

## Calendar Dates

### TERM 1

#### Week 8

**Monday 19th March**  
- Open Boys indoor Cricket

**Tuesday 20th March**  
- Governing Council Meeting  
6pm

**Wednesday 21st March**  
- Harmony Day

**Thursday 22nd March**  
- Western Zone Athletics

#### Week 9

**Monday 26th March**  
- Year 8/9 Boys indoor  
Cricket

**Wednesday 28th March**  
- Student Voice Assembly

**Friday 30th March**  
- Public Holiday  
GOOD FRIDAY

#### Week 10

**Monday 2nd April**  
- Public Holiday  
EASTER MONDAY

**Thursday 5th April**  
- Special Olympics Annual  
Tournament

**Friday 6th April**  
- Interschool Athletics

#### Week 11

**Monday 9th April**  
- Year 8/9 & Open Euro  
Handball

## From our Principal, Mr David Harriss

Welcome back to all previous readers of our newsletter, and a particularly warm welcome to all new readers. The school has started very well, all of the new students have settled in fantastically and the old hands set to work very quickly.

The school has a history of academic success and we remain committed to this tradition. Many students have a high sporting profile, especially those involved with the Football program. Our 2017 SACE results were again outstanding. SACE completion rates (97.3%), the percentage of passing grades at Stage 2 (97%) and 100% pass rate for Research Project are our best ever results. On an individual level, Darnel Crisp was the Dux

of the school with a 99.6 ATAR, and gained a Merit Award for English Literary Studies. Norie Hayama, Katherine Dinning, Franco Veri, Mei Yee Chin, Niamh Gregg and Alicia Mitchell all gained ATAR scores greater than 90, and Maddison Small gained a Merit Award for Research Project B. Congratulations to these and all of our students, their caregivers and the many teachers who have contributed to their success.

On the sporting fields, led by Mr Paul Davies, Underdale High School won the coveted "Howard Mutton Memorial Shield", and the Western Zone Sports trophy for the school with the highest relative sports involvement by students. The Football Academy, led by Ms Natalie Zucco, had another successful year:

- Year 8/9 Girls Western Zone 5-a-side winners
- Year 8/9 Boys Western Zone 5-a-side Winners
- Open Girls Western Zone 5-a-side winners
- Open Boys Western Zone 5-a-side Winners
- Girls Western Zone Weekly Sport Winners
  - Year 8/9 Girls Indoor State Winners
  - Year 8/9 Girls Knockout State Winners
  - Open Boys Indoor State Winners
  - Open Boys Knockout State Winners

The Football Academy also continued working with local primary schools to promote healthy activity, hosted the Underdale Cup tournament for primary school teams and Underdale 7s for intellectually disabled students, as well as provided referees for SAPSASA championships and SAPSASA knock out games for feeder primary schools.

Our Science faculty hosted primary school Robotics workshops, our Rock Band got many primary school gyms rocking and our Maths department worked with Cowandilla Primary School in the Enriching Maths Program. Another highlight of the year was the oversubscription for our Governing Council again and their active role in the school, and the strength of our Student Voice.

The \$2.5 million STEM development is well under way, and should be completed in late August. Planning for our \$20 million upgrade is well on its way, and the whole school community is looking forward to the facilities coming close to the standard of our teaching and learning, enabling more students to experience the rewards gained from being a member of the Underdale High Schools Community.

Together with the rest of our staff, I am looking forward to another stellar year at Underdale High School. I look forward to talking to you again soon.



## Parenting SA Seminar

The first instalment of Parenting SA's seminars for 2018 will take place on **Wednesday 21 March 2018**.

The seminar will cover 'Raising brilliantly behaved children' and will be presented by Jodie Benveniste, psychologist, parenting author and speaker.

Jodie will talk about a variety of topics including: dealing with challenging behaviour in ways that bring out your child's strengths and true character alternatives to discipline and punishment encouraging cooperation rather than conflict.

Parents can attend the free seminar at the Adelaide Convention Centre or view a live webcast.

### Contact:

Dorian Marsland-Smith,  
[Senior Health Promotion Officer Parenting SA](#),  
Phone: 8161 7159

## Breakfast Club Each Day 8:00-8:30am

We are continuing to run the breakfast program and this year it is every morning from **8 – 8.30am** in the breezeway.



A number of staff have generously volunteered to support this program including Robyn (Pastoral Care Worker), Aram Rafaat (Bilingual Student Support Officer) and Debbie Scholfield (Aboriginal Community Education Officer).

We also have emergency sandwiches and fruit available each day.

Kick Start for Kids provides this food weekly. It is a not for profit organisation who is only able to continue with generous sponsorship from the organisations below & other generous donations from companies & individuals.

<http://www.kickstartforkids.com.au/sponsor/>

For further information about the Underdale HS Breakfast Club – Contact Deb Daniel and Jillian Gulliver: Wellbeing Staff.



## Bullying, NO WAY!

Underdale High School is one of 2346 school communities in Australia embracing the National Day of Action against Bullying and Violence (NDA) and shares the one main message 'Bullying. No Way!' We are also highlighting our everyday work to counteract bullying and violence.

Currently during Social Ed/ Transitions/ Future Pathways as part of the Child Protection Curriculum the focus theme is Relationships. This includes; qualities of respect, kindness, listening, cooperation, teamwork and to be an active and safe bystander and use the "power" to take a positive stand.

Available for students are wristbands and student tip pocket cards to remind students about actions they can take if bullying was to take place. These will be given out to students by their home group teachers.

Year 12 Health students hosted activities and updated a display board, messages on our TV screen, posters and worked with individual classes. There was also a roving interviewer during breaks, games in the yard and a photo booth.

Students are also reminded of our bullying and harassment policy available here:

<http://www.underdale.sa.edu.au/images/PDF/BullyingAndHarassmentPolicy.pdf>

## Student Voice Council 2018

This year students, through an expression of interest, nominated and we now have 22 representatives who have participated in training. This training included an insight into effective leadership qualities, initiating dynamic events and motivating others. Lots of discussion and voting has led to their Motto "**Together as One: work together achieve together**". Their goals are: Improve school facilities, promote a sense of belonging and improve technology.

Their first meeting is on Wednesday 14th March and they will be formally introduced to the school community at the 28th March Assembly

### Student Voice members:

**Year 8 :** Luka Uzelac, Amir Al Faily, Mannat Khosa

**Year leaders:** Yaman Ashqar & Inshaal Khan

**Year 9:** Joseph Mavros, Georgie Martin Daniel Manka

**Year leader:** Henry Mapleson

**Year 10:** Cooper Grear

**Year leaders:** Jemma Manfre & Erin Murphy

**Year 11& 12:** Samantha Arcus, Ryan Atkinson, Caleb Hallows, Mabruka Obsa

**School Vice Captains:** Lauratu Barrie & Joel Macasaquit

**School Captains:** Mulky Abdi, Gurjot Kaur, Charlie Mavros





## Student Recognition - Ms Heather Moyes

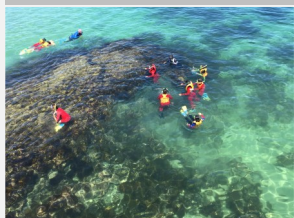
*Lisa Kennison*

Lisa has enrolled in a Certificate 1 VET course at Prospect. Here she can achieve SACE points and begin a work pathway at the same time. Lisa is enjoying the opportunity to get into gardening, learn valuable skills and complete her school certificate.



## International Student Aquatics Day

This term the International Students went on a day trip to the Port Noarlunga Aquatics Centre, where they surfed the waves and snorkelled among the fish. The day was really fun and helped the students get to know each other, discover the surf culture here in Adelaide and experience some of Australia's wonderful natural environment. The team at Noarlunga made sure all safety lessons were learned, rules followed and sun block applied. Woodville High and other schools participated too, so it was a big day. I was especially proud as our team leader reported that our team was the most organised and well behaved group of the day!



## Beach Volleyball Carnival

On Friday 2<sup>nd</sup> March, a group of year 9 and 10 students represented Underdale at the Western Zone Beach Volleyball Carnival at Glenelg Beach.

With 5 boys and 3 girls teams entered, Underdale's teams placed well on the day with the top two boys teams placing 2<sup>nd</sup> and 4<sup>th</sup> and the top two girls teams placing 2<sup>nd</sup> and 3<sup>rd</sup>.

It was a great day for all involved, and a great display of teamwork and sportsmanship from the students who represented our school.





## Sports Day 2018

Underdale High School's Sports Day took place on Tuesday 27<sup>th</sup> February at the SA Athletics Stadium. With a forecasted temperature of 35 degrees for the day, there were some slight adjustments to the program to cater for an earlier than usual finish. Despite this, spirits remained high, every competitor gave it their all to earn points for their house whether it was on the running track, in the field events or novelty events. Overall it was a successful day and enjoyed by all who attended. After Resilience won their first Sports Day in over a decade last year, it was Optimism who fought to win back the championship this year! Thank you to Mr Hilditch (**Optimism**), Ms Virgo (**Resilience**) and Mr Savvas (**Courage**) who led their houses and to all house captains (listed below) for their efforts in organising their houses on the day. Special thanks to all staff who assisted on the day, parents who attended to support their child and of course to all the competitors who made it an exciting day!

## Championship Points

### Middle School Trophy

**Optimism – 1030 points**

**Courage – 852 points**

**Resilience – 796 points**

### Senior School Trophy

**Resilience – 680 points**

**Courage – 527 points**

**Optimism – 506 points**

### Overall Championship

**Optimism – 1536 points**

**Resilience – 1479 points**

**Courage – 1379 points**

### Spirit Award (Good sportsmanship & assisting staff)

**Resilience – 163 points**

**Optimism – 134 points**

**Courage – 42 points**

## Year Level Champions

Due to the heat, as part of the modified program on the day, it was decided Year Level Champions would be presented at our next whole school assembly. Our next newsletter will feature all the winners. For now, it is still a secret!

## New Records

Year 12 Boys 100m – Achie Joseph – 11.18 secs

Year 11 Boys 100m – Achie Joseph – 10.96 secs

Year 9 Boys 100m – Abou Keita – 12.06 secs

Year 8 Boys 400m – Sotiri Hristakopoulos – 1min 7.12 secs

Year 10 Boys Shot Put – Jack Hayward – 12m 30cm

Year 8 Girls 100m – Kiara O'Sullivan – 13.6 secs

Year 11 Girls 200m – Reyzy Alcantara – 30.84 secs

Year 9 Girls 200m – Kiara Watson – 29.46 secs

Year 9 Girls High Jump – Kiara Watson – 1m 33.5cm

## House Captains

### COURAGE

Year 8 – Kosta Balaban & Mariam Noella

Year 9 – Safa Kadir & Sini Panagiotidis

Year 10 – Elen Watson & Koby Jarry

Year 11 – Henry Baynes & Rica Hernandez

Year 12 – Charlie Mavros & Mulky Abdi

Year 12 Vice Captains – Saad Taha & Zahara A

### RESILIENCE

Year 8 – Jason Zafiridis & Mannat Khosa

Year 9 – Milos Karanovic & Aaliyah Falco

Year 10 – Petar Maric & Erin Murphy

Year 11 – Kosta Theodoropoulos & Danielle Scriva

Year 12 – Thanasi Morakis & Angela Scriva

Year 12 Vice Captains – Marco Krantis & Georgia Penfold

### OPTIMISM

Year 8 – Dimitri Fanaras & Mohadeseh Morad Ali

Year 9 – Abulfazl Morad Ali & Jasmine Reusch

Year 10 – Sav Scriva & Diya Bueno

Year 11 – Achie Joseph & Reyzy Alcantara

Year 12 – Liam Bekric & Mary Vassilopoulos

Year 12 Vice Captains – Nic Scriva & Jasmine Clarke

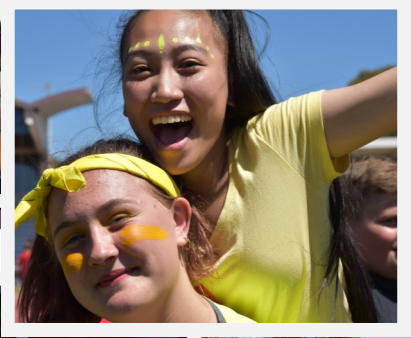
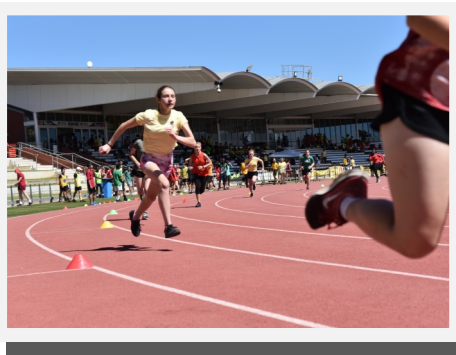




# Underdale High School Annual Sports Day 2018







Optimism Win!



## OPPORTUNITY FOR STUDENTS TO EXPERIENCE ANOTHER CULTURE, MAKE NEW FRIENDS AND IMPROVE THEIR LANGUAGE STUDIES AT HOME

In July 2018, we will be receiving exchange students from Denmark, Germany and Italy. Our new arrivals will live with a host family and attend a local school for 3, 5 or 10 months. As we plan for their arrival, we are keen to hear from suitable families who might be interested to host a student.

Host families come in all shapes and sizes, backgrounds and ages. To this end, we would be grateful if you would place a notice in your newsletter or mention it on your website. You can download the newsletter notice here in [pdf](#) format or as a [Word](#) doc.

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. They might even make a friend for life!

All students have at least basic levels of English, would attend a school in your local area and live the life of a local. Below is a sample of students who will be arriving.

Mathias is a Danish student who is 16 years old. He is hoping to try Australian soccer, surfing and visit some of our nature attractions. He is looking forward to living with his new family and learning to speak English fluently. Mathias really enjoys going to school each day and balancing that with his part time job in a garden shop.

Anna-Lena is a 16 year old student from Germany who hopes that Australia will become like a second home. She is curious about the Australian way of life and its educational system. Her family describe her as very helpful and honest and are grateful for your openness to accept a foreign student in your life. Anna-Lena describes herself as loyal, polite, attentive, nice and punctual.

Arianna is an Italian student who is 17 years old, and looking to improve her English, know a new culture, become more independent and open minded whilst living in Australia. She loves sports and is currently learning Slacklining, which is the act of walking along a suspended length of flat webbing and she is also doing Antigravity, which is an aerial hammock. Her parents say their daughter is selfless and helpful as well as being a sunny girl who loves studying and doing her best.

You can view more [profiles](#) of students arriving soon from our website. Please note that this is just a handful of the students who will be arriving. If families would like a selection of student profiles sent to them to review and decide which student may fit into their family best, please contact us or reply to this email.

The Stuart family were thrilled to have Danish student Simon stay with them for 8 months. As commented by host mum Victoria, *"it has been a fantastic experience. Simon has been an awesome role model to our two young children, he has been like an older brother to them."* Victoria continues, *"the experience has benefited us too, as it has allowed us to have greater free time and flexibility as a family. I was very impressed with Simon, as within the first couple of days he was here, he asked what should his chores be?"*

*"Just give it a go, the benefits will surprise you. I highly recommend it"*, mentions Australian Host Dad Andrew, from the Stuart family. *"Not only do your children benefit, but the benefits exist for the parents too."* Host Dad, Andrew continues, *"We are so lucky to have Simon come stay with us. He is a fantastic student, easy going and not very demanding. He has fitted into the Australian way of life so easy. He even obtained his Bronze Medallion. We are so proud of Simon."*

Check out what some of our families who have hosted have to say about their experience by clicking here: [host family testimonials](#).

Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We are the first and only secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants. You can find out more about our organisation by visiting [www.studentexchange.org.au](http://www.studentexchange.org.au).

If your students, families or language teachers have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, they can respond to this email, call our office on 1300 135 331 or visit our [website](#). Our staff members will be happy to discuss which student might be best suited to their family. No obligation.

## Cyberbullying - Year 12 Health Assignment

Cyberbullying is when young people use technology and electronic devices to torment victims by starting rumours, post embarrassing gestures of the victim or by send inappropriate content / text messages to cause violence or deliberately hurt the victim's feelings. It is causing major issues within families as **1 in 5 Australian kids** have experienced cyberbullying. It affects people of all ages including **children, teenagers and adults**, resulting in large amounts of **stress and loneliness**.

### Warning Signs

Many warning signs indicate that someone is affected by bullying and recognising the warning signs is important because most children who are bullied do not ask for help and after a study was conducted, **40% of kids** who have been bullied have not sought help which is less than half.

### 10 tips for parents to help spot the warning signs of cyberbullying:

1. Nervous or scared about going to school
2. Appears nervous when receiving a text
3. Upset after going online
4. Unwilling to discuss or share information about their online activity
5. Unexplained weight loss, headaches and stomach aches
6. Trouble eating
7. Trouble sleeping at night or sleepy during the day
8. Suddenly seems depressed or anti-social
9. Distant from close friends and family
10. Making statements about suicide or making suicidal attempts

### Prevention of cyberbullying

Going through cyberbullying can be a difficult period for the victim and their parents. But there are ways to prevent this and keep the damage to a minimum.

### Talk to your child about this

Explain to your child how it happens and why someone would want to harass them and also how to deal with it.

### Encourage your child to double think about what they post online

Social media is a public space and everything you do and say will make its way into the wider world. Things a teenager posts on social media might ruin his reputation and set himself as target even if it wasn't ill intended.

### Avoid sexting

Sending nude photos or videos is almost always a bad idea as the other person can use that content against you despite trusting that person. Girls in particular are vulnerable to this as they might send photos or videos to impress other boys but in many cases the boys end up leaking them or showing them off to friends.

### As a parent, try figure out if your child is cyberbullied

In most cases, kids that have been bullied preferred to keep the problems faced from bullies from their parents. However, there are a few signs that show that something isn't going right with the way your kids may be acting.

- School grades drop suddenly which is due to **stress, fear and harassment** which distract students from school requirements.
- **Missing school** because a teenager wants to prevent the abuse and humiliation he faces daily at school.
- Negative mood swings.
- Isolation and loneliness.

### Record all conversations

Every violent and threatening content such as messages, posts, fake profiles and photos should be saved and recorded as evidence which can be shown to the police as cyberbullying is a legal crime.

### Report the bully

**Here are a few possible avenues your child can follow in order to report the bully:**

- Inform the school principal or college if your child believes the bully is a student from school.
- Contact your SMS provider to track the phone number or other messaging apps.
- With Facebook having its own policy, contact or report the bully.
- If the behaviour includes physical abuse, notify the police so they are aware.
- Cyberbullying can have an impact on a child's development and can cause long term effects such as harmful behaviour. Its important for teenagers to know that there is help in dealing with this problem and parents also carry the responsibility in helping their children through this problem.

Underdale High School acknowledges the need for students to be safe and responsible users of digital technologies. The school believes, teaching students about safe and responsible online behaviour is essential and is best taught in partnership with parents/ caregivers.

For more information visit:

<https://www.underdale.sa.edu.au/images/PDF/UHSLearningTechnologyPackage.pdf>.

It is requested that parents/caregivers work with the school and encourage responsible behaviour and use of technologies and applications at home.

### For more information visit:

<https://bullyingnoway.gov.au/>  
<https://www.esafety.gov.au/esafety-information/esafety-issues/cyberbullying>  
<https://kidshelpline.com.au/parents/issues/cyberbullying>  
<https://www.humanrights.gov.au/cyberbullying-what-it-and-how-get-help-violence-harassment-and-bullying-fact-sheet>

By Thanasi Morakis, Year 12 Health Student



## 2018 Girls' and Young Women's Sport Summit

On Tuesday 13<sup>th</sup> February 2018, three Year 11 Underdale female students were invited to the 2018 Girls' and Young Women's Sport Summit. It was a high profile event which was attended by Hon Katrina Hildyard MP and chaired by Rebecca Morse (Channel 10 News Reporter).

The Summit was set up to try and capitalise on the momentum caused by the breakthrough in women's sport following the amazing success of the AFL women's competition, which sparked greater interest, and coverage of women's sport than ever before.

However, it was recognised at the conference that the playing field is still far from level, with lower participation rates of women in organised sport and under-representation of women in leadership roles across the sector.

The students present heard inspirational stories from female elite Australian Sports athletes such as Jess Trengove (Bronze medal winner 2012 London Olympics) and Tabatha Saville (Adelaide Strikers WBBL player).

The students also heard about the many barriers and the strategies they have used to overcome them.



## Illness / early leave sign out & late arrival sign in procedures

Unfortunately we have had a large number of students not following procedures that have been put in place when they are feeling unwell, they have to leave school early or they arrive late to school.

### Feeling unwell?

Recently, too many students have been calling or messaging their parents/caregivers **during class** to inform them they are unwell. As you can imagine, this becomes problematic when a teacher is trying to teach a lesson.

After the student has contacted their parent / caregiver, they then have to contact the school to let us know that their child who is here at school is unwell. This then means a staff member has to leave their duties to go and find the student, get them to go to the Book Room to sign out and go home. Seems like a lot of work right? But wait there is a much easier way to achieve the same result!

### A much easier procedure:

When a student is feeling unwell, they need to tell their current lesson teacher who will then send them to the **Book Room**.

The Book Room staff member will then phone the student's parent/caregiver to inform them of their illness, and organise for them to be picked up and who will be picking them up.

**OR** - If the parent / caregiver would like their child to walk or catch the bus home, they must call the school back when their child arrives home, to confirm the student has arrived home safely.

### Need to leave early?

If for any reason a student needs to leave school early, they **must** have a note signed by a parent / caregiver which gives them permission to leave school and **why**.

The student will need to show this signed note to their **current lesson teacher**, who will then grant them permission to leave class. The student is then to go to the **Book Room**, show the staff member their signed note, and sign out.

### Late to school?

If students are late, they **must** go straight to the Book Room and sign in.

If the student has a note from a parent / caregiver their lateness will be explained. If they don't, it will remain unexplained until a parent contacts the school to explain.

It's as easy as that! We do not have these procedures in place to be difficult. Staff at Underdale have a duty of care to all students. Following these procedures ensures the student's wellbeing and safety is accounted for at all times during school hours.

**Parents / Caregivers please call or email absences Phone: (08) 8301 8008 or [dl.0965.support@schools.sa.edu.au](mailto:dl.0965.support@schools.sa.edu.au)**



## Bunnings BBQ sizzling success!

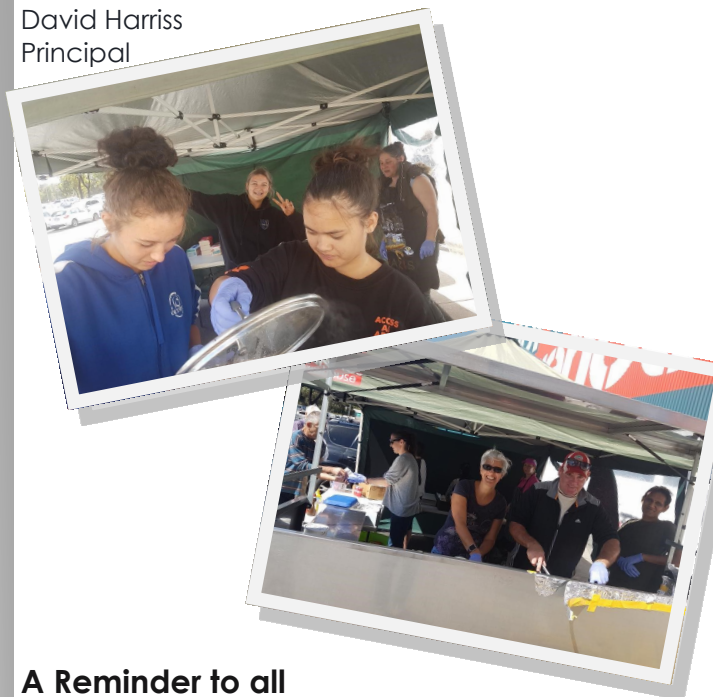
Thanks to the support of our parents (Cheryl, Brad, Sybilla, Sam, Lidia, Amrik, Mata, Helen and Sandy) and our students (Elen, Kiara, Johannah, Jemma, Ava, Mannat and Rica).

Governing Council raised just over \$2000 on Sunday. Fantastic effort!

Our students, who served the public all day, were great ambassadors for us. I don't think any of us want to see or smell sausage and onion for a while!

Thank you to all those who helped out and donated goods. We will let you know how the money will be spent after Governing Council meets Tuesday 20th March.

David Harriss  
Principal



## A Reminder to all

School Card Applications are now online via the link below.

<http://www.sa.gov.au/topics/education-skills-and-learning/financial-help-scholarships-and-grants/school-card-scheme>

The link can be accessed via your mobile phone or tablet.

THE INCOME LIMIT HAS INCREASED BY APPROX \$20,000 PER YEAR. SO YOU MAY NOW BE ELIGIBLE TO APPLY.

Eligibility for School Card assistance is dependent upon the combined family gross income for the 2016-2017 financial year being within the following School Card income limits:

Number of Dependent Children	Gross Annual School Card Income Limit	Gross Weekly School Card Income Limit
1	\$57,870	\$1,113
2	\$58,903	\$1,133
3	\$59,936	\$1,153
4	\$60,969	\$1,173
5	\$62,002	\$1,193
Each additional dependent child	\$1,033	\$20

## Underdale High School 25km School Zone

We have had a number of reports and complaints regarding cars speeding when students are present in our school zone, cars not stopping and even overtaking a stopped vehicle at our school crossing when students and staff have been crossing the road.

Whilst we are aware that this also equates to the wider community, unfortunately some parents and students have been reported for these offences.

School zones are installed on most roads around schools - as shown by these signs. Our School Zone is located at the front of the school, on Garden Terrace and around the corner in Joyce Avenue.

A zigzag white line is also marked on the road to let drivers know they are approaching our School Zone.



**Drivers must not exceed 25km/h at any time of the day or night when a child is in the zone.**

This includes children walking or riding a bicycle either on the road, footpath or median strip.

The lower speed limit applies whenever children are in the zone, including weekends, school holidays, during the day and at night.

It makes sense to slow down as you approach a school at all times of the day and night to check if there are children in the area. Children can be present outside of normal school hours because of many activities that take place in the school.

## Emu Crossing

An Emu Crossing has a red 'Children Crossing' flag displayed on red and white striped posts.

When the flags are displayed, drivers **must** give way to any pedestrian crossing or about to cross the road.



Emu crossings are located within School Zones, which have a speed limit of 25km/h when children are present at school, again at any time of the day or night when a child is in the zone.

Even if the 'Children Crossing' flags are not displayed, the **25km/h school zone speed limit still applies if there are children present.**

To maintain the health, safety and wellbeing of our students, staff and community, please make sure you abide by these very basic road rules.

If you are witnessed failing to follow these road rules, your details will be passed on to SAPOL.



Government of South Australia  
Department of Planning,  
Transport and Infrastructure



SOUTH AUSTRALIA POLICE  
KEEPING SA SAFE