



Heatherwood News

Edition 10 | November 2019



Super Ride Bike Camp 2019

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Important Dates

December

09/12	MON	Graduation Lunch
09/12	MON	Last day of Year 12's
10/12	TUE	Year 12 Graduation Evening
10/12	TUE	Statewide Orientation morning 9:15AM – 12:30PM
20/12	FRI	Last day of Term 4 Students dismissed at 1:50pm

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MESSAGE FROM THE PRINCIPAL



While this is a very busy time of the year it is important that we keep focused and continue to support our students and families. As a school we recognise that the relationships we have built with students over the past year and it is now that we see how important that relationship is during these busy and possibly stressful weeks. The worry of the unknown, what's going to happen next year? Combined with the fact the year is coming to an end and routines change can unsettle students. With your support we can support students through this possible anxious time.

The school had a Thank You afternoon tea to acknowledge the contribution members of the community make to student opportunities. Whether it be through work experience opportunities, Advance programs or volunteers working in the school all have contributed to extending learning opportunities for our students.

There will be a number of celebrations and graduation events in the last few weeks of term. It is an occasion to both recognise what students have achieved and recognition of their transition through the school.

Workforce planning and student grouping for 2020 is well underway. All consideration is given to the grouping of students to ensure a smooth transition. It is the intent of the school to have all plans completed by orientation day December 10th.

It is very important that parents and carers feel that they are able to contact the school about any issue regarding their child. It is also extremely important that you as a parent or carer feel like you have been listened to and your concerns will be followed through and you will be provided with feedback. If you have any concerns regarding this please contact me.

Thank you for your ongoing support for your young person and the school.

Paul Hills - Principal

REPORTS ONLINE

In Semester 1 this year, all reports were accessed by parents online. The same processes will occur this term when reports are open for parents to read. The web address is <https://heatherwoodstar.abisystems.com.au/> and parents have been given their own individual Username and Login. This Username and Login will remain the same for your child's time at Heatherwood. You can change the password at any time to something more suitable for you. Please contact me by email to the school address or phone if you have any questions. We will let all parents know the date when reports will be open for parents in December. Thankyou for working with a new system and helping us all to save the trees and environment.

Tony Walker and Diana Puckey have been ill this term and have been replaced by Janine Skinner-Easton and Sharon Koupparis (M2). The following overview covers the program students have been working on in Performing Arts, delivering calming and self regulation to students based on Meditation. We wish Tony and Diana a speedy recovery.

10 WEEK MEDITATION PLAN

Students in term 4 have embarked on an introduction to meditation program based on the global mindfulness and awareness philosophy.

Each week is themed, with the following concepts; what is meditation? Why do we need to meditate? How can meditation help our physical and emotional health and wellbeing? Learning how deep breathing exercises can help students when feeling overwhelmed. Why do celebrities and sports' people meditate and how do they use these skills in everyday life? Learning to Body Scan to assess how they are feeling today, what is mindfulness meditation and how can we practise at home for better sleep. Sound therapy and how sounds or music can affect our wellbeing by changing our moods to a more positive framework. Gratitude week is all about how we can be thankful for the positive events in our lives and for every day. Students write affirmations of being thankful, anonymously and submit on a large board in the classroom for students to see. Students learn the importance of deep sleep and how it benefits their wellbeing. By the end of Term 4 students have understood the benefits of meditation for deeper sleep, managing their anxiety, improving attention in the classroom and at home, increased creativity and the 5 steps to meditating at any time program.

Lesley Foster - Assistant Principal



SUPER RIDE BIKE CAMP 2019

HEATHERWOOD GOES NON-STOP TO THE TOP!

Yet again, Heatherwood has sent a team to complete the 28th annual Super Ride Bike Camp held on the steep hills of Blackwood and Trentham, held in Term 4 from November 6 to November 8.

This year 14 specialist schools sent teams to complete the ride, with support from local volunteers, CFA, Victoria Police and St Johns Ambulance.

As for the pain of the lung-destroying, calf-tearing, quad-ripping agony of the 9km climb that comes just after breakfast – nothing can prepare you. High on adrenalin after the great conquest of the main hill, we rolled on through the many ups and downs of the forest trails to finally complete 33 km of very tough riding.

This year's ride was held in freezing conditions, adding to the challenge. Camping out on the Thursday night in 9 hours of driving rain simply added to the fun.

Congratulations to Kieran Dean, Lee Roberts, Tristan Charlton, Jack Linden, Leroy Daniels and Jack Carpenter for completing this monumental Outdoor Ed challenge. And thanks to staff members Robby Savory and Ryan Teasel for supporting the students on the camp and during the training.

Kieran Dean was awarded the Max Woolcock Medal for best team member. Well done Kieran!

Heatherwood takes pride in being the only school to have completed all 28 editions of the Super Ride since Max Woolcock ran the first edition back in 1992.

Anthony Lenaghan - Outdoor Education



Celebrating our success at Trentham Falls on the way home



Kieran Dean
Winner of the Woolcock Medal



Practising bike skills at Blackwood Oval



Ready to ride the 7km hill on Thursday morning



Storming towards the finish line near Trentham



WORK EXPERIENCE

2019 is nearly over and what have our students been up to in work experience? Where will I start- at Hop and Scotch Dog day-care, Chesterfield and Collingwood farms, dismantling phones for recycling at NADRASCA, tamper proofing and packing lipsticks at Waverley Industries, facing shelves at many Coles and Woolworths stores, changing tyres, washing wheels, serving coffees and making sandwiches. The students have been magnificent, adapting, showing initiative and flexibility in a range of work places.

With advice and support parents have assisted students to find a placement that is in their community and provides a positive first start in the work environment. Teachers have ensured that students are aware of the work place occupational health and safety issues and these have been taught and discussed. Fifty Year 10 students have participated in work and many of the Year 11 and even Year 12 students have worked this second semester. I am so impressed by the student reports that I have received from employers. Congratulations to students, parents and carers, staff and employers, together we will be able to forge a meaningful and fulfilling pathway for our young people.

Robin Vierke - Career Education



LITERACY WEEK 2019

On Friday November 8th we had a book character dress up day where many students dressed up as their favourite characters. The staff also joined in the fun with a Where's Wally theme.

The dress up day coincided with a huge book sale organised by the SRC. Students donated books they no longer needed and the SRC committee worked tirelessly to sort the books into donations to the library, books for sale and books to donate to charity. \$170.00 was raised through their efforts. Well done David Gall and the SRC Committee!

Students who completed the Premiers Reading Challenge also received their certificates signed by the Premier of Victoria, Daniel Andrews.

Bernadette Mccaffrey - Library





SRC Book Sale



SRC Book Sale
David Gall (L) - SRC Staff
Sebastian Charlton (R) - SRC Committee



SRC Book Sale
Grace Murphy - SRC Committee



Book Week Dress up - Staff



Book Week Dress up - Junior School

SCHOOL CAPTAIN ELECTION

On Wednesday 13th of November the entire school attended the 2020 School Captain election in our new stadium. The speeches were brilliant with 11 worthy students standing for election. The candidates spoke of their proposals if they were elected as school leaders with confidence. It was an extremely close election and congratulations to all that stood.

The elected Captains of 2020 are Cadell Groves and Rosie Anderson.
Vice Captains are Ben Chamberlin, Torren Pinkerton, Tahlia Tesselaar and Nikita Abeykoon.



Rosie Anderson



Cadell Groves



Tahlia Tesselaar



Ben Chamberlin



Torren Pinkerton



Nikita Abeykoon



Current School Captains



School Captain 2020 Candidates

AUSTRALIAN SCHOOLS BENCH PRESS CHAMPIONSHIPS

Heatherwood School has an extremely proud tradition of competing in the Australian wide event against mainstream schools for over 15 years. Our students have always competed honestly, to the best of their ability and have been extremely successful. This year was no different.

The competition is broken into age and weight categories using a bench press machine with spotters for safety. Students from S7 had great success with all 22 students placing in the top 10 in Australia!! Congratulations to all medal winners and to every student for doing their best.

Placings:

Nikita Abeykoon - Bronze	Renee Anger - Bronze	Dale Atkinson - Gold
Amy Biddle - Silver	Lachlan Boyhan - 4 th	Rowan Body - 8 th
Kieran Dean - 4 th	Jessica Dennis - Silver	Daniel Ellis-Van Gent - Bronze
Shant Gedik - Bronze	Cadell Groves - 8 th	Nathan Guegan-Hill - 7 th
Jye Lighten - 9 th	Tyler McPherson - 10 th	Daniel Milone - 4 th
Dean Mitchell - Bronze	Rachael Potter - Gold	Tahlia Tesselaar - Gold
Kevin Trinh - Gold	Katie Verde - 6 th	Robert Weller - Silver





SCIENTIST OF THE MONTH

Annika BEST - J1
For helping
Others succeed

CERTIFICATE I IN TRANSITION EDUCATION



Certificate I in Transition Education is being offered at Swinburne in Croydon. This would suit any young adult with a mild disability. Anyone interested for more information please contact:

Bridget Agius
Email: bagius@swin.edu.au
Phone: 9726 1585

Website (Certificate I in transition education):
<https://www.swinburne.edu.au/study/course/Certificate-I-in-Transition-Education-22301VIC/local>