



LEARNERSFIRST



The Exeter Pride

Term 2—Issue No. 1— 6 May 2016

DIARY DATES—Term 2, 2016

MAY

Tuesday 10	NAPLAN Testing begins
Tuesday 17	ICAS Digital Technologies Competition
Thursday 19	ASI Big Science Competition
Friday 10	SLC Free Dress Day
Monday 23	Australian Geography Competition
Tuesday 24	Science and Engineering Challenge UTAS
Wednesday 25	Australian History Competition
Tuesday 31	ICAS Science Competition

JUNE

Monday 13	Queen's Birthday—Public Holiday No school today
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PRINCIPAL : Ben Frerk

ASSISTANT PRINCIPAL : Paul Stevenson

Acting ASSISTANT PRINCIPAL : Andrea Saville

GRADE LEADERS

Grade 7 Claire Lovitt / Naomi Cartledge

Grade 8 Allison Macpherson / Ty Stewart

Grade 9 Kym Knights / Skye Champion

Grade 10 Jo Robinson / Andrea Saville

SUPPORT SERVICES:

School Psychologist : Jessica Walker (Monday/Wednesday)

Social Worker : Esther Fleming (Monday/Tuesday)

School Chaplain: Crystal Parry (Monday/Wednesday/Friday)

INTRODUCING OUR GRADE 9 TEAM

Grade 9 Leaders

Mrs Kym Knights



Mrs Angela Howie



Home group Teachers

9A Mr Cedric Crowden



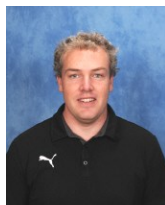
9B Skye Champion
(Acting Grade Leader Term 2)



9C Ms Tara Bufton /
Ms Tania Dean



9D Mr David Atkinson



FROM THE PRINCIPAL

A very warm welcome back to everyone in our school community. I hope the break was enjoyed by all and you had the opportunity to spend time with family and friends. This week has been very settled and I have been very impressed with the way students have returned to school in uniform and reapplied themselves to their learning. While I appreciate that the weather is getting colder I would like to remind everyone that we are a uniform school and that items such as “hoodies” and puffer jackets are not part of our uniform and are to be kept at home.

ANZAC DAY

On Monday 25th April I was extremely proud of all of our SLC students who gave up their time to represent our school at a number of ANZAC Day Services. Students were present at both the Beaconsfield and Exeter Dawn and 11am services and marched in Launceston which is an amazing effort. I had the privilege of listening to Lily Spencer speak at the 11am Beaconsfield Service which made me feel extremely honoured to be Principal of such an amazing school. I thank the work and efforts of all of our student leaders and Mr Liam Fox and Miss Naomi Cartledge for ensuring that we had strong representation at a number of services.

NAPLAN

The scheduled dates for NAPLAN testing in 2016 are Tuesday 10th May, Wednesday 11th May and Thursday 12th May.

RESPECT - LEARNING - MATURITY - ACCEPTANCE



NAPLAN tests the skills that are essential for every child to progress through school and life such as reading, writing, spelling, grammar and numeracy. It also provides valuable information on how your child is progressing against national minimum standards of literacy and numeracy skills expected of each year level. At Exeter High School the information we receive from NAPLAN results allows us to do the following:

- Teachers can identify your child's areas of strength in literacy and numeracy and pinpoint areas where future focus is required and how best to provide support or extension activities.
- As a school we use the NAPLAN toolkit to analyse students' results. The Toolkit provides detailed information right down to the individual questions which link to teaching strategies.
- As a Principal with senior staff we use NAPLAN results to inform school planning and to allocate resources and support including informed decisions around targeted programs and initiatives for individuals and groups.

If you would like more information about NAPLAN please visit the website at:

<http://www.nap.edu.au/naplan/naplan.html>

Uniform

The wider community constantly gives feedback to students and staff about how good our students look in their uniforms. Exeter has certainly become a school that is renowned not only for our great achievements, but also for setting the bar very high in relation to how we look.

The Exeter High School School Association is the governing board of our school. This group of community, parent, staff and student representatives make many of the decisions on how our school operates and advise me as Principal on a range of matters. One of the critical decisions they have made is that school uniform is a compulsory aspect of Exeter High School.

I need to stress that denim jeans or shorts and hooded jumpers are not part of the school uniform at Exeter and should not be worn to school unless we have a plain clothes day.

Exeter High School will endeavour to support any families that are experiencing financial hardship. Please contact our school office to discuss alternative arrangements to assist you in purchasing uniform items.

Every Day Counts

Research has proven that when students attend school all day and every day they achieve much better results and give themselves a greater chance of a successful future.

School helps students build social and emotional skills such as teamwork, communication and resilience along with developing their academic understanding. Parents also need to be aware that it is a legal requirement that students attend school. Under the law you must make sure that your child attends school every day unless you have a reasonable excuse. It is very important that you don't keep your child away from school for minor reasons.

You can expect Exeter High School to do the following:

- ♦ Monitor student attendance.
- ♦ The office will communicate every time your child is absent from school.
- ♦ We will follow up on any unexplained absences.
- ♦ Provide students with real life authentic experiences to engage them in their learning.
- ♦ Work with you around strategies to encourage your child to come to school.

It is really important that if your child is absent from school you contact the office and provide a reason. If you have any problems with getting your child or children to school please contact us for advice or support.

Mr Ben Frerk
PRINCIPAL

ANZAC DAY



On Monday 25th April the Student Leadership Council attended the dawn services in Exeter and Beaconsfield and the 11:00am services in Exeter and Beaconsfield. We also participated in the Launceston march and the 11:00am service. We were accompanied by Mr Fox, Mrs Saville and Miss Cartledge. Whilst it was a chilly start for all thirteen members, we embraced the opportunity to show our respect to the fallen and to those who participated in war, conflicts and peace keeping operations around the world.

Three members of our Student Leadership Council Lily Spencer, Jasper Younger and Cody Grutzner also had the great honour of addressing the local communities at both the 11:00am services in Beaconsfield and Exeter.

DID YOU KNOW? There are currently thousands of Australian Defence Force personnel based around the world. In many locations, Australians are working with other nations such as New Zealand, France, Canada and the USA to maintain peace and stability.

EHS UNIFORM

Our uniform policy is endorsed by our School Association so students must wear their school uniform every day. Students at Exeter High School have both a summer and winter school uniform. Non-school jumpers, hoodies, jeans, board shorts and tights are not part of our school uniform and must not be worn.

Girls Summer Uniform consists of:

Summer School Dress
Knitted jumper or fleecy jumper
Blue school shorts – style can be viewed at school (**Not** sports shorts)
White socks
Black sturdy school shoes. (Canvas shoes or ballet flats are not permitted to be worn at school)



Boys Summer Uniform consists of:

Grey school shorts
Blue short sleeve school shirt
Knitted school jumper or fleecy school jumper
White/grey socks
Black sturdy school shoes (Canvas shoes are not permitted to be worn at school)
Exeter High School tie, optional

Girls Winter Uniform consists of:

Winter Skirt
Blue, long or short sleeve school shirt
Navy blue or black stockings
Knitted school jumper or fleecy school windcheater
Navy school slacks/trousers – can be viewed at school. (No track pants are to be worn)
Black sturdy school shoes (Canvas shoes or ballet flats are not permitted to be worn at school)



Boys Winter Uniform consists of:

Grey school trousers (No track pants are to be worn)
Blue long or short sleeve shorts
Knitted school jumper or fleecy school windcheater
White/grey socks
Black sturdy school shoes. (Canvas shoes are not permitted to be worn at school)
Exeter High School tie, optional

Sports Uniform

Students are also required to change for Health & Wellbeing. Exeter High School has a two tone sports top and long or short leg shorts that are worn by both girls and boys during summer and winter.



Optional Extra – Spray Jacket

Exeter High School Spray Jackets can be purchased as an optional extra and are worn in both summer and winter by both girls and boys.



Over the last 12 months the EHS Farm has formed a strong relationship with NRM (Natural Resource Management) North. Agriculture Studies students have had the opportunity to undertake workshops including revegetation work and small farm strategic planning. NRM North was also involved with our farm open day with Jesse Webster manning the gazebo. Agriculture Studies students have also been very lucky to receive a new class set of gumboots leading into winter, donated by Jesse and NRM North. We are very grateful for the support that we receive from NRM North and look forward to the work to come with the wetland project.



Hello everyone! My name is Lou Finnigan and this is my 14th year at Exeter High School. For many I am known as Mrs Finnigan the History teacher but I am also the My Education Co-ordinator. As this is my second year in the role I thought that it was important that I let you all know what My Education actually is. I have included information below that will hopefully give you a quick overview of what it is all about.

My Education?

My Education is a coordinated whole-school approach to career and life planning commencing in kindergarten. As parents and carers, you are encouraged to be actively involved and engaged with this approach as it will become a key part of your child's education.

Career and Life Planning – My Education

Our children are facing a future with opportunities and challenges. The workplace is changing and individuals are driving their own life story.

Careers are no longer defined as 'jobs', but all activities that influence future roles during the course of a lifetime.

The world our young people are growing up in is rapidly changing and evolving, where jobs are less secure and many future jobs are unknown.

Future workers will change employment more often and work in a range of industry areas. *Attitude, Skills and Knowledge* are the factors determining a person's employability, and the main factors determining business employment decisions.

Successful employers recruit for *Attitude* and will train and educate for *Skills and Knowledge*.

For these reasons, schools are introducing a more modern and effective approach to career education and planning in order to ensure students are well prepared for their future.

ME Online

A component of *My Education* will be an online career planning system, (*ME Online*) which will identify your child's interests and strengths throughout their education, and align these to course options and possible employment opportunities, helping to guide them towards a successful future.

Exeter High School CANTEEN ORDER FORM 2016

**Term 2
Prices**

Ordering Procedure: At Canteen or Home Group by 9:30am
(Only ordered lunches are prepared)

The Canteen is open for recess & lunch daily.

**Term 2
Prices**

Name: Home Group:

Date: Money Enclosed:



HEALTHIER OPTIONS

Salad Bowls \$5:00 ea ☐ Chicken ☐ Ham ☐ Tuna
Pasta Salad Bowls \$5:00 ea ☐ Pasta & Chicken ☐ Pasta & Ham
Vegetarian Options \$4.50 ea ☐ Salad Bowl ☐ Salad Wrap ☐ Salad Roll ☐ Pasta Salad

WRAPPS \$4.50 ea

☐ Chicken Chilli (cold) ☐ Tuna Salad
☐ Chicken Chilli Tenders (hot) ☐ Ham Salad

ROLLS \$4.50 ea

☐ Chicken Salad
☐ Ham, cheese & tomato
☐ Chicken, mayo & lettuce

SANDWICHES \$4.00 ea ☐ Plain ☐ Toasted ☐ Wholemeal ☐ Multigrain

Your choice of two fillings (eg Ham & Cheese, Lettuce & Tomato):

SALAD SANDWICHES \$4.50 ea ☐ Chicken Salad ☐ Ham Salad

GLUTEN FREE SANDWICHES Available \$5.00 ea ☐ Plain ☐ Toasted

HOT FOODS

☐ Chicken Strip.....\$4.50
☐ Chiko Roll.....\$3.00
☐ Corn Jack.....\$3.00
☐ Hot Cheese & Bacon Roll ..\$3.00

Pastries

☐ Meat Pie.....\$4.50
☐ Potato Pie.....\$4.50
☐ Pastie.....\$4.50
☐ Long Sausage Roll.....\$4.00
☐ Party Pie.....\$1.00

BURGERS \$4.50ea

☐ Beef Burger
☐ Chicken Burger
☐ Vegie Burger



Drinks

☐ Orange Juice.....\$4.00
☐ Plain Water.....\$2.00
☐ Fruit Box.....\$2.00
☐ Nippy's Milk.....\$3.00
☐ Jive Milk.....\$4.00

Only lunches that are ordered are prepared.
Orders must be placed at the Canteen
by 9:30am

*Please let the Canteen know if you have any special needs
with your diet intake.*

*We appreciate good
manners shown
to our
Canteen Workers.
Bad manners will not
be tolerated.*



Tamar Jets Netball Club

THERMOMIX RAFFLE

\$20 a ticket

If interested please contact Cindy on
0417 386 841 or
cynthiadunn@hotmail.com

TOP BRASS

Traditional & Contemporary Brass Band Music

The West Tamar Band in Concert

Featuring vocalists
Dee Brown & Kerry Ellis



2pm Sunday May 15th, 2016

Holy Trinity Anglican Church, Beaconsfield

Admission by donation for Missions & Outreach

EXETER LIBRARY *Changes to Opening Hours*

DAY	NEW HOURS	
Monday	9:30-12:30	1:30-4:30
Tuesday	NOT OPEN	
Wednesday	9:30-12:30	1:30-4:30
Thursday	11:30-12:30	1:30-6:00
Friday	9:30-12:30	1:30-4:30

The importance of sleep for teenagers

Sleep research shows that a teenager needs between nine and 10 hours of sleep every night. Yet most teens are sleeping only about seven or eight hours a night on average. Chronic sleep deprivation can lead to reduced alertness and concentration, poorer academic performance and feelings of sadness and irritability.

Here are some tips for teens to promote a good night's sleep:

- Try to get up at about the same time each morning.
- Do physical activity during the day, preferably outside.
- If you're worrying about things during the night, set aside some time for problem-solving during the day.
- Avoid drinks that contain caffeine (e.g. tea, coffee or soft drinks) after 4pm as it's a brain stimulant.
- Allow yourself time to wind down before going to bed. If you're working or studying, stop at least 30 minutes before bedtime. Try to relax before bed, avoiding phones, tablets and TV.

More information can be found at the following web address:-

<http://www.mindmatters.edu.au/about-mindmatters/news/article/2016/02/08/the-importance-of-sleep-for-teenagers>



CONTACT DETAILS

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Phone (03) 6394 4366 Fax (03) 6394 4485
Email: exeter.high@education.tas.gov.au



OFFICE HOURS
8:30am-4:00pm
6394 4366

