



LEARNERSFIRST



The Exeter Pride

Term 2—Issue No. 3 - 3 June 2016

DIARY DATES—Term 2, 2016

JUNE

Monday 6 Australian Defence Force (ADF)
Grade 9 & 10's, 9am Student Centre
EHS Cross Country 12 noon

Thursday 9 Uniform Shop Open 8.45am—11.00am

Monday 13 Queen's Birthday—Public Holiday
No school today

Tuesday 14 ICAS Writing Competition

Wednesday 15 ICAS Spelling Competition
Whole School Social Heroes Vs
Villain 6.30pm Student Centre

Thursday 16 Uniform Shop Open 8.45am—11.00am

Monday 20 L'ton College Orientation Gr 10s,
Launceston College

Tuesday 21 Inter High Cross Country (Windsor
Park)

Thursday 23 Uniform Shop Open 8.45am—11.00am

Friday 24 Grade 7 Immunisations
REPORTS GO HOME TODAY

Thursday 30 Uniform Shop Open 8.45am—11.00am
Mental Health Forum
**Parents & Friends meeting 7.30pm
Staffroom**

JULY

Friday 1st Presentation Assemblies
Grade 7, 11am Student Centre
Grade 8, 12pm Student Centre
Grade 9, 2pm Student Centre
End of Term 2

PRINCIPAL : Ben Frerk

ASSISTANT PRINCIPAL : Paul Stevenson

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 / Stefan Lendvay

SUPPORT SERVICES:

School Psychologist : Jessica Walker (Monday/Wednesday)

Social Worker : Esther Fleming (Monday/Tuesday)

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

Monday 6 June

Exeter High School

Cross Country

Races commence at 12:15pm

INTRODUCING OUR SPECIAL EDUCATION TEAM



Mrs Wendy Reardon
Co-ordinator



Mrs Jean Abbott-Shirley



Mrs Deb Cooke



Mrs Louise Mohr



Mrs Narelle Withers

RESPECT - LEARNING - MATURITY - ACCEPTANCE



From the Principal

At Exeter High School we want to ensure that our young people have the very best of opportunities to lay the foundations for a good life. We want our school to be a place where every student must be able to learn without interruption from others and every teacher must be able to teach without interruption from others. We have four very clear Goals for Success that determine how everyone is expected to focus at our school.

- ♦ **Being in uniform**
- ♦ **Being prepared and organised for learning**
- ♦ **Speaking Respectfully**
- ♦ **Behaving Respectfully**

I ask that you support your son or daughter in following these goals in all their interactions and learning sessions at Exeter. This will support the learning outcomes for every single student to be positive.

Creating Psychologically Fragile Children (Article by Dr Greg Morgan)

People who grew up during the Great Depression of the 1930s and World War Two were probably the most resilient and emotionally tough generation of the last 100 years. Times were so desperate they had to focus on what *really* matters. There were no spare resources, time, energy or opportunities to dwell on unimportant, self-indulgent details. Medical records confirm this, with that generation of Australians having the lowest level of mental health concerns before or since.

The people who survived that era worked hard to prevent their children from having to go through the hardships they endured, and every other generation since then has similarly worked hard to clear a path for their children. Unfortunately, something vital is lost in doing that. I heard of an incident in a family this week of a young adolescent having a tantrum over mum buying the wrong type of bread.

Recent brain research shows that the brain 'wires itself' to the environment it finds itself in. Parents have a huge opportunity and challenge to monitor children's constructive experiences that shape their brain development, including their resilience. Part of the responsibility of being a parent of course is to help their children cope, model appropriate behaviour and show them a way forward. There's a fine line with this though - if we go too far, our kids get 'soft' and never learn how to cope when things get tough. Sometimes when I experience a well-meaning mum or dad defending their child's indefensible behaviour, I challenge them to look beyond their instinct to defend their child and instead to support them through taking responsibility for behaviour.

There is current research to suggest that some contemporary parents have lost sight of the importance of their children trying to do things and *failing*. Failing is important because when we miss out on something we want or can't do something we'd like, it can be very disappointing and we need to develop effective coping strategies to deal with our emotions, figure out what went wrong and try again.

Psychologists are reporting a growing number of 'bulldozer parents' who try to remove all obstacles in front of their child. When I was at school, if I was growled at by a teacher my parents growled at me. When teachers 'growl' at children today, more and more parents challenge the teacher's right to do so. However, a bulldozer style of parenting, while very well-intentioned and meant to protect a child from short-term harm, ultimately results in a psychologically fragile child who avoids challenging situations and can't cope when confronted with one.

We certainly do not need tough times forced on us all again, but parents can help harden their children's psychological health by mindfully leaving a few natural challenges in their path.

Mr Ben Frerk
PRINCIPAL

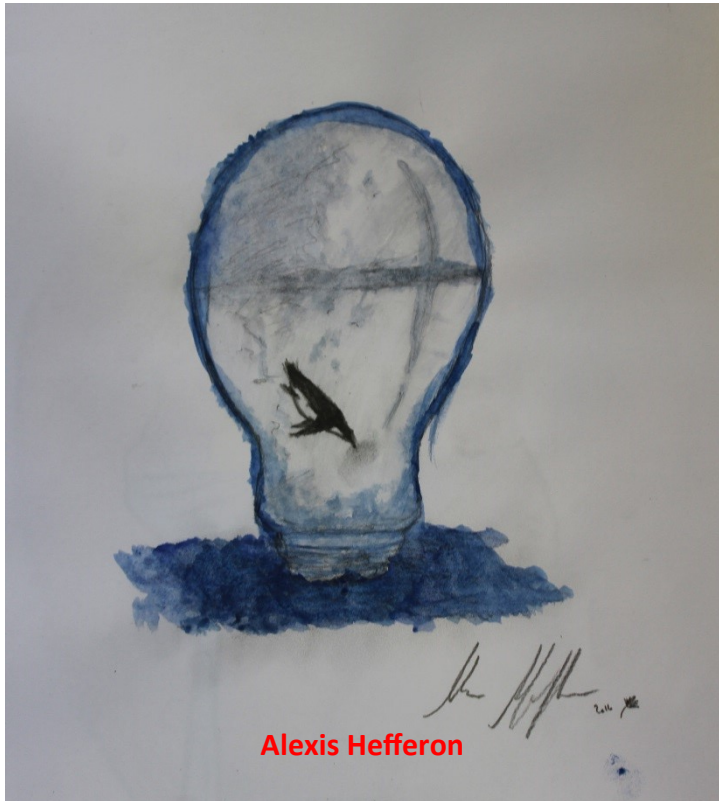
2016 Science and Engineering Challenge

The Science and Engineering Challenge is an Australia-wide competition instigated by the University of Newcastle to encourage high school students to consider careers in the fields of Science and Engineering. This year's Challenge was held at the University of Tasmania's Newnham campus on Tuesday 24th May. Our heroic team was invited to do battle against seven other schools consisted of thirty one year 9 and 10 students, ably assisted by Mrs Knights and Mrs Szalai. The Challenge consists of four half-day and four full-day activities that are designed to test the thinking, construction and teamwork skills of each student. There are always comments from students about each activity stating that "it is harder than it looks!" Although puzzling, sometimes frustrating, the Challenge is always fun. Our students represented our school with pride and performed admirably, obtaining a credible third placing out of the seven participating schools. Fantastic job everyone!



9/10 Art

SURREALISM

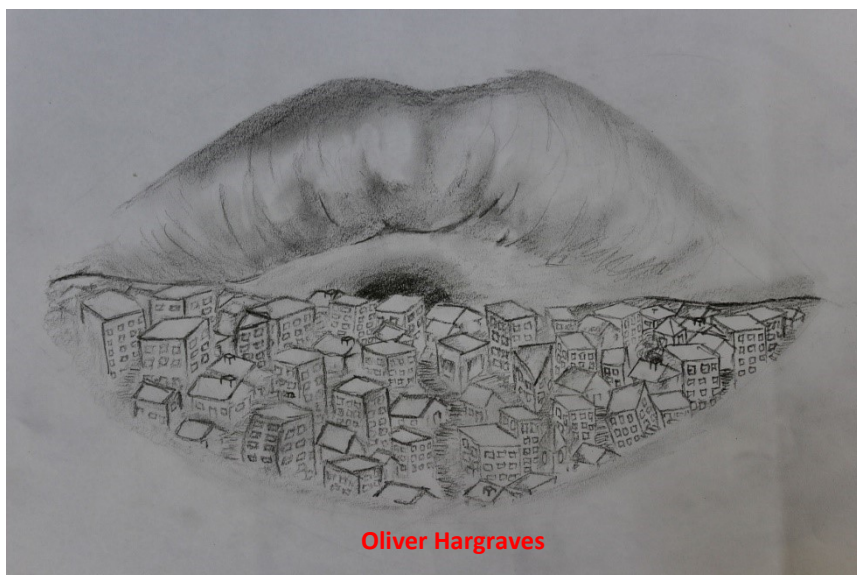


Alexis Hefferon



Ann-Lea Wykes

Surrealist art often shows weird, bizarre, dreamlike subject matter because surrealist artists were interested in depicting the world of dreams, desire, and imagination.



Oliver Hargraves



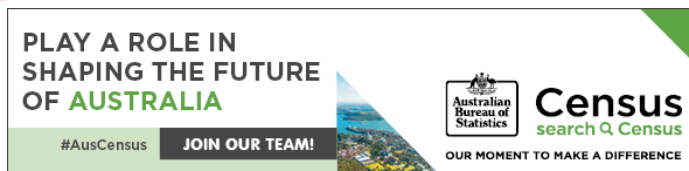
Megan Dennett

Grade 8 News



During *Grade Time* this term, Grade 8 students have been looking closely at the topic of community as part of their My Education program. A large number of students decided they would like to make a difference in their local community and volunteered to assist students at Exeter Primary School. These students were required to plan a sport, craft or reading activity to run with a small group of students. It was pleasing to see the maturity and respect that each group demonstrated, they should be incredibly proud of the community connections they have developed and the positive relationships they have formed with students from Exeter Primary School.





2016 Census – Your moment to make a difference – Field Officers needed in Exeter

Did you know that in 2011 there were approximately 804 people in Exeter?

We know this because of the 2011 Census. This year we're having another Census on August 9 to find out how areas like Exeter have changed across Australia over the last five years.

To make this happen we need dedicated and enthusiastic people from across the state to work as Field Officers and help make sure every Tasmanian is counted. These Field Officers play an important part in the Census and we're looking for community minded people to apply now for these positions.

Field Officers earn around \$21 an hour and enjoy flexible, part-time work hours for up to 3 months.

The information that these Field Officers help to collect provides an important picture of Australia that supports planning, building and other decisions—from housing and transport to health and education.

There are up to 800 Field Officer jobs available across the state, so apply now before it's too late.

To apply or find more information, visit www.abs.gov.au/careers

Our school office is currently taking payments for:-

2016 Grade 8 Canberra Trip

**2016 Grade 10 Melbourne AFL &
Big City Experience**



New app will help young people get the help they need, when they need it

A new online app will help young people who are going through a tough time to access the most appropriate support services for them, based on their own unique symptoms and experiences.

The free and confidential app, ReachOut NextStep, is [available on the ReachOut website](http://www.reachout.org.au), and can be easily accessed on desktop, mobile or tablet devices.

The app asks young people for information about their situation, such as the symptoms they are experiencing and how difficult they are to manage. It then uses a complex algorithm to determine the best support options for them.

These recommendations include checking out fact sheets and personal stories, using online forums or web chat, and accessing face-to-face and telephone support services.

beyondblue's Support Service, which is available 24/7 by phone on 1300 22 4636 or via www.beyondblue.org.au/get-support for online chat (3PM-12AM AEST) or email responses (within 24 hours), is among those ReachOut NextStep may recommend.

This is the first Australian app of its kind for young people, and has been created by ReachOut in partnership with the University of Melbourne and the Young and Well Cooperative Research Centre.



WEST TAMAR COUNCIL SCHOOL HOLIDAY

ACTIVITIES JULY 2016

West Tamar Council has just released its July School Holiday Program. Activities on offer this July include: Village Cinemas (Finding Dory), Kingsway Crazy Golf, Game On Gaming Competition, Ten Pin Bowling, Basketball Clinic with the Tornadoes, and Zone 3 Laser. The program is open to all West Tamar residents aged 10-16. All activities are subsidised by Council, with transport provided for most activities also. To secure your place please visit: <http://www.wtc.tas.gov.au/Your-Community/Youth/School-Holidays>, any council office, or contact Stewart Bell (Youth Development Officer) on 63239206 or 0429416310.



GIRLS SCHOOL UNIFORM

Orders are now being taken for girl's shorts and trousers. Sizes 10, 12 & 14 can be tried to check size.



Cost: \$40 shorts

\$48 trousers

Place your order as soon as possible.

Delivery takes approximately two weeks.

Grade 8 Can Drive

Important

NEW ATTENDANCE CODE INFORMATION

Explained—Unauthorised:- A parent has notified the school about an absence but EITHER it's a reasonable cause or illness received **after** 5 working days without a Medical Certificate OR it's not considered a reasonable cause by Centrelink and thus is not an exempted absence. *Examples of non-exempt absences are driving test/lessons, hairdresser, working, moving house, missed the bus, slept in, appointments that could have been made outside school hours, required to help at home, family issues, family holiday, family travel and working/attending show circuit.*

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! impression PROFESSIONAL CREATIVITY

can DRIVE



All food donations go to the
Launceston Benevolent Society.

You can make a difference!

Now you have your donations box, leave it in an area where all staff members have easy access, ie lunch room or reception. If you fill your Can Drive box, please use any spare boxes you have in your workplace.

• cans • cereals • soups • pasta

This year the **Grade 8 SRC** are organising the Can Drive. The Can Drive raises money for the Benevolent Society which helps to support the less fortunate people in our society who struggle to afford food. By participating in this you could make a difference to the people in OUR community.

If you want to help make a difference, you can start **today** by bringing in cans, cereals, soups, pasta and any other non-perishable items from your pantries. The boxes within each home-group will be collected soon, so if you want your class mates to win the ultimate prize then you better start bringing in as many cans as you can! It would be **can-tastic** if we could reach our goal of 30 boxes.

MONDAY 6 JUNE

EHS Cross Country Day



At 12 noon students will move to relevant house meetings. Students **MUST** wear full school uniform to school and change into sports clothing prior to commencement of events.

Oonah (Yellow), Lenah (Blue) and Quoiba (Red)

Races will commence at 12:15pm with the Grade 7's followed by all other grades, concluding with Grade 10's at 1:45pm. Winning house will be announced at 2:55pm.

School canteen will open at 12:30pm for collection of pre ordered lunches only.

Please note that other items will still be available.

Canteen will close at 2:00pm.



The Exeter High School Parents and Friends Association will be running a barbecue on the day.

Sausages and hamburgers will be available for purchase from 12 o'clock onwards.

Parents visiting the school to support all our participants are invited to purchase from our barbecue.

Prices with or without onion:-



Sausages \$2.50

Hamburgers \$3.00



CONTACT DETAILS

Exeter High School
Glen Ard Mohr Road, EXETER Tas 7275
Phone (03) 6394 4366 Fax (03) 6394 4485
Email: exeter.high@education.tas.gov.au



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



URGENT Cross Country



Due to weather conditions we have decided to move the Cross Country to Tuesday 7 June, 12.15pm start.



Students **MUST** wear full school uniform to school and change into sports clothing prior to commencement of events.

Oonah (Yellow), Lenah (Blue) and Quoiba (Red)

Races will commence at 12:15pm with the Grade 7's followed by all other grades, concluding with Grade 10's at 1:45pm. Winning house will be announced at 2:55pm.