

## From our Principal, Mr David Harriss

The end of another Term has arrived bringing some exciting results and news!

Year 9 parents should be getting their child's 2019 NAPLAN results in the mail soon, please contact the school if they have not arrived by the end of the holidays. Across all aspects of the NAPLAN (Reading, Writing, Spelling, Grammar and Punctuation, and Numeracy), I was excited to see a rise in the percentage of students who achieved the National Standards, and a rise in the Mean (average) Scores across the cohort. What is more exciting is that once again our students' progress improved at a greater rate than national averages. This clearly demonstrates the effectiveness of the work our students and teaching and leadership staff are doing to improve literacy and numeracy standards at Underdale High School.

Part of our Site Improvement Plan in Numeracy for 2019 was to move 25% of our students not attaining passing grades in Mathematics at the end of 2018 into passing grades at the end of Semester 1 2019. I am pleased to report that we exceeded our expectations as 57% of our current Year 9s, 43% of our current Year 10s and 36% of our current Year 11s achieved this. Congratulations to those students and the Maths team who have gained these increases in grades. Of course, as a school, we will not be entirely satisfied until we have 100% of our students increasing their achievement across all grade bands!

Other aspects of our Site Improvement Plan relate to our student performance in the PAT-M and PAT-R tests that have just concluded. An analysis of how our students went in these will be included in the next newsletter.

Student Reports have been released on DayMap. If you have difficulty accessing DayMap from home, students had the opportunity to print them off on the last day of school. Reports can be printed from DayMap at any time, including previous reports.

Year 12 students would be nearly completed their course work for the year, and it is now more vital than ever that they finish strong and cap off a great year. Please keep in contact with their teachers to ensure we support them in the best ways for this completion. I look forward to meeting all Year 12 family and friends at the Graduation Ceremony on Monday 28th October and I am sure that our Year 12 students are looking forward to their Formal on Wednesday 20th November.

I have now met several times with the architects for our \$20million redevelopment. The deadline for completion is the end of 2021 and building should start mid-2020. Whilst we have presented concepts to them based on input from the school community, we are keen to get more, so the architects will be attending a staff meeting, visiting student voice and attending the next Governing Council meeting. You do not need to be a Governing Council member to attend meetings (you just cannot vote!), so if you wish to, please come along at 6pm on Tuesday 29th October. Please enter through the Joyce Street carpark. We will be in the Optimism corridor (the new STEM development).



Continued on page 2 .....

### Inside this issue

Continue Principal Report	2
NAPLAN results	2
School Sports	4
Kickstart for Kds	6
Year 8 Excursion	7
ClickView	11

### Calendar Dates

#### Term 4

##### Week 1

##### Monday 14th October

- First day Term 4

##### Thursday 17th October

- Year 8 Immunisations

##### Week 3

##### Monday 28th October

- Year 12 Assembly/Celebration

- Year 12 Graduation

##### Tuesday 29th October

- Governing Council

##### Week 6

##### Wednesday 20th November

- Year 12 Formal

##### Week 7

##### Tuesday 26th November

- Year 7 Transition

- Year 7 Parent Night

##### Friday 29th November

- Year 10/11 Final Assembly

##### Week 8

##### Tuesday 3rd December

- Governing Council

## Principals Report Continued .....

2019 is the inaugural awarding of the Underdale High School "ROCK Cup". The ROCK Cup is a house-based competition where students can accumulate points for their house throughout the year. It is based on a year starting at the beginning of Term 4 and finishing at the end of Term 3, and will be awarded at the Year 12 Final Assembly. Points are allocated in the following categories:

Category	Percent of score	Details
Sports Day Results	20 %	Tally of all house points scored at Sports Day.
Report Standards	30%	Tally of high standards achieved by all students in their house listed in the term reports.
Co-curricular Activities	20%	Points awarded to students who participate in any co-curricular activity, relating to subjects, the community, sport or interest related activities.
Values Demonstration	30%	Students are nominated by teachers when they demonstrate any of our school values (Resilience, Courage, Optimism and Knowledge)

I look forward to the Gym roof being lifted by the noise created by the announcement of the inaugural winning house!

Please have a thoroughly enjoyable two weeks with your child(ren), and I look forward to welcoming them back on Monday 14th October.

David Harriss

## Progress in Learning is our Mission!

### Estimated standardised student progress between 2017 and 2019 Literacy and Numeracy Tests

Progress	Reading		Numeracy	
	School	All students	School	All students
Low	26%	25%	18%	25%
Medium	44%	50%	44%	50%
Upper	30%	25%	38%	25%

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Once again, our NAPLAN results have reinforced the benefits of a focus on individual student progress, with our year 9s outperforming the nation in their progress in both Reading and Numeracy, two key indicators for academic success. Early results in the PAT testing currently underway are also indicating strong progress in these areas.

We are proud of the way our whole school community has worked together towards this

success, so please congratulate your child on their learning and if you would like to know more about the progress markers we use, call the school and ask to talk with me or your child's teacher.

Anne Bell

## Student Voice Council's 2<sup>nd</sup> Hand Uniform Sales

Opening hours Tuesday lunchtimes 1:10 – 1:20– in Optimism Corridor.

Cash only sales with many items \$5 each.

Supplies are diminishing quickly and uniforms

**Donations are greatly appreciated**

For further queries please contact Deb Daniel

P: 8301 8038 E: [debbie.daniel152@schools.sa.edu.au](mailto:debbie.daniel152@schools.sa.edu.au)

Money raised goes towards Underdale High School Student Facilities & Resources.



### Material & Services 2019

Reminder that school fees are now OVERDUE, payment can be made via our website online or please contact the finance officer.

## Student Voice Council's 2nd Hand Uniform Sales Opening Hours for 2020

### Tuesday 21st January 2020 12 -2pm

### UPDATING EMAILS / ADDRESS / MOBILE PHONE

For any changes of details can you please email [Liz.Manno532@schools.sa.edu.au](mailto:Liz.Manno532@schools.sa.edu.au) or contact the front office 8301 8000.

### Breakfast Club 7.50-8.30

#### Tuesday, Wednesday & Thursday

We are continuing to run the breakfast program this year from 7.50 – 8.30am in Optimism Room 12B, 3 days a week Tuesday – Thursday.

A number of staff have generously volunteered to support this program including Arefa (Pastoral Care Worker) and Wellbeing Staff (Rod del Nido & Deb Daniel). We also have emergency sandwiches and fruit available each day in Support Services.

Kick Start for Kids provides this food weekly. It is a not for profit organisation that is only able to continue with generous donations from companies & individuals. <http://www.kickstartforkids.com.au/>

For further information about the Underdale HS Breakfast Club – Contact Deb Daniel and Rod del Nido: Wellbeing Staff



### Student Exemptions from attending school

Forms must be picked up TWO WEEKS before leave starts. Parents or guardians wanting to take their child out of school temporarily or permanently must apply for an exemption through their school. Students must attend school regularly until the exemption has been approved by the principals. Students can obtain exemption forms from the front office.

# SCHOOL SPORTS

## Knockout Sport Progress Report

Year 8/9 boys soccer – Our year 8/9 boys team progressed to the semi finals on September 12. The match ended in heart break with a late own goal resulting in a loss. The boys went on to win their playoff match to finish 3rd overall in the state!

Year 8/9 girls soccer – The year 8/9 girls team participated in the finals on September 11. After a thrilling win against Tatachilla, the girls fell short in the final, finishing up as runners-up in the state. A great effort by the girls!

Year 10 boys soccer – Wins against Nazareth and Roma Mitchell booked a spot for our year 10 team in the state finals on September 23. A 2-1 win against Salisbury East in the semi final, and a 4-0 win in the final against Aberfoyle Park meant Underdale were crowned state champions of the year 10 boys competition!

Open boys soccer – After a big win against Cabra in the quarter final, Underdale's open boys came up against Rostrevor in the semi final. A remarkable comeback from 4-0 down within 15 minutes, resulting in a 7-6 win booked a place in the final, played on Tuesday 24th September under lights at The Parks Football Centre.

Open girls soccer – A comfortable win in the quarter final in Bordertown against Tenison Woods earned our open girls team a spot in the semi finals. The team dominated the whole match but were unable to score a goal, losing 1-0 to Glossop. The team finished 4th overall in the state, which is a great effort considering how young the team is compared to our opponents!

Congratulations to all of our teams for making the semi-finals of the competitions. This is a rare feat by any school and this shows the quality of our coaching staff – Mr Hilditch, Mr Davies, Ms Zuccon and Mr del Nido as well as the determination and high standards of our players across all five teams to achieve what they have this year!

Open 5-a-side Soccer – Our open 5-a-side soccer teams competed in the state finals on Thursday 19th September at Barratt Reserve. It was a tough day for the boys who had mixed results and fell short of a spot in the semi final. Our open girls team started the day slowly, but improved game by game to go on and dominate their semi final and final, winning both games 3-0 to be crowned state champions!

Year 8/9 boys basketball – Our year 8/9 basketball team defeated Roma Mitchell in their first round match but fell short in the quarter final against St Paul's and were eliminated from the competition. Thank you to Mr Daddow for his dedication to coaching the dedicated basketball players and getting the best out of them throughout the year!





Western Zone Sport Update

After School Sport – Throughout term 3, our junior boys 5-a-side soccer and junior boys basketball team have competed against other local schools in the Western Zone after school sport competition. The 5-a-side soccer team fell short on goal difference and just missed a spot in the final. Meanwhile, our open boys were successful in defeating the Nazareth College 1-0 very exciting final that went into extra time.

Year 8/9 Badminton Carnival – A group of Underdale’s dedicated year 8/9 badminton players participated in the western zone carnival on Friday 13th September at the Adelaide Badminton Centre. Congratulations to Anita Tay who won the girls competition and to Andrelle Dela Rosa and Sebastian Dizon who were runners-up in the boys competition!

Year 8/9 Netball Carnival - We took two teams to the Western Zone netball carnival on Monday 16th September at St Clair. The girls played very well throughout the day. We beat Plymton and Woodville but were not able to knock off Henley High School in tough encounters. The girls did a great job supporting each other, cheering on the other Underdale team from the sidelines when they were not playing. All the girls played well in a variety of positions and excelled as the day went on.





# Student Voice

This term we had 2 non uniform days.

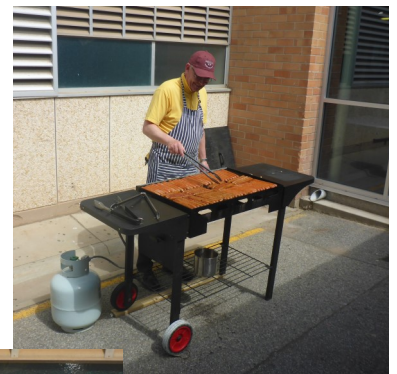
- Thursday week 6- 29<sup>th</sup> August – we raised \$320.25 through gold coin donations fundraising for our Student Facilities.
- Thursday week 9 - 19<sup>th</sup> September —the Happy Day – fundraising towards “ Kick Start for Kids” “ Theme is around being happy”. They provide us with weekly supplies for our breakfast club, which we are extremely grateful for. We raised \$282.45 for them so this will mean many more breakfasts can continue to be provided. <https://kickstartforkids.com.au/>



- We also had a very productive BBQ last week and we thank Governing Council for the sausages donations and for Mr Harriss cooking and Dave our grounds person for setting up we raised \$134.96 towards student facilities. Thanks to all the Student Voice team members who were involved Anita, Katie, Mannat, Inshaal, Jemma, Phoebe & Hayley and Nooney for also assisting us.

We continue to seek feedback from our student body and changes in our school procedures and practices are being made with our input – our current focus is for use of laptops and charging procedures.

Next term we will be reviewing our achievements, celebrating our successes and meeting with the architect for our input into the 20 million building project and directions for 2020.



## Year 8 girls Expanding Horizons – Space School visit

On Monday the 16th, we the Expanding Horizon girls' group, went on an excursion to Hamilton Secondary College and participated in the space program "Mission to Mars" working alongside Norwood Morialta High School. We were mixed together then separated into two teams, the Vikings (orange) and the Mariners (blue).

The teams were split in two again one half was in mission control and the others were on "Mars". We were welcomed to mission control and based on our skills and pure luck we were assigned a role. Some of these roles were DPSE (Data Processing System Engineer) and EECOM (Electrical, Environmental and Consumables Manager). Our jobs were to guide and collect information from the astronaut who was allocated to us based on our role. In mission control, we sometimes got a diagnostic task - a math-based problem needing a solution.

After recess, the teams swapped roles, mission control went to Mars and the astronauts took their place in mission control. Before mission control could reach the surface they had to suit up. We put on our space suits and helmets, grabbed our oxygen tanks and headed off to the airlock. When mission control said it was clear to enter the surface we stepped foot on Mars and began to study the surface. Mr. Virgo our instructor told us individually what our roles were and what equipment we would need.

"The best thing was being on the simulated Mars surface because we got to look at what Mars looked like and we got the ability to imagine that we were the first people on Mars" - Katie.

"My favourite part was working in mission control" - Francesca.


"My favourite part of this excursion was wearing space suits because they were similar to the real deal" – Abbey.


By Katie, Francesca & Abbey



Care	Resilience
Create	Optimism
Innovate	Courage
	Knowledge

All Parent/Caregivers are invited to attend the Governing Council Meeting on Tuesday 29th October 2019 at 6pm in our STEM area, if they would like to discuss the 2020 school fees as per the M&S Notice below. Please note there is no increase for 2020.

 <b>Government of South Australia</b> Department for Education		
<b>Underdale High School - 0965</b>		
<b>Notice of Materials and Services Charges for 2020</b>		
<b>Notice of Charges for All Students</b>		
HEADING	ITEMS AND SERVICES	COST (\$)
Printed and electronic materials related to the educational program and which are provided for the student	Workbooks	\$30.00
	Text Book Hire / E-Book Access	\$50.00
	Photocopied Material	\$80.00
	<b>SUBTOTAL (ZPREM)</b>	<b>\$160.00</b>
Stationery items that are provided for the student	Stationery Items	\$10.00
	Other [please Specify]	\$0.00
	Other [please Specify]	\$0.00
	<b>SUBTOTAL (ZSTAT)</b>	<b>\$10.00</b>
Materials and Services that are provided by the school for the student to consume or use the materials or take ownership of a finished article produced by the student with the materials	Access to Student Information Technology	\$145.00
	Access to Machinery	\$30.00
	Access to Equipment	\$30.00
	Curriculum/Subject Supplies and Services	\$225.00
	Other [please Specify]	\$0.00
	Other [please Specify]	\$0.00
	<b>SUBTOTAL (ZACMS)</b>	<b>\$430.00</b>
Materials for inclusion in the school library and to enable use by the student	Library resources including access to borrowing library resources	\$40.00
	<b>SUBTOTAL (ZACLI)</b>	<b>\$40.00</b>
<b>Total Materials and Services Charge (excluding Subject Charges)</b>		<b>\$640.00</b>

 <b>Government of South Australia</b> Department for Education		
<b>Underdale High School - 0965</b>		
<b>Notice of Materials and Services Charges for 2020</b>		
<b>Notice of Charges for All Students</b>		
These subject charges are in addition to the M&S Charge above for those students undertaking the following subjects.		
Subject Description	Amount	Charge per
Football Yr 8 - 12	\$120.00	Year
Netball Yr 8 - 10	\$60.00	Semester
Automotive Yr 10	\$65.00	Semester
Child Studies Yr 10	\$25.00	Semester
Child Studies Yr 11	\$20.00	Semester
Food Technology Yr 10	\$30.00	Semester
Metal Engineering Yr 10	\$55.00	Semester
Textile Technology Yr 10	\$25.00	Semester
Wood Work Yr 10	\$55.00	Semester
Food & Hospitality Stage 1 A&b	\$35.00	Semester
Furniture Construction Stage 1 A&b	\$65.00	Semester
Metal Engineering Stage 1	\$65.00	Semester
Child Studies Stage 2	\$35.00	Year
Food & Hospitality Stage 2	\$65.00	Year
Furniture Construction Stage 2	\$125.00	Year
Metal Engineering Stage 2	\$125.00	Year
Physical Education Yr 12	\$80.00	Year
Physical Education Integrated Learning Yr 12	\$30.00	Year
Fashion & Design Stage 1	\$25.00	Semester
Music Yr 9 - 12	\$20.00	Year
Accounting Yr 12	\$65.00	Year



# School procedures for Parents/Caregivers

**It is important that the following procedures are followed when your child:**

- Is not feeling well
- Arrives late to school, or
- Is required to sign out early

## **Not feeling well?**

- If a student is not feeling well they need to inform their subject teacher who will give them permission to go to Student Services.
- Students Services will contact the parent/caregiver if your child is unable to continue with their day at school and make arrangements for the child to go home.
- Students ARE NOT permitted to use their mobile phone during lesson time to contact their family.

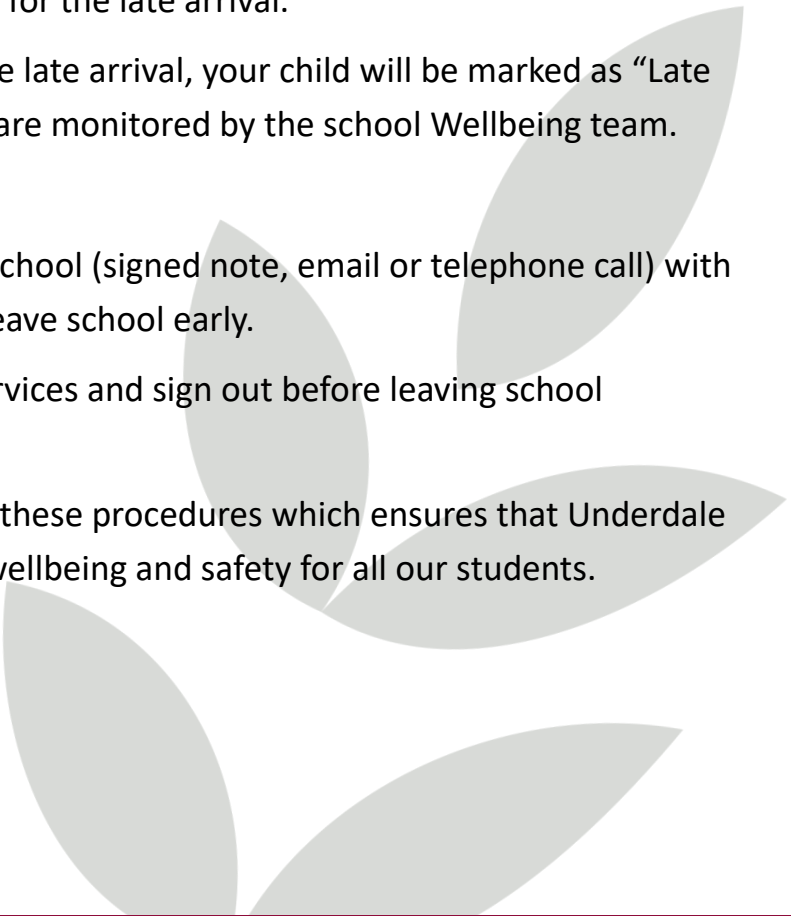
## **Late to school?**

- All students who arrive late to school must first sign in at Student Services.
- It is important that the parent/caregiver contacts the school (signed note, email or telephone call) to provide a valid reason for the late arrival.
- If no valid reason can be provided for the late arrival, your child will be marked as “Late Unexplained”, and ongoing late arrivals are monitored by the school Wellbeing team.

## **Need to leave early?**

- The parent/caregiver must contact the school (signed note, email or telephone call) with a valid reason your child is required to leave school early.
- The student MUST report to Student Services and sign out before leaving school grounds.

We appreciate your cooperation in following these procedures which ensures that Underdale is fulfilling their duty of care to monitor the wellbeing and safety for all our students.



# Year 11 & 12

**SACE 2019 Spring Revision Program**  
**Mon 30 Sep - Fri 4 Oct and/or Mon 7 - Fri 11 Oct**

*"The most useful holiday program I have ever been to. There is no doubt these seminars helped my results improve by at least 15%."* M. Dimauro

*"Very useful seminars. I feel much more confident about my exams. These seminars help to structure and motivate students to do work during the holidays!"* M. Fioretti

*"Improved my confidence in all topics SIGNIFICANTLY."*  
 J. Bobolka

**From \$40 per day!**



**Phone 82317776 or enrol online: [www.aeg.sa.edu.au](http://www.aeg.sa.edu.au)**  
**Adelaide Education Consultants L30, 91 King William St Adelaide**

## Children's health services

Providing accessible client-centred care while educating the next generation of health professionals.

A single destination for talented children's healthcare professionals including Occupational Therapy, Physiotherapy, Podiatry, Speech Pathology and GP services.



University of South Australia **Unisa health**

## Children's health

Your child can benefit from the care of our multi-disciplinary team at the Unisa health clinics. Services include:

### Occupational Therapy

Offering targeted therapy programs to enhance children's emotional, cognitive, social, gross and fine motor skills. Supporting children to achieve their developmental goals in learning, play, social participation, self-care and daily routines.

### Physiotherapy

Delivering individual and group sessions to support children of all ages to improve a range of skills. Delivering therapy focusing on movement skills such as balance, jumping and task skills.

### Podiatry

Providing foot and lower limb assessment, as well as foot care and footwear education for children.

### Exercise Physiology

Working with children living with or at risk of developing chronic health conditions such as childhood obesity, diabetes, asthma, chronic pain or any disability that impacts participation in physical activity.

### Doctors

Caring for children with common and more complex health concerns such as ear pain, joint and muscle pain, fever, coughs, colds, sore throats, childhood immunisations and health checks.

## Why choose Unisa health clinics?

Our clinics provide you with accessible client-centred care, from a range of health care services, in a single destination. We also deliver quality clinical education to Unisa students – our next generation of healthcare professionals. Student services are supervised by qualified clinicians.

## Plans and Pricing:

Prices vary between student-delivered services and clinician services. Unisa health clinics can support Medicare plans, National Disability Insurance Scheme (NDIS) plans, private health cover or self-funded clients. Please call our friendly staff to discuss pricing options.

To book an appointment, please contact:

**Adelaide CBD**  
 Unisa City East and City West campuses  
 North Terrace, Adelaide  
 5002 0000

**Magill and Eastern suburbs**  
 Magill Campus  
 Burnside Rd, Magill  
 5022 4000

More information can be found at [unisa.edu.au/community-clinics](http://unisa.edu.au/community-clinics)

Information correct as of May 2019  
 GPO box number 000008

## 7 TIPS FOR MANAGING EXAM STRESS

**REACH OUT.COM** /EXAMS

### FOR YOUNG PEOPLE

Stay organised with to-do lists and study timetables

Take regular study breaks

Have a dedicated study space

Have a long term goal

Get as much sleep as possible

Remember your health: eat well and stay active

Talk to the people around you

### FOR PARENTS/CARERS

Give them time off chores and non-urgent family stuff

Encourage them to keep doing the activities they did before exams

Help them set up a study space and make sure the rest of the family understands

Chat with them about what they want to do after exams

Remind them to go to bed at a regular time each night

Go on study break walks with them and try to cook wholesome meals

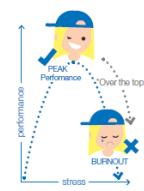
Make a time to chat to them and let them vent

## 5 STEPS TO STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

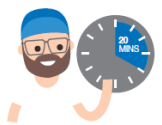
### 1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



### 2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



### 3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

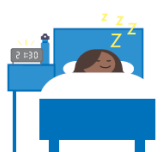
### 4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



### 5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.



**WEST TORRENS EAGLES SOFTBALL CLUB**

**COME & TRY DAY**

**FREE COACHING CLINIC WITH EXPERIENCED CLUB COACHES & STATE/AUSTRALIAN PLAYERS FOR U10'S, U12'S, U14'S, U16'S AND U18'S**

**BRING WATER BOTTLE, CLOSED SHOES AND A HAT**

**FREE SAUSAGE SIZZLE FOR ALL JUNIORS AFTER EACH SESSION**

PLEASE CONTACT JULIE BROWN 0813 465 103 FOR MORE INFORMATION

@WTSCEGLS

**EXAM SLAYING CHECKLIST**

**NIGHT BEFORE**

- ☐ CHECK your exam location and start time
- ☐ DO a light revision of your notes (don't go overboard)
- ☐ LAY out your clothes
- ☐ SET your alarm
- ☐ VISUALISE yourself being calm and confident in the exam room
- ☐ GO to bed early enough to get a good amount of sleep

**ON THE DAY**

- ☐ EAT a decent breakfast
- ☐ PACK your bag
- ☐ ARRIVE a little early
- ☐ AVOID any people that stress you out
- ☐ TAKE 2 minutes and practice deep and slow breathing
- ☐ GET comfortable in your assigned seat and then get to work

**REACH OUT.COM** /EXAMS

Dear Parent,

ClickView is our school's educational video platform. ClickView's video library comes with thousands of educational titles to support the Australian Curriculum and improve learning outcomes in our school. The ClickView Library includes 3,000+ videos for Secondary and 1,000+ videos for Primary which have been mapped to the Australian Curriculum, and includes additional resources to help support student learning.

All of our students have online access to thousands of educational programmes, movies and TV shows to support the school's curriculum and students learning. This online access means that every student can access videos easily at home for research, assignments and homework in a safe environment. When students use this platform for research they know that the information is factually correct, relevant and curriculum-aligned.

The ClickView Library is constantly added with new and engaging resources from ClickView's own Production Team whose programmes have been aired on the ABC and Channel 9. Our teaching staff can share clips with students to view at home so that they can use the class time for quality discussions, higher order thinking and problem solving in class. Our teachers also use ClickView's free-to-air TV recording service to find, edit and keep TV programmes they want to share with their students.

Teaching 21<sup>st</sup> century learners to passively recall facts through lower order thinking activities is something our school works on with students. ClickView Interactive Videos addresses this by enabling students to think in a range of ways and at varying levels of complexity, which allows the student to shift from lower order thinking to higher order thinking.

Note that all of the material in ClickView is rated i.e. E, G, and PG and students are only given access to the material that is the right rating level for their year group.

All students can access ClickView by following these steps:

1. Go to this link [www.online.clickview.com.au](http://www.online.clickview.com.au)
2. Enter your student edu-pass username and either select our school from the drop-down menu or use the school issued password to login
3. Search for videos or look in your subject folder





Care  
Create  
Innovate

Resilience  
Optimism  
Courage  
Knowledge