



Allendale East Area School Newsletter

Courage Excellence Respect

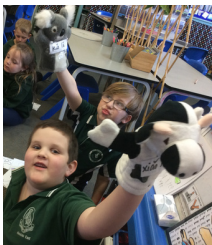


To build strong, diverse futures for all of our young people by providing quality education driven by needs, skill and aspirations.

WHAT IS HAPPENING AT SCHOOL?

Term 3 Week 8

The School has again been fortunate to have **Chinese Teacher Ms Lan Zhang** visit for three days (5 - 7 September 2023), spending time with the Foundation to Year 8 classes. In addition to teaching the students the Chinese language, Lan provides a hands-on educational experience specifically tailored to each year level, introducing and broadening knowledge of Chinese traditions and culture. The Foundation and Year 1/2 class were able to practice and perform the Little Chicken story with puppets, and the Year 2/3 and Year 4/5 classes got to try their hand at mastering chopsticks by eating popcorn with the chopsticks. Lan's activity for the Year 5/6 class was making a shuttlecock - complete with "road testing" the new creation, whereas the Year 7/8 class donned the chef's apron with sweet and sour pork and bubble tea on the menu. At the time of planning the visit, Lan was hoping to provide a "mooncake" tasting for all of the students to try, and we can hopefully provide a review on the taste testing in a future newsletter. The mooncake is a Chinese dessert that is normally served and eaten during the Chinese Mid-Autumn festival (also known as the Mooncake Festival or Moon Festival), a cultural holiday that is celebrated during the fall harvest. The festival this year falls on 29 September 2023.



Sam McRostie & Kingstyn Whitaker Foundation



1/2 Class



Milah Staples & Casey Vandeppeer 4/5



Zaylee Welsh, Grace Moore & Nixon MacDonald 2/3



Oliver Bramley, Tanner Jones & Jay Imperial 5/6



Tyler Neale & Ryleigh Atchison 7/8

IMPORTANT DATES

SEPTEMBER

- 14 RUOK? Day
- 19 Year 9/11 Industry Immersion
- 20 Governing Council Meeting
- 25-26 Year 9/12 Grampians Excursion

OCTOBER

- 20 Mt Gambier Show Day (School Closed)
- 25 Governing Council Meeting

Allendale Contact Information

Principal - Ms Kylie Smith

Assistant Principal - Ms Suzie Mitchell

Governing Council Chairperson - Mr Rodney Virgo

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ENGLISH EXTENSION AND ENRICHMENT PROGRAM

At AEAS, a group of Year 5/6 students have been given the opportunity to participate in a literature based, English extension and enrichment program. Students were selected on the basis of the results of standardised testing (NAPLAN, PAT-R) over time. The program aims to immerse students in reading and writing tasks that engage their critical thinking above year level expectations, and to present students with challenges that will both inspire and increase their aspirations.



Teacher Ms Joyce Dinan working with the class

Elements of psychology and philosophy, global issues and a historical context, extend students beyond their current knowledge and understanding. It is hoped that throughout the program, the students will experience themselves as being more than who they thought they could be.

RURAL YOUTH AMBASSADOR UPDATE

As part of the Rural Youth Ambassador role and program, **AEAS Year 11 student Angus Millard** travels to Adelaide to meet with other regional ambassadors. Here, Angus and the group collaborate to identify and discuss issues, share ideas and work on strategies in regard to issues faced by rural students. To share information on this program and Angus' experience, Angus has been asked to provide a summary of his latest trip for the School community. **Introduction:** A five day program with students from around rural areas such as Port Lincoln, Mount Gambier and Ardrossan, where issues we as rural students face are discussed. We pooled our ideas and thoughts on challenges, and as a group discussed ways to combat problems which other schools have already solved. Included in the discussion was the topic of "teachers", specifically what we believe around the impact that teachers can have on students, thoughts on what we believe teachers do well and not so well, the motivation behind teachers do well and what defines a teacher (eg: student engagement, overall mood and work ethic). **Day 1:** We travelled by plane to Adelaide and worked on further developing the task we had started at the previous forum; a scaffolding plan dubbed "the 5 E's". The 5E's will be further developed into a flow chart, which can be used as a tool to understand and combat an issue at hand regarding education and the related problems eg: a smaller problem - student behaviour or a larger scale problem such as structural integrity and mental health. **Day 2-5:** The group spoke with senior staff, ranging from school principals to the Minister for Education about the issues the Ambassadors had identified and the plan that was being worked on to assist younger rural students to make the transition from high school to university. The next forum for Rural Youth Ambassadors will be held in Term 4.

Angus Millard

SCHOOL DEPARTURES



After working at the School for 7 years, we say farewell to **Carla Doody** (Youth Worker), who will be leaving us at the conclusion of Term 3. Carla has been central to the care, welfare and wellbeing programs within the School, including working closely with students, parents and caregivers to problem solve and develop strategies to improve the educational experience for the student and families. Carla has accepted a role with Mission Australia, and we would like to thank Carla for her contribution to AEAS and wish her all the very best with her new role and for the future.

RUOK? DAY AND EVENTS



Cupcake by Caitlyn

R U OK? Day - Thursday 14 September is this year's date for the national day of action; when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life. A **sausage sizzle** has been planned in the School Community Garden on the day, with **pre-order forms (sausage and fruit box)** to be sent home via class teachers. Additional **events planned: rock decorating** and a **casual day with gold coin donation** (theme: **"Wear Yellow"**).

The students will be decorating rocks, which will include a kind message. Once completed, the rocks will be placed around the school for other students to find and read. The **casual day** allows students to wear something **"yellow"**, with the gold coin donation given to RUOK Suicide Prevention Fund.

FRIDAY FAIRY

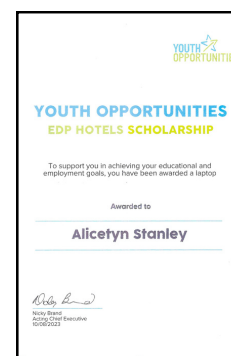
Following a few weeks hiatus, the Friday Fairy made a welcome return, sprinkling glittery happiness around the School, with Friday Fairy thank-you vouchers in hand. Recipients rewarded for their efforts within the School Community this Fairy round were; Year 1/2 students **Tess Coutts, Holly Howard** and **Asta Staples** who received an award for environmental awareness/contribution to the School's cleanliness and beautification, and **Tomas Dowdy** (Year 9/10 class) for his voluntary efforts, providing assistance to younger students with activities, including in his own time. Thank you Friday Fairy and congratulations to the award winners. We look forward to seeing who will receive the next sprinkle of Fairy dust.




Friday Fairy with the Award Winners

YOUTH OPPORTUNITIES SCHOLARSHIPS

Following the earlier announcement of Year 11 students **Alicetyn Stanley** and **Angus Millard** (pictured right) as winners of a **Youth Opportunities Scholarship**, a presentation of a Certificate was made by Kylie Smith (Principal). By completing the Youth Opportunities program, the students had the opportunity to build skills and positive habits which will assist them to succeed, furthering both academic and career prospects. All students that undergo and graduate from the program are then eligible to apply for a Scholarship. With a value of up to \$1500, the Scholarships are normally offered half yearly and can be used to aid schooling or future careers and goals. Students do not need to be highly academic to apply, however there is certain criteria that needs to be met. As always, we strongly encourage all interested students to make further enquiries or submit an application when the next round of Youth Opportunities Scholarships opens. If a student or parent/caregiver would like more information, please visit the website <https://youthopportunities.com.au/> or contact the School for further information once advertised.



WELLIO PARENT/CAREGIVER WEBINAR



Parent webinar
Healthy Relationships

Details: On Zoom, Thursday 14 September at 6:30 PM (Melbourne/Sydney time)

Wellio helps students proactively improve their mental wellbeing using research-backed habits and techniques. Alongside their work with students, Wellio will be delivering a webinar each term to parents! Join us to learn about the below:

- How to build strong relationships**
How to help young people see the crucial role that relationships play in their wellbeing and how they can actively nurture those relationships to ensure they're strong and supportive.
- Identity**
To connect deeply with others, you first need to understand who you are. Learn how to help your child reflect on their values and use those values to build more meaningful connections.
- Digital Relationships**
Today's teenagers are less likely to go out with friends, get a drivers license or play sport. In this topic we unpack the mechanisms behind this trend and how to support teenagers to make healthy choices.

[Click here to register](#)

In exciting news, Allendale East Area School has partnered with Wellio this year. Wellio helps students proactively improve their mental wellbeing using research-backed habits and techniques. The Wellio programme supports students in improving their sleep, managing social media use, building healthy relationships, improving physical well-being, and reducing anxiety. Alongside their work with students, Wellio will be delivering a webinar each term to parents. The upcoming **webinar (Thursday, 14 September 2023)** this term is titled **“Building Healthy Relationships”**. This webinar will provide you with strategies to help your children build stronger connections with friends and family.

If you would like to attend, you can **register** at this web address:

https://www.wellioeducation.com/en_au/webinars

Wellio will record the event, so please register if you can't attend but want access to the recording.

Sarah Stratford

FAMILY /CAREGIVER SUPPORT

As heavily publicised in the media, families and people generally are finding it more difficult to make ends meet, when it comes to providing for the household. Unfortunately, the harder times also impact people within our School community, and we would like to remind parents and caregivers that assistance is available. The School is able to facilitate access to free food hampers to make it a little easier for those that could do with a helping hand. If you would like to access or discuss available support, please contact **Wellbeing Coordinators Sarah Stratford** or **Carla Doody** at School by phoning the Front Office.



>Image by onlyyouqj on Freepik

SCHOOL CANTEEN- MONDAY LUNCH SPECIALS

The School Canteen is continuing to offer a **lunch special, each Monday of Term 3**. This initiative is a great opportunity for students to have something which is not ordinarily supplied or as a special deal, in addition to supporting the School Canteen. Order forms are distributed to students via class teachers, with a Skoolbag message including a reminder, sent directly home via the Skoolbag app. While ideally **orders** should be in **by Thursday (of the week prior to the special)**, the Front Office is able to accept orders until lunch time on the Friday. Please note: Ange will do what she can to ensure late orders are fulfilled, however if the menu item is very popular, it cannot be guaranteed that all late orders will be filled. The Front Office will contact parents/caregivers if there is an issue. Please support the canteen where possible if you are able, to ensure this important resource remains for the years to come.

MONDAY LUNCH SPECIALS MENU - TERM 3

11.09.23	Asian Style Noodles with sesame seeds & spring onion	\$5.00
18.09.23	Hot Dog in Roll with cheese & tomato sauce	\$4.70
25.09.23	Chicken Schnitzel (half) in roll with aioli	\$5.00