



## 2021 Term Two Week 4 B-12 Update

**Robyn McLean**  
Principal B-12

**Daniel Lasscock**  
Deputy Principal, Head of  
Aboriginal Education and  
Senior Years

**Ela Koczwara**  
Head of Early Years

**Jenny Conn**  
Head of Primary Years (R-6)

**Jen Geyer**  
Head of Middle Years (7-9)

**Mari Terreri**  
Head of Wellbeing B-12

**Teresa Maiolo**  
Coordinator of Centre of  
Deaf Education

**Danielle Smith**  
Business Manager, B-12

### From the Principal ...

#### Teaching and Learning

Teachers at Avenues are working to improve their teaching every day, with a particular focus on literacy in 2021. Reading – comprehension, vocabulary development and oral language – is a key element of the School Improvement Plan. This learning will be the focus of our Student Free Days on June 10 and 11, and I thank you for the cooperation that enables these days to happen each term.

#### The Exchange

In 1964 when two young secondary school teachers discussed the idea of an exchange between their respective schools, could they possibly imagine the unique piece of history that would endure 57 years?

Keen to apply the principles of inclusion and excellence in sport, Dr Jeff Nicholas and Dr Ross Smith developed the exchange between Gilles Plains High School and Cheltenham High School. The Exchange aimed to challenge students to participate and work towards a higher level of skill in the name of their schools.

The Exchange remains an experience that brings together students of all ages and cultural differences. It challenges students to develop their teamwork and leadership skills as well as their independent abilities. They will learn from independent growth and while doing so, build strong relationships and connections with their peers.

Above all it's fun, exciting, noisy and renowned for being a highlight of students' time at Avenues and Cheltenham Colleges. In 57 years this outstanding, coveted event has only missed one year, so understandably try outs for the 2021 teams have been hotly contested.

I congratulate The Exchange Squad of 2021 and hope that you appreciate what a privilege it is to be a member of the team:

#### The Exchange Commitment

*"I have my honour and reputation, and those of my school, at stake and I will behave as befits these commitments.*

*I will show respect, courtesy and consideration to my hosts and the students and staff from both schools.*

*I will compete in my events as well as I am able, in the best sporting interest – and I will be gracious in victory and defeat."*

*Continued over page .....*

*Robyn McLean, Principal*



Avenues College  
Avenues College Children's Centre  
Avenues College Sport

### Avenues College B-12

McKay Avenue, Windsor Gardens SA 5087 T: 8261 2733 F: 8261 0827  
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Government of South Australia  
Department for Education

Department for Education trading as South  
Australian Government Schools  
CRICOS Provider No: 00018A

*Avenues College acknowledges and respects the traditional custodians whose ancestral lands we meet upon. We acknowledge the deep feelings of attachment and relationships of Aboriginal peoples to country. We recognise the many language groups that continue their connection to land, waters and culture across Australia and we pay our respects to their elders, past, present and emerging.*

Continued ....

Our squad has been chosen, and I congratulate all of our students who have been selected to represent us in week 9 of this term. The Cheltenham Staff Team will support your training, and we will watch with interest as you maintain your high standards of attendance, behaviour and study progress to ensure our success.

The success of The Exchange relies on the hard work of many: Brenton Dalby leads our team, with support from teaching and support staff members; as well as the families who support their children to attend training.

We also need families willing to host students in their homes – From Sunday evening June 20 to Thursday morning June 24. If you can help, please contact Brenton or Sue Devine for more information.

## Cheltenham Exchange 2021

*WE NEED YOU*



Would you and your family like to support the 2021 Exchange??

If you billet a visiting student from Cheltenham Secondary College in Victoria your Avenues student/s automatically become part of our squad for 2021.

They are then eligible to spectate and support at all Exchange events and be available to their billets for any assistance they might need.

Please call Sue Devine in Student Services on 8261 2733 to discuss any queries you may have.

Get on board!! Let's make the 2021 Exchange a success!!



# Term Two 2021

### Preschool Playgroup

Wednesday 26 May, 10.00am—11.30am

### P-12 Reconciliation Week Assembly

Thursday 3 June, 9.50am in the Gym

### Music Nights

Wednesday 2 June 7-9pm

Thursday 3 June 7– 9pm

### Year 10 Immunisation

Friday 4 June

### Student Free Day

Thursday 10 & Friday 11 June

### Queen's Birthday Public Holiday

Monday 14 June

### Governing Council Meeting

Tuesday 15 June, 6pm

### Pedal Prix Race

Sunday 20th June

Victoria Park

### Last Day Semester One

Friday 25 June

### The Exchange

Monday 21 - Friday 25 June

### First Day Semester Two

Monday 29 June

### Last Day of Term Two

Friday 2 July

9.15am B-12 Celebrating Success Assembly

2pm Dismissal



## Rory's School Lunches

now available at the  
school canteen.

Order and pay online via  
the QKR! App



We have scheduled some tours of the College and it's facilities, hosted by our Principal, Robyn McLean.

Tours currently available include :

- ◇ Wednesday 26 May at 9.30am
- ◇ Monday 31 May at 3.30pm

To join a tour group, it is essential that you book in. Please call 8261 2733 to register—group sizes are limited.

For future tour dates and times, please keep checking our website and our Facebook page.



## RECYCLING HOUSE CHALLENGE



This term we are collecting writing instruments.

Collection Point set up in the



## Centre for Deaf Education—CDE Excursion to Arbury Park Outdoor School

Monday of week 2, CDE students spent the day at Arbury Park Outdoor School. Students participated in a number of activities including catching freshwater invertebrates from the pond and viewing them under a microscope, birdwatching and campfire cooking. Students enjoyed learning about the local wildlife and look forward to returning to Arbury Park soon!



**HAPPY HAVEN**  
OSHC

We are excited to be partnering with  
*Avenues College*  
as your new OSHC Provider

We will be offering

- Before School Care
- After School Care
- Early School Finish
- Pupil Free Day

*Get in Touch*  
Anytime. Anyhow

08 8155 5444

happyhaven.sa.edu.au

avenuescollege@happyhaven.sa.edu.au

Headspace is a gym membership for your mind

[www.headspace.org.au](http://www.headspace.org.au)

## Avenues College Environmental Group



The Environmental Group have been working hard during term 1. We ran an upcycling workshop with students to make seed bombs to plant in the garden for Mother's Day. We had so many students come it was a little chaotic! Good fun though. Tune in next time for another upcycling workshop.

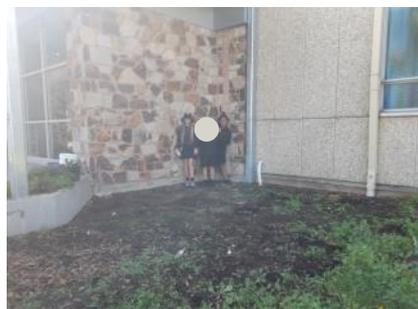
We also have a new competition this term. We are recycling writing implements (plastic things like pens, highlighters, textas and whiteout) to raise money for the RSPCA. So if you have old pens at home that no longer work, bring them in! The collection point is in the front office, painted in house colours. There will be 20 points for each item so start collecting!

This term will also see a new garden out the front of the admin building. The large patch of weeds will slowly be turned into a beautiful succulent garden. We are hoping to complete this by the end of the term. We welcomed a new student, Darcy, to the team!

### BEFORE



### AFTER



### SEED BOMBS



# PLANTING WEEK

## Term 2 Week 3

 **Avenues College**  
RESTORING LOCAL BIODIVERSITY  
DEVELOPING AN OUTDOOR LEARNING RESOURCE  
GROWING LOCAL COMMUNITY LINKS

During week three, a core team of staff and Land Care Certificate students along with some of our faithful volunteers, managed the next stage of our project to revegetate the Northern Oval of our College site.

Sarah Lindsay (staff member) coordinated a comprehensive plan to prepare the ground, plant and install protection for over three thousand seedlings. Sarah worked tirelessly beside students, project supporters (including Trees for Life, KESAB, Adelaide University & Frog Watch) and our volunteers to carefully select appropriate species of flora to support local wildlife, improve the appearance of a very neglected space and to create an area which is useful and inviting for both the College community and the general public to engage with nature.



Classes from Preschool through to Year 12 were invited out to the northern oval during the week to participate in the planting activities. Students were given a brief safety talk, provided with some personal protective equipment and instructed as to how to best plant the seedlings to give them the best chance of survival. Everyone was very enthusiastic and supportive ... thank you to all of the staff for agreeing to devote some of your class time to this activity.

There is still more work to come for this space, not the least of which will be caring and nurturing all of our babies in the ground. In the near future there will be some opportunities for families and friends to participate. If you are considering helping out, please register your interest by calling 87261 2733.



Thursday morning we were able to welcome some special guests for Morning Tea in the wet!! The mayor from PAE Council, Ms Claire Boan, Mr Paul Newman (Education Director) and our local member for Torrens, Ms Dana Wortley attended to learn more about our project and hear about our end goals for this previously unused land. It was wet and a bit chilly but the warm conversation and the hot cuppas were enjoyed by all.

Thank you, thank you, THANK YOU .... To our team of volunteers from the Marii Wardli Community Garden, students from the Garden Club and those studying Land Care with Sarah. Thank you to those members of our Governing Council for attending the morning tea in addition to our special guests. Thank you to the staff and students for their support and positive energy.

And last of all, thanks a million to Sarah Lindsay! The week was epic and all of her planning, preparation and execution made it all go smoothly. The task was massive but she was able to keep smiling and keep breathing. The results are outstanding and staff, students and the community will reap the benefits in many different ways for many years ahead.



## SPIDERS IN MISS SONJA'S CLASS

In miss Sonja's Year 1/2 class we have been learning about spiders and their body parts. Spiders are **arachnids** which means they have eight legs not six ... so they are not insects. To investigate the spiders, our class went to the park to explore what kinds of spiders could be out there and see some in real life.



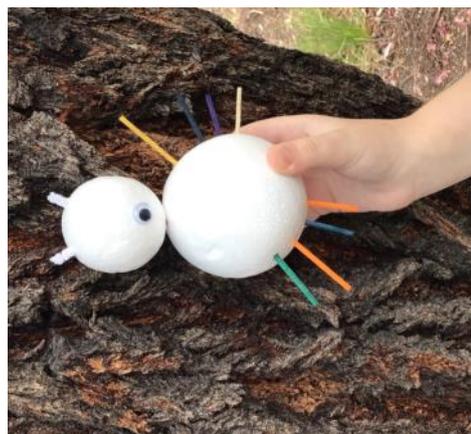
We have also been learning about **annotated diagrams** which means a drawing with labels that represent the body parts. Once we discovered the spiders, we drew them and annotated their bodies. We also researched on GOOGLE their body parts individually and what they are for. Did you know that spiders have spinnerets that spin the web for them and are very strong ? And that not all spiders make webs?



Our final part of our spider project was to create our own arachnids. We drew them and annotated our drawings. We also got to create a real life model of our bug out in its natural environment!



**It was very fun and Miss Sonja's class are now experts on spiders.**



A LITTLE BIT  
**ABOUT**  
me...



*This month we find out a bit more about Tarni Rigney, our Reception teacher.*

1. Do you prefer writing, reading or drawing?

*I have always loved to read and get lost in the world of books. One of my favourite things to do is to read with my Reception class.*

2. What is your favourite YouTube channel or Podcast?

*My favourite podcast is "Hamish and Andy".*

3. Would you rather travel the world or stay home?

*I would rather travel the world... so far I have been to 21 countries!*

4. What is your favourite animal and why?

*I love cats... if I were a cat I would love to sleep and relax all day. I have a pet cat named Millie and she is 17 years old (that's really old for a cat!!).*

5. What is your worst habit?

*Biting my nails.*

6. Who is the person you most admire (dead or alive)?

*My grandmother, Alice Rigney. She was the first Aboriginal Principal in Australia.*

7. What is your favourite book or movie?

*I love the Harry Potter books and movies.*

8. If you could choose, what superpower would you like?

*I would love to be able to travel backwards and forwards in time.*

9. What is something we might not know about you?

*I lived in Vancouver, Canada for a year.*

10. Complete this sentence .... "I feel happiest when ....."

*... I'm with my family or my beautiful Reception students.*

# sleep

Sleep is a really important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.



## What gets in the way of a good night's sleep?

For young people, not getting enough sleep might be caused by:

**Biological factors:** such as puberty or changes in your body clock

**Environmental factors:** such as social pressure, school or university workload, use of electronic devices, or using alcohol or other drugs



## How much sleep do I need?

Everyone is different, and the amount of sleep you need might be different to what your friends need. In general though:

People aged 14-17 need between



People aged 18-25 need between



## Some tips for a good night's sleep

If you're having trouble falling asleep or staying asleep, here are a few things you can try:

- **Aim to get to bed and wake up around the same time each day**, including on the weekend. This helps your body to get into a routine. Try not to take naps in the day as this affects your body's routine.
- **Turn off your screens (such as your phone, TV and laptop) at least 30 minutes before bed time.** The light from screens can stop your brain producing the sleep chemical melatonin, which is important in helping you get to sleep.
- **Try not to worry about having a bad sleep.** A lot of people underestimate how much sleep they get – so you might find it useful to use a sleep app to see how much sleep you're getting.

However, if you find that this makes you focus on how much sleep you're not getting, you may be better off without it.

- **Natural sleep cycles are based on your body clock, which is mainly set by when you're exposed to light.** Light is needed in the morning, so aim to be outside for 30 minutes, sit by a bright window, or use a specially designed artificial light sources. In the evening, your body needs less stimulation, so try dimming the lights.
- **Exercising during the day is a good way to make you tired at night.** This might mean going to the gym, walking around the block at lunchtime or playing sport. Try to avoid exercising last thing at night though, as this can keep you awake.

• **It's best to try and keep your bed for sleep and sex.** Working, watching TV or being online in bed can cause your brain to associate bed with being alert and awake.

• **Your bedroom should be dark, cool (around 16-18°C) and quiet.**

• **Try to limit how much caffeine you have, including coffee, energy drinks and soft drinks.** Also, try to avoid caffeine entirely after lunchtime.

• **Avoid drinking alcohol before bed.** It might make you sleepy, but you're less likely to get good, restful sleep with alcohol in your system.

• **Avoid smoking before bed.** Discuss ways to quit smoking as well as any other problems with drugs or alcohol with your GP.

• **Sleep medications are not usually required to help with sleep problems.** While they can help in the short term, they also have a number of side effects and may not give good quality sleep. Your body can also get used to these medications quickly so the effect wears off.



**headspace**  
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit [headspace.org.au](https://www.headspace.org.au)

# MEDICAL RESEARCH SCHOOL QUIZ



1<sup>st</sup> May to 1<sup>st</sup> July 2021



Open to Year 7 – 12 students

***Great prizes to be won!***

30 multiple choice questions will test your knowledge and inspire your imagination (+ one bonus question)

Enter online @ [asmr.org.au/asmr-mrw/asmr-mrw-schools-quiz/](https://asmr.org.au/asmr-mrw/asmr-mrw-schools-quiz/)



<https://www.facebook.com/theASMR/>



@TheASMR1



Australian Government

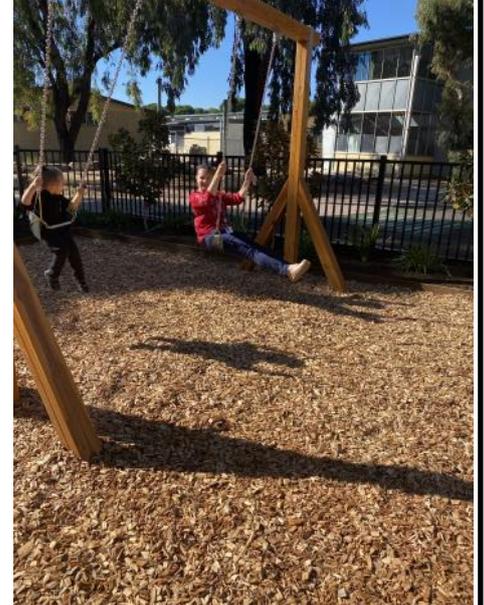
National Health and Medical Research Council

National Supporter of ASMR MRW®

# OUTDOOR SPACES

We are so excited to FINALLY share some of our renovated outdoor spaces with staff and students. These areas have been 'Under Construction' and 'Out of Bounds' for well over 12 months with the dust and noise pollution together with the access limitations testing everyone's patience.

## PRESCHOOL PLAYSPACE



The new spaces include new play equipment, new plantings, new shelters and new pathways. Features include swings in the Preschool, deck and lawn area in the Northern Courtyard and table tennis, foosball and 4-square in the southern courtyard.

It has been so pleasant to see some greenery and the students enjoying the spaces so enthusiastically.

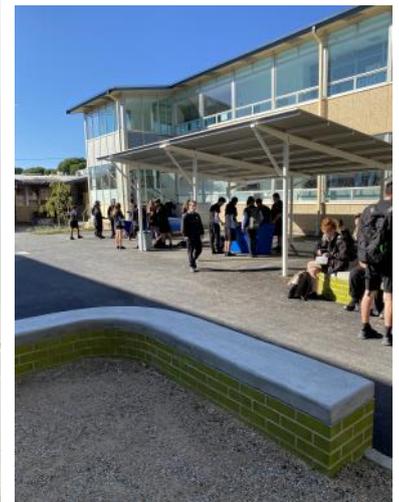




Our Central driveway through the site remains as compacted gravel which we hope will be newly paved before the end of the year. Also there are some further features we are considering adding to develop each of the spaces over time including some art installations, garden sculptures and potted planter boxes. Any suggestions for additions to these spaces can be submitted to Student Services.



OUTDOOR  
CLASSROOM



We have some outdoor music performances during break times planned for the raised deck in the northern courtyard, a number of wellbeing and house challenge activities too .... Keep up to date with your Daymap messages for information.

For now, we are focussed on enjoying the spaces, spending both lesson times and break times in the fresh air and keeping the areas clean and tidy for all of us to enjoy!!





**Avenues College**

*music* night 2021

Join us for a night of live entertainment!

Featuring talented performances by Stage Band, Years 8, 9, 10, 11 & 12 Bands.

**Avenues College, McKay Avenue Windsor Gardens.**  
**Wednesday 2nd June 2021 7pm - 9 pm**  
**Thursday 3rd June 2021 7pm - 9 pm**

Pre order tickets only by 28th May 2021  
 \$5. Tickets available through Avenues College front office.

Limited availability due to Covid restrictions. Present your tickets upon entry.



Government of South Australia



Avenues College Preschool invites you to join us for a special

Preschool Playgroup session

26th May

10—11:30 am

Avenues College B-12 McKay Ave Windsor Gardens

We would like to give you the opportunity to familiarise yourself in our rich learning environment and meet our Preschool team.

Our Children's Centre Director Ela Koczwarra will be available to answer any question you might have in regards to what you need to know and what to expect when starting Preschool.

Due to Covid requirement you will need to let us know that you are coming. Please contact Erica on 8261 2733

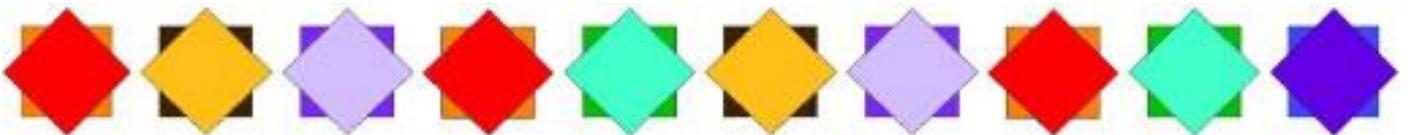


Robyn 'SLEPT OUT' on May 6 and is well on her way to meeting her fundraising target!

You can still donate until the end of May via the following link :

<https://vinnies-sa.grassrootz.com/vinnies-2021-principal-sleepout/principal-sleepout-support-robyn>

Thank you to all in our College Community who have already generously donated.



### Year 9 Science

Students have been working on creating earthquake resistant buildings made of straws, string, paperclips and pins.

This year's winner managed to get through a 'mild' earthquake with 250g of weight on the lower story.

Well done to Ella, Elodie, Mehar and Zahara!!

They have received House Points as a reward.





**FREE**  
**HOT BREAKFAST**  
Every Wednesday Morning  
Outside the  
Resource Centre

Did you know that you can have a **FREE** cooked breakfast (including pancakes, bacon and egg toasties & juice) every Wednesday morning during the school term.? Staff and students are all invited **AS WELL AS** any parents and friends who might wish to stop by for some food and a chat.

This initiative is supported by our faithful and dedicated volunteers from the NES-CI group (North Eastern School Chaplaincy Incorporated) who arrive early, set up and cook the BBQ. They are always welcoming and friendly with a happy smile to greet you!

What a great way to start the day ... so come and join us from 8.20am each Wednesday morning!!

# Music Innovator ...



Introducing Tyrell Bonney a year 10 music student at Avenues College. Tyrell is a Drummer/Multi-instrumentalist and composer in the Alternative and Indie Genres. To date Tyrell has composed seventy songs and released thirty of these across various platforms.

He uses Audacity, Logic and Garageband to record his music and has been into Radio Adelaide and had his music aired several times. Tyrell is looking at doing shows, management and studio sessions through Urban Movement. He will be doing some DJ sets in the yard at Avenues during break times soon. If you want to listen to some of his music check out the following links:

[tyrellbonney.bandcamp.com](https://tyrellbonney.bandcamp.com)

[tyrellbonney.site.123.me](https://tyrellbonney.site.123.me)

Well done Tyrell! Great to hear Avenues Music Students are kicking musical goals.

David Bowering



**YEAR 7  
TO HIGH  
SCHOOL**  
IN 2022

## Parent Update Week 10, Term 1 – 2021

### We are ready for the move

Planning is well underway to ensure the move of year 7 to high school is well-managed and considered. We are drawing on our pilot program insights and what we have learnt from Queensland and Western Australia to ensure the move is as smooth as possible.

### Where to find out more

Stay informed through your school and the Department for Education's website: [www.education.sa.gov.au/7toHS](https://www.education.sa.gov.au/7toHS).

Or share your feedback with the project team by emailing: [Year7toHS@sa.gov.au](mailto:Year7toHS@sa.gov.au).

For the full update from Department for Education please access our website via the following link:  
<https://www.avenuescollege.sa.edu.au/uploads/files/7tohs-parent-update-week10-term1-2021.a4.pdf>



## Supporting your child with ASD

### Information Session for Parents

Student Support Services, Para Hills, is offering parents the opportunity to attend a **free** one hour session to support their children with ASD.

The Session will detail effective strategies for parents to consider, to best support their child/ren at school and offer the opportunity to ask questions.

Additionally, Student Support Services staff will take time to explain their different roles in supporting your child in an educational setting.

This may be a great opportunity for you to connect with other parents.

**20 places only – please book in ASAP!!**

#### Date :

Monday 31<sup>st</sup> May

#### Time :

1.30pm-2.30pm

#### Location:

Para Hills Education Office  
26-34 Wilkinson Road, Para Hills SA 5096  
Conference Room

To book into a session, please click on the link and register-

[Parent Information Session](#)

**Please note that the session can only accommodate 20 participants.**



### Mountain Biking Programs

Head for the Hills has a range of Mountain Bike programs commencing soon, including a brand new After School Skills Program just for girls. They also have the popular Holiday Geocache Adventure, Holiday Skills Clinics and After School Skills as per usual. These programs focus on the key skills of mountain biking and will develop the students:

- Bike handling and balance
- Control and trail reading
- Technique (discipline independent)

Students will also learn about the non-practical aspects of mountain biking, including:

- Trail etiquette for shared-use networks
- Risk assessment and management skills
- Knowledge of participation opportunities

For more information, visit

[www.headforthehills.net.au](http://www.headforthehills.net.au)