**Le Fevre High School**  
**NEWSLETTER**  
**Issue 2, April 2016**

From the Principal

**2016 Term dates:**

**Term 1**  
1st February - 15th April

**Term 2**  
2nd May - 8th July

**Term 3**  
25th July - 30th September

**Term 4**  
17th October - 16th December

Inside this Issue:

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- P/T Night and NAPLAN  
- Middle Years Program  
- Trade School for the Future...7  
- IBMYP/Literary Prize  
- Helping Teens Succeed  
- Community Advertising  
- Materials and Charges

Coming events:

- Fri 15 April  
  - End of Term 1
- Mon 2 May  
  - Student Free Day
- Tues 3 May  
  - Beginning of Term 2
- Tues 10- Thurs 12 May  
  - NAPLAN
- Wed 11 May  
  - Parent/Teacher Night
- Thurs 26 May  
  - Sorry Day
- Mon 30 May-Fri 3 June  
  - Reconciliation Week
- Mon 13 June  
  - Queen’s Birthday Holiday

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**Thanks:** I begin with a sincere thanks to Jean Perry who was Acting Principal while I was on sick leave in the first part of the term. I also thank and acknowledge the work of Sarah Craddock and Kylie Hill in their acting roles during this time as well. It is certainly great to be back at work and I look forward to working with the school community again throughout the year.

**Taste of High School and Primary Visiting Program:** I thank Craig Bailey, Ty Duermen and Liam Narcys for Coordinating the Taste of High School Program and the visits to our local Primary Schools over recent weeks. Thanks also to Kylie Hill for being a part of the visiting teams and to all who have helped make the visits by Primary students to our site such interesting and successful occasions during the recent ‘Taste of High School’ program. We have also begun our STEM visiting days with Eddie Grzeskowiak, Liam Narcys and Alastair Lupton delivering this integrated program for the students.

**Harmony Day:** We celebrated this important event, which coincides with the International Day for the Elimination of Racism with an assembly on **Tuesday 21st March**. Currently we have over 50 national heritage groups represented within the student and staff population. Highlights included many students and staff welcoming everyone in their mother tongue. What a wonderful display of diversity in our school. Special thanks to the Music students and Ms Fogarty for their performance of ‘We Are The World’.

**Open Night Wednesday 30th March:** This is one of the most important events on the school calendar and I thank members of Governing Council, and acknowledge the huge team effort by staff to coordinate an interesting and dynamic program for the evening. Many students were also involved and we appreciate very much the involvement of students who participate in such events. Feedback received has been very positive, the school looked great and our visitors commented on how friendly and happy our students and staff were in meeting with them. Sincere thanks to all!

**Focus on school tone and learning:** Staff teams have been working again on procedures to support our policies we developed around student achievement and the strengthening of the learning culture of the school. Homework class is functioning each week on Thursday afternoons again for students nominated for additional support or for those who wish to attend to take advantage of the support offered.

**Uniform Compliance and Uptake:** The uniform across 8-12 up-take has been very good again this year. Please remember if your family is having difficulty affording the uniform items please contact me for confidential support. The new spray jackets and the plain black tops for the girls to wear with their skirts have been well received. We acknowledge the work of the student voice in advocating for these new uniform items.

**International News:** We have an increase in the numbers of full fee paying International Students this year. Countries currently represented are Germany, Thailand, Malaysia, Japan with more students coming from Indonesia later in the year. We have also just had a short term visit (1 week) of a small group of students from Ueonehara School, Japan on a fee for service basis. Other activities for this year include a proposed visit from our sister school, Sekolah Pilar Indonesia in Jakarta in Term 4 and the launch of the expressions of interest for the Laos/Cambodia trip for 2017.

**Soccer program:** We had a wonderful visit last Wednesday from Dr John Moriarty, who is our patron. He was in Adelaide for the 50th anniversary of Flinders Uni as he was named one of the 50 ‘Outstanding faces of Flinders’.

**Facilities Upgrade:** The facilities redevelopment plans and second stage are progressing well now.
From the Principal cont

One of the key benefits for our school is the possibility it has provided for us to consolidate all the Learning Areas into distinct zones through this process, rather than having some learning area class rooms scattered across the campus.

Stage 2: will be commencing over the April holidays. The P1 buildings adjacent to the Administration and A Block buildings will be demolished. The asphalt areas near to the Special Education Gardens will be redeveloped into basketball courts and there will be new plantings and seating in this area. Within the B Block B204 is to be converted to a Traditional Arts area starting in term 2, and eventually the TK room will become digital media. The TK room will move upstairs to B206 at the start of next year.

Stage 3: The construction of the new building on the site of the old P1 prefab buildings will be commencing. The new building will be known as the languages centre. The time line for this is that we should get hand over by the end of this year. The Humanities/English will be on the top floor of A Block. Maths/Sciences will be on the ground floor of the A block and the Flexi Centre will move to P305 (the building currently used for examinations). This will allow us to also develop a senior study hub for year 11s and 12s adjacent to the Resource Centre.

Stage 4: This is the extension to the Admin area with the date range as yet to be finalized.

Participation Games: The weather was good, the students entered into the activities very enthusiastically and set themselves high standards of conduct and the staff enjoyed the day! Sincere thanks are extended to Ben Jones, the PE staff and all other staff members who contributed to this wonderful day. Thanks also to those parents who took the opportunity to come along too.

NAPLAN: The NAPLAN testing processes will occur in May and detailed information has been sent home for parents of Year 9 students in recent days. Ms Jean Perry will be coordinating this program.

Electronic Communication: We are planning to move to electronic only newsletters by Semester 2 this year. Currently we send out paper copies as well as upload an electronic version to our web page. An electronic version will be available on our website in weeks 5 and 10 each term.

What does this mean for you?
We encourage you to view the newsletters directly from our webpage via your electronic devices, eg mobiles, ipads, PCs, etc. to facilitate this changeover. For those unable to access the above arrangements, we will continue to make a limited amount of printed copies available for collection from the school. These would be available from Reception. Similarly we will be phasing out the posting of information regarding detentions and withdrawal room. These communications will come via SMS. We will inform you all prior to this being activated.

Safety Issues Swan Terrace Car Park: I need to remind parents and students that the car park on Swan Terrace is just that, a car park for staff and official visitors to the school. It is neither a thoroughfare nor a drop off zone. Students are reminded to use the designated footpaths to the front gates and parents are respectfully requested NOT to do drop offs or collections in this space as it is very congested. Please use the drop off zone near the playground adjacent to the oval. Similarly the staff car park on Hart Street is NOT a student drop off zone.

Student cars in streets adjacent to the school: Students are reminded to be respectful of our neighbours and leave the areas where you park neat and tidy with no litter left behind.

Phone Options: I would like to remind callers that when phoning Le Fevre High School, we have 3 options in place and request that you listen and choose carefully from these options:
1) Reception
2) Student Absences/Services
3) Finance

Lockers: Some students do not have padlocks on their lockers. Parents please supply padlocks so all student and school loaned books are stored securely.

Kindest regards
Rob Shepherd

GOVERNING COUNCIL OFFICE BEARERS 2016

Chairperson: Tracy Blamey
Deputy Chair: Sharryn Lunney
Secretary: James Dekort
Treasurer: Tania Mann
Finance Advisory Committee:
Peta Pollard, Tracy Blamey, Tania Mann and Rob Shepherd,
Leanne Hembrow Ex Officio
Canteen Rep: Tania Mann
Facilities Rep: Shane Ash
Fundraising Committee:
Peta Pollard, Dianne Tyrrell
Uniform Committee:
Molly Coad, Sharryn Lunney, Peta Pollard

Full list of Governing Council for 2016:
Alastair Lupton
Andrew Renfrey
Dianne Tyrrell
Frances Whaley
Golestan Fathi
Ian Hunter
James Dekort
Leanne Hembrow
Molly Coad
Peta Pollard
Pranee Sensuree
Rob Shepherd
Sally Robertson
Shane Ash
Shane McKinnon
Sharryn Lunney
Tania Mann
Tod Weymouth
Tracey Blamey

2016 Ambassadors:
Aaron Clark
Lachlan Mann
Miroslav Micanovic
Mitchell Lunney
Claire Sampson
Vida Azizi-Fard
Felisha Salamon
Kim Elliott
On March 11, 2016 Ocean View College, Henley High School, Saint George College, Thebarton Senior College, Croyden School of Languages and Le Fevre High School competed in an inter school lawn bowling championship at West Lakes Bowling Club.

Upon arrival, the green that was assigned for the competition was already mowed, rolled and the morning dew removed. Le Fevre H.S. nominated five teams of four students per team and the competition was to find the best individual team on the day. The temperature was a warm 32 degrees and the humidity was around 70%.

After a 30 minute briefing on the rules, scoring and etiquette of the game the challenge began. Each game consisted of two ends with the score card submitted to the recorder. Two sections were completed before lunch and the finals were played in the afternoon.

Le Fevre was the reigning champion but we could not hold onto the title again this year. We came in a respectful fourth with the year 12 group of Tyson, Jack, Declan and skipper Lindsay.

All in all everyone had a wonderful day on the greens and the camaraderie and friendships that were made with students from other schools are priceless.

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**Participation Games Sports Day 2016**

On Friday 18th of March, Le Fevre High School held our annual Participation Games Sports Day. The day was attended by many students dressed in their team colours and ready to participate in a day of track and field events. All students had a fun and enjoyable day, competing in good spirit to gain points for their team. As well as team points, students were also competing to be named the first Boy or Girl Sports Day Champion at each year level. Congratulations to all students who participated and competed in each of the events throughout the day and we hope to see everyone again next year. Also good luck to each of the students who will be selected to represent Le Fevre High School at our Santos State Athletics Day based on the day’s results.

**Team Results**
- Swan 738 Points
- Hart 730 Points
- Park 931 Points
- Robin 1086 Points

**Sports Day Champions - Girls**
- Year 8 – Steph
- Year 9 – Cameron
- Year 10 – Janaye
- Year 11/12 – Rebecca

**Sports Day Champions - Boys**
- Year 8 – Omar
- Year 9 – Bray
- Year 10 - Tysen
- Year 11/12 - Jeremy and Fabian

*Ben Jones*
Physical Education Coordinator
Parent/Teacher Night and NAPLAN 2016

Parent/Teacher night will be taking place on Wednesday 11 May (week 2 term 2). Information about the night, including a booking sheet, will be distributed to students at the start of term 2. If you wish to make a booking with a teacher, please fill in the booking sheet and your son/daughter should then finalise this with their subject teacher before the night. If you are unable to make it on the night, please feel free to email the teacher concerned (email addresses are on the student reports) or contact the teacher via the school’s phone number.

NAPLAN 2016

The 2016 NAPLAN tests will be taking place from Tuesday 10 May to Thursday 12 May. By now your child would have received information about this, including a Record of Student Withdrawal (By Parent/Caregiver) form for parents/caregivers who wish to withdraw their child for philosophical or religious reasons. These forms were required to be returned to the school by the end of the term.

Further information regarding NAPLAN can be obtained from the DECD website (www.decd.sa.edu.au/naplan) or the National Assessment Program website (www.nap.edu.au/).

Jean Perry
Assistant Principal

SAPOL’s Road Safety

SAPOL’s Road Safety Section recently attended our school and delivered a road safety presentation to year 12 students entitled “Getting Home Safely”, presented by a currently serving police officer. This presentation is designed to empower young people to make informed choices, educated decisions and to foster change through open discussion on subjects such as peer group pressure, choices, risks and consequences associated with driving a motor vehicle. The session documented an actual fatal crash which occurred on ‘Muck-up Day’, the final day of school when an 18-year-old driver crashed the vehicle he was driving while unlicensed, drink driving and speeding. The crash killed one friend and seriously injured the driver and another friend. SAPOL’s presentation explores the crash and the subsequent social and legal consequences with the students.

The Road Safety Section also provides a free bi-monthly e-newsletter ‘Talkin Road Safety’ to schools which provides articles on road safety which are of interest to drivers and other road-users.

There are a number of web sites which may be of further value to you and the students.

- raa.com.au
- mylicence.sa.gov.au
- sapolice.sa.gov.au
- howsafeisyourcar.com.au

For any further information on Road Safety please feel free to contact the Road Safety Section on 82076586 or by Email: SAPOL.RoadSafetySection@police.sa.gov.au
2016 Medieval Day

Medieval Day was a great success this year! The year 8 students participated in a variety of activities on Medieval Day, allowing them to have a hands-on experience of history.

The students started the day with a presentation on Medieval Arms and Armour by Education Consultant Michael Dunadew. He discussed and demonstrated the changes that have occurred in the design of Medieval Arms and Armour across the era. Next, students had a variety of activities they participated in; archery, IT design of a medieval shield, film and cooking. We followed these activities with a Medieval Feast. Students of Ms. Mouveri’s Individuals and Societies classes contributed with some wonderful medieval sweets. After our feast, we continued the day with a Trebuchet competition. The competition was a culminating of a unit of work for Science, and was a lot of fun.

There were many fun and exciting things to do during the day. Thanks go to all of the teachers who helped out, in particular; Ms Mouveri, the Science Team, Mr Herman and Ms Petrov.

We look forward to our next chance to participate in more living history experiences.

Rachel McLaine

Year 8 Medieval Tournament

As part of our medieval day celebrations for Year 8’s, all students constructed a trebuchet (a machine similar to a catapult used in medieval times to overcome the defences of a castle) in Science. Mr Herman, one of the science staff with a STEM (science, technology, engineering and maths) focus, kindly used the 3D printer in technology to cut out cardboard trebuchet templates for each class and even 4 castles for the students to “attack” during the medieval day tournament.

Earlier this term, the students worked in small groups to construct a trebuchet and tested it using differing sling lengths. Students took measurements of the distance their projectile travelled for 5 increasing sling lengths and graphed the results. This data was useful during the tournament as each group made calculated predictions which sling length would be required to hit the castle 3.5m away.

So Tuesday afternoon, 15 March, the quadrangle area was a buzz with each Year 8 class trialling their trebuchets to find their best team to compete in the final. Some groups overshot the castle, some fell short but the finalists all hit the target.

Congratulations to our winners, Jade and Daniel for their trebuchet success.

As you can see in the photos below this was a great way to end a very successful medieval day.

Jan Price
School based Apprenticeships and Traineeships

If you are a student who knows what trade or vocation you want to start your career with, then a school based apprenticeship/traineeship is for you!

More and more students are seeking the opportunity of commencing a school based apprenticeship/traineeship while still at school.

Students can now accumulate 10 stage 2 credits with every 70 hours of their trade or vocation competencies completed. It is proving to be a great practical pathway for students to achieve their SA Certificate of Education.

This means that if a student is intending to become a tradesperson, or an Aged Care Worker, Hairdresser, Clerical Officer, Chef etc., they can start their contract of training with an employer in a permanent part time arrangement and have the training competencies registered as part of their secondary education.

LeFevre High School has a number of students who have commenced school based apprenticeships/traineeships over the years, and the school and staff support these students with the development of individual personalised learning plans. These learning plans are programmed to accommodate attendances for both lessons within the school and, training with the employer and registered training organisation.

The Trade Schools for the Future skilled Apprenticeship Brokers continue to provide students with in-school communication of employers’ expectations and evidence required for job commitment.

LeFevre High School has the services of Apprenticeship Broker Vicki Bryant, whom is based at the school and is available to interview and assist students wishing to take this pathway to complete Year 12. Her role is to facilitate the school based apprenticeship/traineeship arrangement. Vicki will also discuss with the student how to develop employability skills to maximise their apprenticeship and traineeship opportunities.

A school based apprenticeship/traineeship will increase a student’s opportunity of gaining employment in their first choice of employment. This means not having to compete with school leavers in the State at the end of year 12 for the same job.

Brooklyn (pictured) has commenced a Certificate III in Sport and Recreation, to become a qualified Recreation Industry Worker with Power Community Ltd. She is currently completing her Year 12. Her school based traineeship will earn up to 80 Stage 2 credits and the qualification can contribute towards an ATAR score.

If you would like to discuss school based apprenticeship or traineeship opportunities, please see below:

APPRENTICESHIP BROKER
Interested in starting an Apprenticeship?
Book a meeting to see Vicki to further investigate your options

See Nicole in Student Services to make an appointment.

Vicki is available on Mondays between 12.00 and 2.00 pm

Vicki Bryant
Mobile: 0458 564 603
vicki.bryant@sa.gov.au
The IBMYP and the Saint Vincent Literary Prize

The English and Humanities teachers from Oceanview College and Le Fevre High School meet regularly to moderate work in order to set common IB assessment standards. At a recent meeting we recognized the power of so much of our students’ writing. The Saint Vincent Literary Prize was conceived! We wanted to celebrate Creativity and our students’ engagement with the creative process. This skill is emphasized in our IB Global Contexts and in the IB’s Approaches to Learning. Personal and Cultural Expression and Identities and Relationships are contexts that shape our curriculum design. Both schools were delighted with the response from our students. Over 100 students submitted entries and the following students from Le Fevre were finalists in the competition: Bridget (3rd overall prizewinner), Kolby, Taylor, Rebecca, Cameron, Saige and Molly.

Both of our schools are committed to giving voice to students and to acknowledging the importance of Poetry and Story in nourishing our souls, indeed our lives! Sometimes this voice is confronting but we recognize how critical it is to affirm the concerns of our students.

We cannot publish all our finalists but we invite you to enjoy the following students’ creativity.

Anne Bourke
Coordinator, English, Humanities

Flowers and Sunsets: Love by
Kolby [Year 8 at time of writing]

Love is like a storm
Thunderous and suddenly striking.
A strength startlingly rising.
Love is like medieval times.
Pillaging and Vikings.
I swear there’s nothing ever like it!

Love is like a narrative,
A story slowly unravelling.
Love is like a bomb
Boom! Bang! Crash!
Could go off at any minute.
Love is like a melodic song
2 tracks begin to clash
But not just another Rhyme.
Love is like a racing track
Opportunities passing by.
The finish line, just a few metres shy.
Love is like another world.

Miss Atomic Bomb [With thanks to The Killers]
Cameron [Year 9 at time of writing]

She left me
The light in the dark hallway is gone
Miss Atomic Bomb I called her
She blew me away like a plastic bag in the wind
And now I’m left for dead
In this decimated battlefield.

Student Information Reminder

It is important to keep the school updated with your current details. We ask you to inform us at your earliest convenience if any of the following details may change:

- Phone numbers
- Emergency contact details
- Address or email information
- Medical conditions

This ensures we can communicate effectively with you in times of emergency.

STUDENTS WITH A MEDICAL CONDITION REQUIRE A HEALTH CARE PLAN

These are specific to the student’s medical condition i.e., Asthma, Epilepsy, Anaphylaxis etc. These Plans can be obtained from Student Services and must be completed by the parent and signed off by the Doctor.

STUDENTS ON MEDICATION Students must not administer their own medication, it should be given to Student Services in the original chemist packaging stating dosage information along with written consent from the parent.

Page 8
Bridget

Charade

Smash. The glass hit the wall and fragments bounce off, embedding in her face. Crack. Her head hit the ground as the unrelenting hand pushed her head into the cold ground. Snap. Her rib snapped, pushing pressure on her lung and making her curl up and wheeze in pain, as the foot smashed into her midsection.

This is how her life went. Living in fear. Fear of her father. Fear of the people at her school finding out. Fear of the world.

That much fear. That much suffering had ruined her. She didn't tell anyone about her father, and whenever someone mentioned her bruises or the slight limp she had that day, she would always brush it off. Saying she'd tripped.

Impact hit again. As another rib smashed. The impact hitting her stomach, making a spray of blood spray out of her mouth. She screamed at him to stop, but he never relented.

Tears streamed down her face as she screamed. He merely just struck again, this time with his fist beating her with his hands. Fingernails digging in and ripping through her skin. Leaving marks on her skin. Leaving bruises and streaks of blood on her.

Suddenly she was sharply pulled off the ground.

'Worthless' he screamed in her face. Her eyes were too swollen to see what his expression was at the moment but she could guess.

'Useless', 'Unnecessary'. With each insult he strikes again, her feet still dangling off the ground.

He threw her down again. She yelled out as her already damaged rib hit the chair.

She could hear him mumbling things as he walked out of the room, slamming the door behind himself. She stayed lying on the ground. Tears falling out of her eyes and landing on the carpet, leaving a stain. She tried blinking, but her eyes were too swollen. She pushed herself off the front, with a lot of groaning and wincing, and walked over to her mirror. She had bruises and cuts all over her body.

Some from where his knuckles had hit so hard they broke through skin, others from his finger nails or any sharp object he had in his hand.

She still had scars from the last time. Not that it shocked her. It had only been two days ago. She blinked a few more times, and some of her vision came back.

Now she could see more details of her face. Her hair was sticky and matted together from blood. Bruising covering more of her body than she thought, her skin tone may have well been purple, she winced as she moved an arm to touch her nose. Examining her nose she discovered that it was broken again.

She sighed and walked over to her cupboard, awkwardly pulling out her make up kit.

She took a step back and looked at her self in her mirror. Her hair was blonde, but with the blood running through it, it looked almost red. Some cuts were still visible on her skin and bruises on the uncovered part of her body.

She started to pull the necessary things from her make up bag. Once she had them neatly lined up on the table in front of her she lifted each and carefully started covering her cuts and bruises, using a cloth to stop the bleeding of the cuts before anything was applied to them.

Her face was the easiest it get right, little cover up here, a lot over there, easy to get away with because everyone wore it. It was the torso and arms that were harder, some she could get away with, blaming the non-existent cat on. Others were, bigger and deeper, those she could blame on other things like falling over.

After the cuts and bruises on her arms and torso were completed she made sure to wear long pants and long sleeved shorts just to be sure no one would notice.

She heard a glass smash somewhere deep in the house and flinched. She looked up into the mirror again, her face despite all the makeup, was sunken in. You could still see that she hadn't eaten a proper meal in a week. Her clothes were loose, only second hand things from a dingy old shop her dad made her go to. Despite her sad appearance she forced herself to smile, a confident cocky smile that she had perfected over the years, and a smile that made her look strong, unbreakable.

She was relying on this smile, this confidence, it was her only lifeline in the games 'how of life'. If she needed help the only thing left to her disposal was this smile. She slowly opened her door and shuffled over to the bath room on the other side of the hall. She bent over the basin and began washing the blood out of her hair. Slowly, being sure not to smudge any of the make up on her face. She turned off the water and looked at her self again, you could see blonde now. Her smile was as flawless as ever. She shuffled back to her room and grabbed her bag, flinging it over her shoulder and wincing in pain as it hit a bruise. She quietly walked out of her room and through the house, being sure not to be seen.

She opened the front door and quietly closed it behind her as she left. She lifted her head up and smiled, smirking at the world for falling for her charade. Hitching her bag up and not letting the wince show as she walked out of her front yard and began the journey to school, not showing any pain, or any weakness.
Parents can help teens succeed in exams. Know revision strategies that work, offer to interview students about their subjects, encourage balance and help them look after their health.

I talked with the students recently about how to revise effectively for exams. Here are the two most important points covered.

1. **Short chunks of revision – from now on – will save them time in the long run.**

   Students should start revising for 5 minutes from this point forward. Research shows that we retain more information when we revise for short periods more frequently than when we revise for longer periods less often. I asked students to find 5 minute blocks during the day - at the start of homework or study time, during the ‘ads’ on TV or while waiting at the bus stop.

2. **When revising, students must activate their brains – make themselves think, summarise, process and engage with the material they are trying to remember.**

   For example, they might do things like:
   - **Make information visual** - Use diagrams, colour, make things big, make models, pictures, put information on posters, and use visual stories.
   - **Connect information to other information already known** - Connect information in one subject to another subject, connect information to real life experiences; connect information to the first letters of words (acronyms).
   - **Organise information** - Put info into groups, categories and subcategories, split information into beginning, middle and ends, order information into sections.
   - **Predict what will be in tests/exams** - Write out a possible test/exam questions. This is a way of activating brains as well as a way of knowing what to revise.
   - **Provocation** - Make up jokes and songs about material. Connect concepts to funny, sexy, shocking and scary things. Imagine the emotional impact of concepts.
   - **Talk out loud** – being forced to explain or list things out loud makes our brain process this information in different ways, meaning it will be more likely to be remembered.
   - **Constantly test** - Make up cards/ revision books, or use phone apps/laptop programs that consist of sample questions/answers. Use spare minutes to test yourself.

   Parents can be a huge help to revising students. A few suggestions for parents are below:

   **Interview the student about their topics.** One of the best revision methods is to teach somebody else. If your teen is willing, ask them to teach you. Ask questions about their subjects. Have text books on the subject in front of you and ask about what words/ concepts mean. Be curious. Get the student themselves to come up with a list of written questions and answers, and then “test” them by asking them these questions.

   **Be careful this is not a “grilling” for the student.** This needs to be something that helps rather than increases stress. If you find yourself getting frustrated, stop!

   **Encourage balance.** A relaxed and happy student is more likely to learn more effectively. Help teens make time for fun, socializing and relaxing – even during exam time. If they feel good, they’ll learn better.

   **Ask about study** – ask questions about what they are doing, how they are feeling about it, and what they are most worried about. BUT (and it is a big one) these questions need to be asked in a relaxed, casual way. Don’t be offended if students don’t want to talk – just come back to it the next day. **Ask for their opinions and experiences** – don’t just give advice or nag. Finally, make sure that this is not the only topic you are asking about – also ask students about things they enjoy talking about rather than only discussing schoolwork.

   **Help students look after their health.** Sleep, exercise and nutrition are vital for the brain to function. Make sure they eat breakfast, have healthy snacks available, get to the gym/sport and don’t stay up all hours of the night. This is tricky, I know, but do as much as you can.

   **Finally, keep showing love and encouragement to students.** Exams are a stressful (often new) experience for teens. They need people around them who love, support and encourage them. Parents are best placed to do this. Tell them you love them, ask them how they are feeling and ask how you can help.

   For more ideas and free articles on supporting teens with sleep, friendship, stress and smart social networking go to www.developingminds.net.au
The 2016 Adelaide Careers & Employment Expo is happening on Friday 20th and Saturday 21st May at the Jubilee Pavilion, Adelaide Showgrounds. Friday is the day dedicated for students to attend with their schools, however if you’d like to attend with your child/children on the Saturday, they’ll have the opportunity to speak with leading training and education providers, receive guidance from professional Career Advisors, and figure out what they might be interested in doing once they leave school. Grab a coffee and relax and/or chat with other parents regarding the best way to guide your children through what can be an overwhelming and confusing time.
2016 Materials and Services Charges

The Materials and Services Charge for 2016 is $470.00 per student and is due now.

PAYMENT OF MATERIALS AND SERVICES CHARGES Payment can be made using any of the following options -

- **Qkr (Quicker)** is a CommBank mobile phone or online payment app which is secure, fast and flexible. Qkr can process full or part payments for M&S Charges. Qkr has been designed for schools and is our preferred method of payment. Qkr will accept payments from Visa or Mastercard. No fees are charged for using Qkr. Download the Qkr app from the App store (iPhone) or Google Play (Android), register and follow the steps to find our school. Please see instructions on our website to assist you in setting up this app. You will find instructions under Fees and Enrolments—Fees and Stationery Requirements.

- **CASH, CHEQUE, EFTPOS, VISA OR MASTERCARD** in person or over the phone.

- **B POINT Direct Debits** made regularly from your account at a time that suits you. Please call us for assistance.

- **CENTREPAY** - If you receive a Centrelink payment for Family Benefit, Parenting Payment or Disability Support, you can choose to have money regularly deducted from your Centrelink payments to pay for Materials and Services Charges. Centrepay is a direct deduction service that is voluntary and available at no cost to you. Application forms are available from the school or contact Centrelink for more information on 13 2490 or [www.centrelink.gov.au](http://www.centrelink.gov.au)

- **SCHOOL CARD GRANT** is a Commonwealth Government Grant for the purpose of paying Materials and Services Charges for eligible families. The amount of the grant in 2016 will be $303.00 for Secondary Students. Assessment for eligibility is made on taxable income for the 2014/2015 financial year. A new application for the School Card Grant must be completed and lodged each year. Please bring your Concession Card with you when making the application for the School Card Grant.

**PLEASE NOTE – BIZGATE is no longer available to make payments to schools**

Please use Qkr or B POINT