school, and will need to be signed by parents before connection to the BYOD Network can be made.

STUDENT FREE DAY 21ST JULY 2014

Our staff will engage in the powerful process of restorative practice with Terry O’Connell, the Australian pioneer of Restorative Justice. The journey engages young people in the process of building and maintaining relationships. We will explore how to create a space for young people to hear and be heard, to maximise conditions for emotional and social wellbeing and ultimately to create classrooms in which all students are engaged and learning collaboratively.

Terry is a major influence throughout the world in spreading his restorative approach and has been especially effective in bringing restorative practice to schools. He is passionate about all stakeholders having access to the restorative process and will return to Seaford Secondary College later in the term for an evening seminar, and invites our families to share these restorative practices, so that together we can build stronger relationships within our community. We hope that you can join us in this very exciting journey.

For more information please visit the link below: http://restorativeworks.net/2014/04/right-conversation-terry-oconnell/

Jen Griffen, Head of House
ECO CLASSROOM

This term Year 9 Science classes have been learning about ecosystems. In Week 7 the two Year 9 classes in Tigress went to Tatachilla Lutheran College and visited their Eco-class room. They have re-introduced native species to create seven different ecosystems. We were given a booklet with questions to answer about the ecosystems and organisms living in them. We walked around all seven of the ecosystems for our own chance to explore the plant wildlife and the animals. They had a range of native animals such as: Wallabies, Bettongs, Potoroos, bees, bats, birds, a Possum, and different species of water insects.

We had the chance to collect different organisms living in the wetlands. We got to look at the different organisms under microscopes and identify which species they were. We found some eggs and an organism that they didn’t know was living there. Once we finished walking around the ecosystem we all met up at the Casuarina and Allocasuarina spp. (She-oaks). The teacher got us all to try one of the leaves off the tree, which was used by the indigenous people to cure thirst and were sometimes eaten. We had a great time learning about the different ecosystems and trying new things.

Tessa and Stacey (C08)

YEAR 7 CAMP AT WIRRAWAY

The Year 7’s who went on camp had the chance to go horse riding. Some people had better behaved horses than others. One of the most popular horses was Hunter. “It was really fun,” said a Year 7 student. There were 30 different horses altogether; they were different colours and sizes.

Ashlee E02

All of the Year 7’s went on a bushwalk as part of the Year 7 camp, Wirraway. “It felt like the first hunger games” I said that shortly after the bushwalk.

Issie

The walk was for about an hour and featured cows, lighting fire with flint and steel, horses near the paddocks, and lots of plants and natural things.

The hills were extremely steep but that was just the start, the trees were wet and had a lot of algae and there were a lot of blackberry bushes, as well as little bugs but that added to the fun. This walk was in the back paddocks, with a view of the magnificent horizon.

Archery at Wirraway homestead and camp was an educated and magnificent experience.

Concentration, aim and skill, were some of the many attributes that were used whilst using the bow and arrows to aim, and fire at the targets. “Hold the bow to your hip when loading your arrows”

Dayna, Instructor

The blue bows were the easiest to load, the orange bows had medium difficulty and the black bows were the hardest to load.

Tiannah

Sheep herding involved students undertaking a few tasks which were to get the sheep out of one pen into another pen and also split them up into two equal groups. When students got there they saw a kangaroo. The rain held them up a few times and someone slipped over in the mud.

Anon

There was an estimated 55 students who tested their abilities at rock climbing. There were 6 levels to try on the wall and only 3 were open for students to climb. “The rock climbing at Wirraway homestead was really awesome”

Danica
Family units can come in all sorts of shapes, sizes, histories and experiences. No matter what yours looks like, do what you can to keep it together. We all need close relationships that we can rely on – it’s just how we’re wired. Sometimes when we are hurt we can push others away and act like we don’t need anyone. But studies show that we do need trustworthy & meaningful relationships in our life. This is especially true for the children and teens in the family.

Things are tough for a lot of people and finances are really tight. This will inevitably contribute to tension in the home which can then lead to bigger problems. Sometimes it can seem hopeless. But there IS hope because there IS help. It’s OKAY to ask for help!...and if that will take some pressure off, it’s going to help you in the long run to keep your family “tight”. I’ve included some webpage links from the City of Onkaparinga. They might just take the pressure off!

You might like to also check out the Seaford Ecumenical Mission for food and financial assistance – details are on their website: www.seafordecumenical.org.au


Cheers,
Karen Michelbach, CPSW
Lots of exciting things are happening for our Aboriginal students now that the celebrations of Reconciliation Week have subsided. Natalie (1002) and Braden (1004) participated in Actually, I Can SACE Aboriginal Student Pathways Conference at Flinders University on Wednesday 18th June with other students around the state. The day was opened by the Honourable Minister for Education, Jennifer Rankine and then Lakkari Rigney the first Aboriginal student to receive an award at Government House for their SACE subject results, spoke about her journey through school and how it is possible to dream and aspire to those dreams. She gave four key messages to the students about maintaining balance in your life as you study year 11 & 12, it is possible for you to go to university, there will be support available to make this happen and always keep working towards your goals. After this the students participated in a Psychology activity and a mock trial.

Congratulations to Tara (1104) who was presented with the Dame Roma Mitchell Scholarship, last Friday 27th June. The Dame Roma Mitchell Scholarship is awarded to only 6 selected year 10 students across the state. Tara was the only city recipient. The Scholarship was established by Dame Roma Mitchell to assist Aboriginal students complete their senior school studies. All year 10 Aboriginal students are encouraged to apply for this scholarship.

Congratulations also to Ethan (1203) who will be presenting at a NAIDOC reception for the City of Onkaparinga. Ethan will be talking about his experiences on the Canberra SAPOL Leadership Camp, which was his prize for his year 10 SAPOL Essay, as part of the PLP.

Also participating in the inaugural Ettawarra Camp in Flinders Ranges during the term 1 holiday was Alanis (100) and Aidyn (E03).

Next term activities include the year 9 SAPOL Camp, Life in the Uni Lane and Deadly Start to High School. We will also be looking at unveiling and a commissioning of our new painting that was designed by last year’s yarning groups and painted by a local Aboriginal artist.

In Week 5, Seaford Secondary College took three teams of girls, from Years 8 to 12, to Strathalbyn to participate in a Knock Out Netball Carnival. The interest and high participation rate allowed our teams to have a number of spare players, which was great for such a physically challenging day of netball. All teams played about four games of netball, against schools such as Mount Compass, Victor Harbor, Eastern Fleurieu, Wirreanda and Encounter Bay. Although the girls were not lucky enough to come out with a win, they showed great camaraderie and sportsmanship. It was great to see all the girls try their best and even some taking on leadership roles such as umpiring and supporting younger or inexperienced players. Well done girls, it was a pleasure to watch.

Ely Haussen & Anita Roberson
Netball Coaches

As part of the Knockout Sports program we took our Open Boys Football Team to Hallett Cove on Wednesday May 18 to play Marcellin College and Hallett Cove School. We had a very young team consisting of mainly Year 10’s with a few Year 11 students and only two Year 12’s.

On the day we were not successful against Marcellin College or Hallett Cove, but it was still a great experience in team work and the boys had a good time.

Thank you to Mr Matt Fry, Mr Simon McMahon, Hannah (12 03), Emily (11 03) and Alyshia (10 05) for their tremendous assistance on the day.

Duncan Begg, Football Coach

On Friday Week 6, the Year 7 Boys Soccer team played Moana Primary School at Moana. It was a very inexperienced team with only two boys who had played in proper matches before. Moana, on the other hand, had two or three who didn’t have match experience. It was a very tough first half with the boys not scoring by half time. They didn’t give up and fought back, only going down by a goal in the second half. The improvement shown by the boys over the course of one game was incredibly impressive. Some of the stand-out players were Tyson (B10), Zack (B10), Jake (C09), Lachlan (C09) and goal scorer Liam (C09).

Well done to all players on displaying outstanding effort and sportsmanship.

Brett Alcock, Soccer Coach
CANBERRA TRIP

On the afternoon of Sunday 22nd of June, 37 students from Years 9 and 10 gathered to embark on their journey to Canberra. After a 16 hour overnight bus ride, we arrived in Canberra. On the first afternoon we visited the Australian War Memorial to spend two hours experiencing the conflicts through Australia’s history. We got to experience the last post and wreath laying ceremony.

Other places we visited throughout the trip were:
- National Museum of Australia
- Geoscience Australia
- Questacon
- High Court of Australia
- Australian Institute of Sport
- Parliament House
- Royal Australian Mint
- Telstra tower
- Mt Ainslie

We got to see a lot of places and attractions that Canberra has to offer. Geoscience was a great place to learn more about tectonic plates and minerals, and Questacon was very fun as we got to do hands on Science activities. Parliament house was a great experience where we saw the House of Representatives and Senate in action. We also took part in a role-play at Parliament House so we could learn how it works and met our local MP, The Honorable Amanda Rishworth.

On the return journey to Adelaide we stopped for a couple of hours at Perisher in the Snowy Mountains. It was a really fun experience as most of us had never seen snow before!

The Canberra trip was a great success and a trip none of us will forget! We have all learnt a lot about Science, sport, Parliament and Canberra itself. All the students agree that it was an amazing trip and despite the cold, we all had a blast!

Alisha and Brodie (Year 10)

Our 37 students were incredible ambassadors for Seaford Secondary College. We were extremely proud of their behaviour, manners, respect and general enthusiasm during the trip. It was an absolute pleasure to take this group away. I would also like to thank and acknowledge the work of our staff team; Trina Coburn, Craig Ottaway and Michelle Wardell in helping make the trip so successful.

Stephanie Johnston
8/9 BOYS KNOCK OUT SOCCER

On Monday Week 6, the Year 8/9 Boys Soccer team made their way to Tatachilla College where we played the first game of the day against their team. This game was always going to be tough as Tatachilla are a much more skillful, taller and physically stronger team. With no substitutes our team was unsuccessful, but to their credit they never gave up and stood up to their stronger opponents and were not afraid to go in for tackles.

In the second game we came up against Encounter Lutheran. Size for size this was a better match up for our boys. The first half proved to be a very even game with scores locked at 0 – 0. To try to get a win we changed formation and went more attacking. Within 10 minutes of the second half we were 2 – 0 up. It was great to see the boys celebrate their goals with each other. Encounter scored with 5 minutes to go and our boys held on to win 2 –1. Tatachilla beat Encounter in the final game to progress to the next round.

I would like to thank all players for their efforts and behaviour and a special thank you to Rendel (Referee for first game) and Bailey (Linesman). Both Tatachilla and Encounter applauded us for being great sportsmen as we stayed to watch their game.

John Hargreaves, Soccer Coach

9-A-SIDE FOOTBALL

The 9-a-Side Football Carnival was held on Wednesday Week 5 at Encounter Bay with various schools in the Fleurieu Zone competing. 9-a-Side is modified football on a smaller oval and a smaller ball with 3 forwards, 3 midfielders and 3 backs. Only forwards can score. There is no soccering the ball and a maximum of 2 bounces.

The Seaford 8/9 Boys had 3 teams. A Year 8 Boys team and 2 mixed 8/9 teams. The Year 8 Boys showed incredible improvement on the day and in their final match were highly competitive against a team that they lost to earlier in the day. The support for one another and cheering from the other two teams was a sight to see!

The 8/9 Boys just missed out on the Grand Final by percentage, so finished 3rd and 4th and played against each other in the finals. Both sides demonstrated a high level of skills, sportsmanship, and had many laughs while playing.

A big thank you to Simon McMahon for his support on the day, particularly of the Year 8 team. Their improving performances throughout the day were amazing to see. It was also fantastic for Seaford to enter 3 teams and for all boys to encourage and support one including our Year 10 students who umpired and coached.

Bailey – “it was well organized and I really enjoyed playing the modified version with my mates”

Liam – “it was fun to play with new people from school and make new friends”

Jacob – “it was great to have a kick with the lads”

Sam – “it was heaps of fun”

Craig Ottaway, Sports Coordinator
3D PRINTING COMPETITION
If you are intrigued by the library’s 3D printer and have an interest in designing your own 3D models, why not take part in the Adelaide Show’s 3D Printing Competition? There are 2 categories: Mechanical Moving Object, and Sculpture. Visit the library for more information or an entry form. Entries close Friday 25th July.

END OF TERM QUIZ
It’s that time again, folks! The end of term lunchtime quiz will be happening in the library on Thursday, 3rd July (Week 10). If you are interested in entering a team, register your interest at the library. Get ready for a fun-filled lunchtime jam-packed full of all sorts of interesting and quirky questions. You’ve got to be in it to win it!

DO YOU STILL NEED THAT BOOK?
Now is a great time to search through school bags, lockers, bookshelves and other hiding spots in your bedroom for those books you borrowed but don’t need anymore. If you have books from the library that need returning, please do so by the end of the term so that you have a fresh start for Term 3, and so the books can be borrowed by the next class who need them. If you’ve lost or damaged an item you’ve borrowed, please speak with Karla (School Services Librarian) and we will work out a solution together.

Karla Pickett
School Services Librarian

JAPANESE EXCURSION
On Tuesday, June 17th, Mr. Truman’s year 10 Japanese class, along with Atsuko Sensei (our student teacher), took a trip to Adelaide to visit a semi-traditional Japanese restaurant, Hotaru, where they were served several types of Japanese dishes. Foods included traditional soups, sushi, Japanese lunch boxes and rice based dishes. Food was served by a Japanese waitress, upon low standing tables, to be eaten cross legged without footwear.

“Oishii desune”, meaning “Delicious” was a common quote among the students, as each dish was brought out and marvelled at. Shortly after the meal, the students were taken to several Japanese themed markets and shops and it was considered an interesting experience all round.

James (1001)

STUDENT HEALTH & WELLBEING TIPS
THE IMPORTANCE OF SLEEP TO WELLBEING AND ACADEMIC ACHIEVEMENT.
With advances in computer games, television and social media many students are not getting the 8.5-9 hours of sleep recommended each night. Getting the recommended amount of sleep is essential in student development to repair our bodies, consolidate memories and process information. Lack of sleep is also linked to a weakened immune system and poor mental health, including increased anxiety and depression. Other common side effects of lack of sleep include:

- Limited students ability to listen, learn, concentrate and solve problems
- Impatient, aggressive or inappropriate behaviours
- Increased acne and skin problems
- Increased weight gain due to changing hormone levels at night

Higher risk of heart disease due to increases in stress hormones

Some tips for supporting students to get enough sleep to maintain positive brain development include:

- Do not try to fall asleep watching television.
- Do not lay in bed playing computer games or using electronic devices and social media
- Ensure you only participate in activities that calm you prior to going to bed
- Do not eat, drink or exercise just prior to going to bed
- Make sleep a priority and create a regular sleep and wake up time
- Keep a notebook, diary or to do list and write things down if they are causing you to lose sleep
- Create relaxing environment to relax and sleep including good lighting, noise and temperature.