



Heatherwood School

November 2017



Paul Hills

a word from our Principal...

As the year rushes to an end, planning for 2018 is well underway.

The building process

continues to move slowly; the

portables will be moving and this will result in major disruptions to programs during the last two weeks of school.

The **Year 11 and 12** students will be finishing by Tuesday 12 December so the portables are expected to move on Wednesday 13 and Thursday 14. Moving six classrooms out onto Springvale Road will be both an exciting and interesting process.

As a result of having less classrooms next year, larger spaces such as the Drama room will become double classrooms and teachers will team-teach two classes. As teachers and classes are confirmed, parents and carers will be notified.

We know that 2018 will be a unique year and present a number of challenges however with planning and the full support of all members of the school community, I am confident that these challenges will turn into exciting opportunities.

At this stage we expect demolition of the current Gym and Science area to begin in February.

The school community will be kept fully informed as we receive updates of the building process.

Please be assured the school is very aware of the possible impacts that change can have on all members of its community and I am confident that, with everyone working together, we can address any concerns which may arise.

Thank you for your ongoing support

Date	Event
Wed 6 Dec	School Council
Thurs 7 Dec	Senior School 'break-up' party
Fri 8 Dec	SRC end of year Morning tea
Mon 11 Dec	Year 12 final day
Tues 12 Dec	Orientation Day
Tues 12 Dec	Year 12 Graduation
Wed 13 Dec	Junior School 'break-up' party
Fri 15 Dec	Middle School 'break-up' party
Fri 22 Dec	Final Day 2017 EARLY FINISH 1.50pm
School Vacation	23 December - 28 January 2018 * Teachers return Mon 29 Jan * Students return Wed 31 Jan
Wed 31 Jan 2018	Day 1 Term 1 for students

Student Dress Code

All parents/carers and students are reminded to follow the Heatherwood School Dress Code.

(Full details are available in the Student Diary)

- Stud earrings and sleepers worn in the ears, plus watches, are the only acceptable jewellery.
- Extreme hair colours (e.g. green, pink or purple rinses) and/or extreme hairstyles are not permitted.
- Other than clear nail polish, cosmetics may not be worn at school.
- The Dress Code applies during school hours and when students are on school excursions.

2018 Term Dates

Term 1	31 January - 29 March
School Vacation	30 March - 15 April
Term 2	16 April - 29 June
School Vacation	30 June - 15 July
Term 3	16 July - 21 September
School Vacation	22 September - 07 October
Term 4	08 October - 21 December
School Vacation	22 December - 29 January 2019

Lesley Foster

Assistant Principal

Feedback has the capacity to transform. It can reignite, refocus and lead us towards achievement and success. Throughout the year members of staff have been learning about how we can best use feedback so that students can improve their skills, learn well, develop a belief in themselves and their own abilities. At Heatherwood's last Curriculum Day, Sue Perillo, professional consultant, provided workshops for the whole staff in defining Feedback, how to deliver it for maximum benefit and the significant difference it can make.

The feedback we have with you (parents/carers) is valuable and a two-way operation helping us all to understand and know our young people a lot better. Deepening the personal relationship with each student provides us with a better chance of teaching them more effectively. Acknowledging student effort is an incredible feedback tool which gains positive results. Feedback and challenge, together with incremental support, provide opportunities for new learning and growth. We all benefit from this and at times achieve beyond our wildest dreams. This is what Heatherwood stands for; making a pathway for learning as we work together to aim high for all.

We held our annual Acknowledgement Afternoon last Thursday, where invited members of our wider community, service providers, organisations, community members and volunteers came together to celebrate the benefits that their services provide to the school and our students. I would like to thank our coordinator, Deb Heland and the Hospitality staff Minnelese Coetsler, Lynn Penrose, Danielle Di Cosmo, who prepared the invitations and sumptuous food. Thank you Michael Eefting, Treasurer - School Council for attending and welcoming guests.

Student reports are an important part of feedback to students and parents/carers, taking into account the effort and achievement of each student this year. Writing reports gives us a time to reflect, to analyse and to pass on ideas for future learning and improvement for each student.

In December, reports will be going home to you and we are always interested in your feedback and ways we can work with you in 2018.



Every child is an individual and everyone's challenge and achievement will be different. The regular communication, through diaries, telephone, email, texts, SSGs is very valuable to us and helps us in our endeavours to offer the best education we can for your son/daughter.

No Stopping Zone

If there is a 'no stopping' sign, you are not allowed to stop or park your car in, or partly in, that area for any reason.



Attention Parents/Carers

When visiting Heatherwood School, there is ample **parking** located behind **DISC** (Donvale Indoor Sports Centre) - please park in the **bottom carpark** and head on in to Reception. We look forward to seeing you.

The Springvale Road entrance and building area (pictured) is a no stopping zone to allow for safe movement of the school buses. **DO NOT STOP HERE**

Please take care when visiting Heatherwood School and park safely.

PE Tennis Program

Ryan Teasel

This past month has seen Junior and Middle School students participate in a wonderful tennis program, during their Physical Education lessons, delivered by professional coaches from *Wimbles Junior Tennis and NeTS Tennis School*.

The five-week program saw the students engage in activities that aimed to improve their use of the tennis racquet to establish and maintain rallies against one another.

The final session of the Tennis Program saw students visit the Nunawading Community Tennis Centre, home of *Wimbles Junior Tennis and NeTS Tennis School*, where they experienced several of the hard surface tennis courts and put their newly-acquired skills to the test in some fun games.

The Year 8 students visited Box Hill Senior Secondary College's tennis courts and engaged in more coaching, which also involved some of the students enrolled in the school's Advance Tennis Program. This was a great experience to train with some knowledgeable instructors and skilled students.

Jon Watson, *Head Coach at Wimbles*, would like to see that the Heatherwood students continue to enjoy tennis beyond school and has extended an amazing offer to all of the students at Heatherwood School, as well as their families.

If any student would like to access the tennis courts at the Nunawading Community Tennis Centre for **FREE**, please contact Jon on 1300 946 253 or 0401 036 827 to gain 3 months of free court use over the upcoming summer.

And remember to keep bringing your hats, sunscreen, and water bottles to school as the semester continues to heat up!

Students need to remember to stay hydrated and protect their skin from the sun, especially on days they have Physical Education.



2018 School Captain Elections

Jo Larkin

On Friday 10 November, the 2018 Heatherwood School Captains election was held.

There was a great deal of excitement with seven males and four females standing. All speeches were outstanding and it was evident that many hours of practice and thought had gone into writing and rehearsing the speeches. Congratulations to all nominated students for having the courage and confidence to want to lead our great school:

Males

Hanno Jonker; Brohdi Male; Lachlan Wills; Justin Heath; Nick Dempsey; Jake Briscoe and Tyson Sanders

Females

Jessica Galvin; Larissa Haines; Kyasha Hooi and Rebecca Higgins

The **successful candidates** were:



Hanno Jonker
Captain



Jessica Galvin
Captain



Lachlan Wills
Vice Captain



Brohdi Male
Vice Captain



Larissa Haines
Vice Captain



Kyasha Hooi
Vice Captain

Australian Hockey Clinic and State Singlet Presentation

Jo Larkin

Students from S6 and members of the Heatherwood Interschool Hockey Team attended a brilliant clinic with four members of the Australian Women's Hockey Team in Royal Park.

It was also a wonderful opportunity for Rachael Potter and Eadoinah Lavin-Hosking to receive their Victoria State singlets from a Hockeyroo. Heath Parrott and Renee Anger were also selected in the Vic team however were not available to attend the ceremony.

The students participated in a skills session where the players shared their valuable knowledge and love of their sport.





Nutrition Week 2017 is now behind us...

Lynn Penrose

Have you continued to TRYfor5?

TRYfor5 refers to eating 2 serves of fruit & 5 serves of vegetables each day.

Why go for 2 & 5?

Most Australians eat 2 pieces of fruit every day, but most of us do not manage 5 serves of vegetables every day.

Eating 5 serves of vegetables per day can help protect against:

- Coronary heart disease
- Some forms of cancer
- Overweight and obesity
- Constipation

It can also help to:

- Reduce blood pressure and blood cholesterol levels
- Improve control of diabetes

What is a serve?

One serve vegetables = 75 grams or

- ◊ ½ cup cooked vegetables or cooked legumes
- ◊ 1 medium potato
- ◊ 1 cup salad vegetables

Here are some tips for adding more vegetables to your family's diet and adding an extra serve to the meals and snacks you already eat...

Breakfast

- Cooked mushrooms, tomatoes, capsicum, sweetcorn on toast

- Chop and add to an omelette or scrambled eggs
- Heat leftovers and serve on toast (add low fat cheese or egg for more substantial meal)

Snacks

- Top English muffins or crumpets with diced veg and grated cheese – quick mini pizzas
- Sticks of carrot, celery sticks, broccoli and cauliflower florets, strips of capsicum – with low fat dips
- Savoury muffins or pikelets – with grated veg or corn
- Extra colour in sandwiches - grate carrot, beetroot or pumpkin

Main Meals

- Add extra vegetables to make meat go further
 - ◊ Vegetables can be quickly cooked in the microwave to add variety to main meals
- Add vegetables in season to soups for extra flavour and taste
- Always serve main meals with cooked vegetables or salad
- Use cabbage and lettuce leaves as edible wraps
- Stuff vegetables with savoury fillings
- Easy wedges or thin crisps – potato, sweet potato, pumpkin, parsnip and beetroot

More ideas and recipes at www.gofor2and5.com.au



Embrace the Adversity!

Anthony Lenaghan

8-10 November - Heatherwood School participated in the 26th annual Super Ride Bike Camp held on the forest roads of Blackwood and Trentham.

There is virtually no flat ground anywhere near Blackwood ; just endless steep hills.

As a result, the 40km Super Ride can feel like mental and physical torture at times. These brave students develop resilience, toughness, confidence....and leg muscles made of iron.

Throughout the training and the camp we stayed true to our mantra – *PAIN IS MY FRIEND!*

Congratulations to Renee, Dale, Patrick G, Flynn, Ethan and Ben for completing this massive challenge.



Thanks to Sam Ditty and Francesca Hudson for supporting our students on the camp and during the training.

Renee won the **Max Woolcock Medal** for 'most courageous rider'. Well done, Renee!



Heatherwood takes pride in being the only school to have completed all 26 editions of the Super Ride held since it began way back in 1992.





Trade Kitchen



Arthurs Seat

Year 7s have experienced the beauty of the great outdoors this term as part of Heatherwood's fantastic Outdoor Education Program.

On Monday 20 November, J2 had their final excursion for the year, and what a wonderful day it was! We had amazing weather as we got on the bus with Anthony and Francesca to visit the Mornington Peninsula. We went on a walk at the top of Arthurs seat and enjoyed majestic views across Port Phillip bay; we could even see the skyscrapers of the city! We were lucky enough to stroll along the white sand of McCrae beach where some students took off their shoes to walk in the warm and inviting water. It was like visiting a beach in tropical Queensland! All year 7s have thoroughly enjoyed the Outdoor Education Program and have represented themselves and the school with distinction.



City Camp

It all started with the blue esky...

- 49 Year 10s and seven staff
- Tour of the State Theatre - one of the largest stages in the world
- Arts Centre Marketing Workshop & Artvo
- Amazing Race in 34 degree heat up and down City alleyways
- Ghost Tour - Tony had us all seeing and hearing things in dark alleys!
- Tram ride - a FIRST for some
- Drained the Slurpee machine at Hungry Jacks



Ridin' on the bus...



The Amazing Race



Workshop



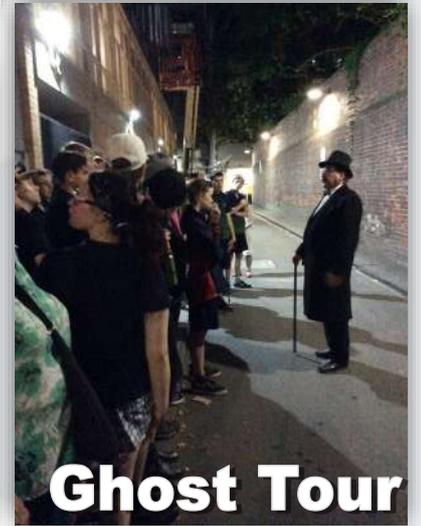
Cityscape



Fed Square



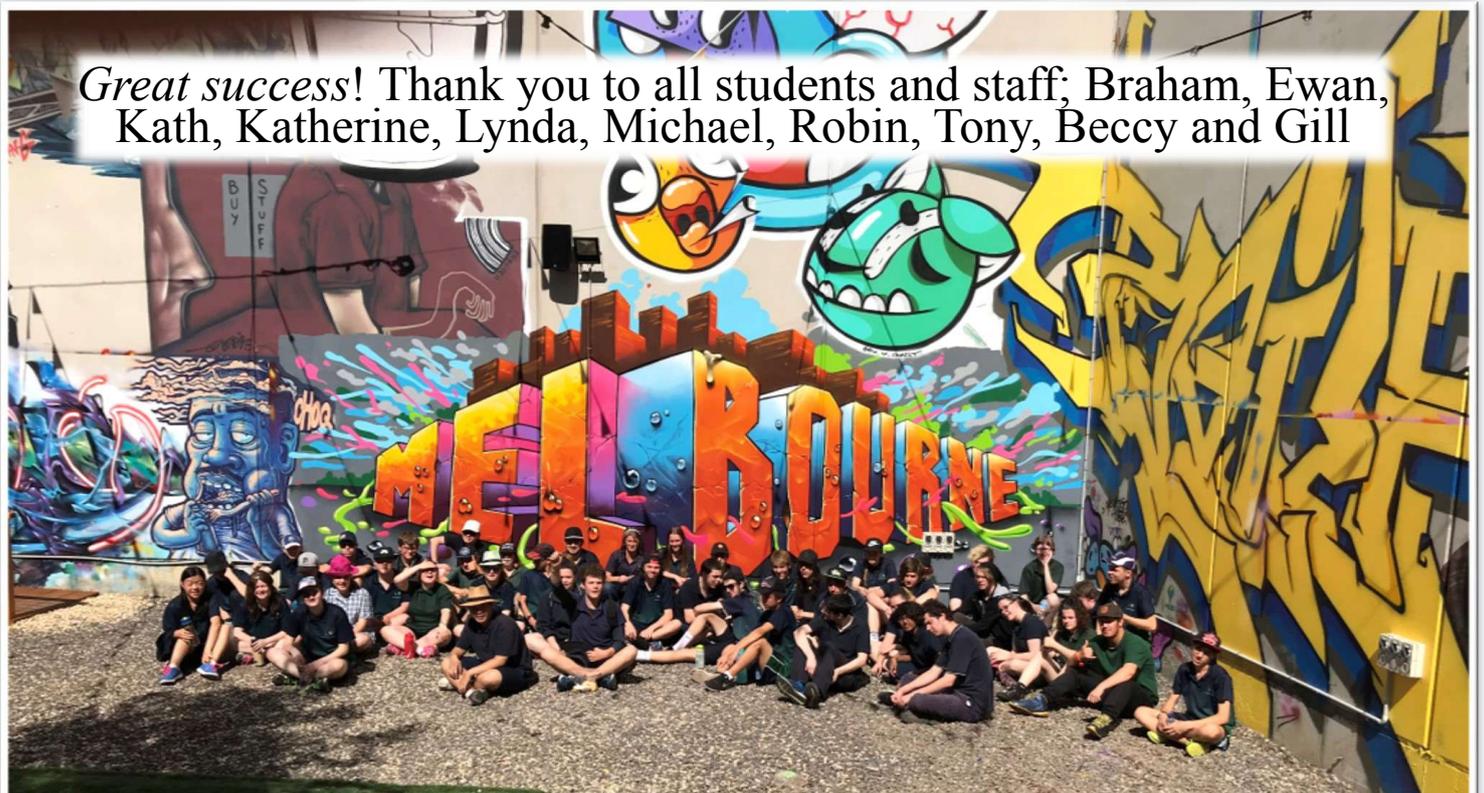
Very hungry...



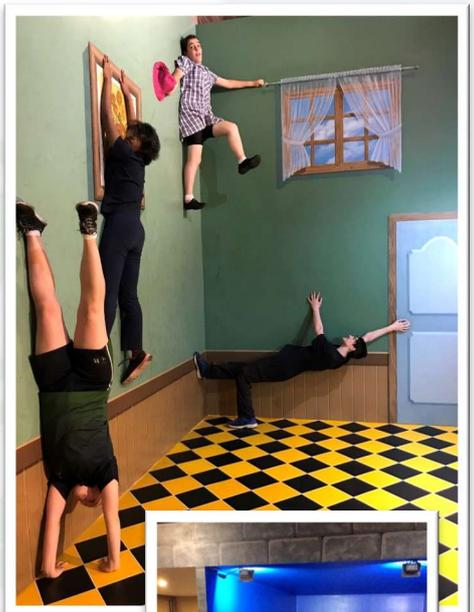
Ghost Tour



Tram ride



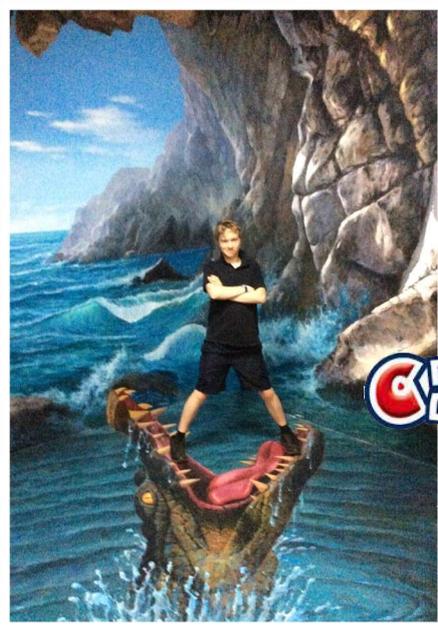
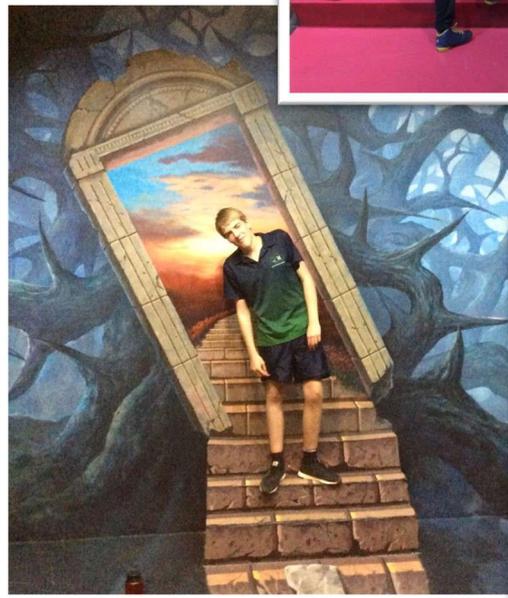
Great success! Thank you to all students and staff; Braham, Ewan, Kath, Katherine, Lynda, Michael, Robin, Tony, Becky and Gill



YEAR
10



ArtVo



CITY CAMP



SRC Update

Lynda DenElzen

SCHOOL CAPTAINS 2018

Congratulations to our new School Captains for 2018 - Hanno Jonker and Jessica Galvin.

Our Vice School Captains are Larissa Haines, Brohdi Male, Kyasha Hooi and Lachlan Wills.

Thank you to Jo Larkin and the Senior Section for organising the elections.

SRC ELECTIONS

SRC elections for Years 8, 9, 10, 11 and 12 for 2018 will be finalised by 8 December.

Elected SRC students will receive their badges at the first whole school assembly in 2018!

2018 Year 7 students will vote on their SRC representatives in late Term 1 or early Term 2.

We are conducting the elections using a different format this year. There will be an interview panel consisting of three teachers and three students.

Interviews are scheduled for Thursday 30 November and students can discuss why they would like to be on SRC and what qualities and skills they can bring to the role. Nominees will then present a speech at the various Section Assemblies followed by voting.

HEATHERWOOD AMBASSADORS

Over the last two terms, eight Heatherwood students have undertaken training with Braham Morris. These sessions have given SRC students the skills and training to become buddies for “new” students that begin at Heatherwood school after the start of the school year.

This is a wonderful initiative that will continue in 2018. The goal of the program is to make students feel valued and to have their peers help them integrate into the school environment.

A big thank you to the Heatherwood Community for your support of the SRC in 2017 from Lynda Den Elzen, David Gall and Stephanie Walker on behalf of Heatherwood SRC.

Learn to Work Program (LTWP)

Mark Walker

Independence Through Empowerment

There are numerous success stories, present and past students. The LTWP is designed to focus on the individual strengths of a student. When a student focuses on their passion in the forefront of their mind, it often takes precedence to their “different abilities.” [This issue we acknowledge...](#)

Hospitality

Minnelese Coetser

The Hospitality students did an excellent job catering for the annual ‘Thank You’ afternoon tea, held on Thursday 23 Nov.

All the students worked very hard to create an impressive spread for this most important event.



Thank
you

Elliott Maschler (Class of 2003)

- 28 years old
- Married
- Homeowner
- Drivers License
- Forklift License
- Cert III in Retail Supervision
- Started out at McDonalds
- employed with BlueScope Steel in Hastings



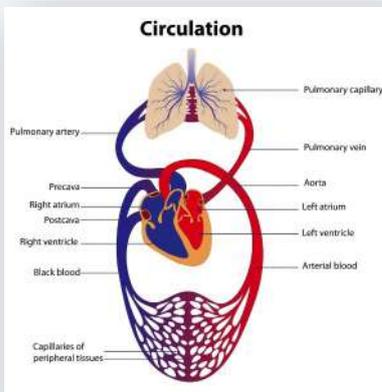
All things are possible to him who believes.

Year 7

The Year 7 students have been looking at Light this term. They have explored what makes up white light and how to bend the colours of white light using glass prisms. They had fun creating their own shadow puppet theatre and presenting short plays to their classmates.



We have looked at the damage UV rays can do to us and by using UV beads came up with strategies to protect the UV Beads from the Sun's rays. (UV beads have been chemically designed to change colour in UV light but will remain white if indoors or protected.)



Year 8

The human body is a unique piece of machinery, where several different systems work in harmony to keep us alive. The Year 8s have learnt how the circulatory and respiratory systems keep

vital oxygen moving through their bodies. Students enjoyed making a fake lung to demonstrate this. They investigated how the eye works and will be learning about the function of the liver and digestive systems in the coming weeks.

Year 9

Energy, what is it? Energy is the ability to do work and it comes in many forms. Students have been looking at energy transfer using the heat energy provided by the Sun and



the power of energy created by the movement of water. Students designed various solar ovens to discover which was most efficient in heating water and created water wheels to lift various weights.

Year 10



Year 10 students have been investigating Momentum. Sir Isaac Newton's three laws of motion play a huge part in this unit of work as to, learning about potential and kinetic energy. Students have conducted experiments looking at the relationship between mass and force.



There has been great imagination in the designing of Balloon Rocket Cars and after many trials and errors, students were successful in getting their vehicles to move using the force created by a deflating balloon.

Visual Arts

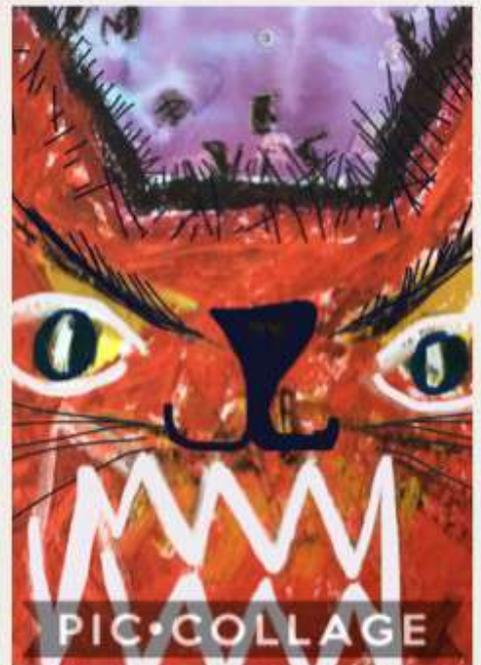
A very successful experience for our students who have been involved with the Positive Animal Welfare Program. The display and Flat Cats books meant that we were well received by public and Zoo staff. Reinforcing to our students how visual art can tell a story, responsible pet care and we can make a difference. Well done.



litter
can go anywhere
can land in waterways
can land in trees
can land in the sea
plastic, latex, strings all take
ever time to go away.



ort program- P.A



- By Sian Hamilton
- My work is all about homeless people being sad and lonely. A man is very upset. He is sitting in the rubbish.

My views about global issues.



The power of love by Ebony Parsons

- I was inspired by my mother and events. When I saw my mum on the stretcher I realised how much I love her and care for her.



Mother Nature has lost children.

- Artist: Kevan Anger
- My work is about animals losing their natural forest. They have lost their homes. Survival has been decreased.



Year 10 exhibition on now in school corridors.



Portsea Camp Chloe & Xavier S5

On Tuesday 14 November, the Year 11s and 12s went down to Portsea for two nights and three days.

While we were down at the Portsea Camp we did lots of things.

The first night we did a ghost tour.

On Wednesday we walked to Fort Nepean. It took us 2 hours to walk there and back.

Wednesday night was our last night where we had a Disco

Also, while we were down at Portsea, we had hot weather for the two days we were there.

On the Thursday it was raining and we could not do much but we all had fun.

Thank you to the staff for making the camp a great camp.

We all enjoyed ourselves and a special big thank you to Bernadette, for organising the camp.



City of Whitehorse Athlete of the Year with a Disability

Jo Larkin

Heath Parrott from S6 was nominated by the Heatherwood School Sports Department for the ***City of Whitehorse Athlete of the Year Award***, as recognition of his outstanding achievements at State Cross Country and the Australian Schools Bench Press Championships.

“Heath always encourages his teammates and strives to achieve at all times.”

As a finalist in the award, Heath and his family were invited to attend the awards Ceremony held on Wednesday 25 October.

Heath was not the successful nominee on the night (congratulations to Madeleine Scott of Nunawading Swimming Club).

Heath was honoured to have been nominated and very proud of his achievements. **Well done, Heath!**



Junior Rockers

primary music
education specialists



APPLY FOR MUSIC
LESSONS NOW!

Junior Rockers runs instrumental music lessons right here at school.

To find out all about our music lessons, head to our website. From there you can check which instruments are available at your school, get up to date pricing and apply for lessons online.

www.juniorrockers.com

Rather chat in person?
We'd love to speak to you.

Call us on 1300 GO ROCK
(1300 46 76 25)

