



Springbank Secondary College

Kaurna Land
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Vision Statement:

We are committed to an inclusive and engaging learning environment that promotes a culture of excellence and creativity.

2022 TERM DATES

Term 1	30 January – 14 April
Term 2	1 May – 7 July
Term 3	24 July – 29 September
Term 4	16 October – 15 December

IMPORTANT DATES

Monday 16 October

PUPIL FREE DAY

Tuesday 17 October

Day 1, Term 4

Monday 30 October

Governing Council Meeting

Friday 10 November

Remembrance Day Ceremony

Year 12 last day of formal lessons



Government of South Australia

Department for Education

Dear Springbank Community

As we conclude term 3, we can positively reflect on the achievements of the term.

Across the last two weeks, students from years 7-10 have completed the Progressive Achievement Tests (PAT tests). These online tests provide teachers with diagnostic information that support personalised adjustments to teaching and learning for participating students. Staff will engage in PAT-Specific professional development to ensure best outcomes for all learners.

We have enjoyed settling into the refurbished buildings, hosting many visitors, events and tour groups including The Premier and Minister for Education, the state's Mental Health Practitioners, Thomson Rossi Architect team, and 70+ principals and leaders from our Portfolio schools.

The three Principal's tours held this term were well attended with positive feedback from the more than 250 visitors. Our student ambassadors represented the student body so well and were helpful and welcoming on each occasion.

During the next school holidays several projects will be undertaken or completed including repairs to the soft fall area by the fitness equipment (which had been run over by both a truck and a bus) will be repaired. It will be fabulous to have these areas completed. Damage to the technologies building following a small fire earlier this term will be repaired.

Our ice hockey team (Springbank Sabres) won Division 1 in the recent Ice Factor Tournament – that's quite an achievement! **Congratulations** team and many thanks to Mr Paul Howlett and Mr Adrian Pike who manage and support the team.

The written reports sent home at the end of the term will have some modification as staff work within the *work to rule* industrial action. More information about student progress can be obtained by contacting the teachers directly.

Please note: Springbank staff will engage in Trauma Informed Practice training on Monday 16 October which is the next pupil free day and day one of term four.

I thank the fabulous staff team at Springbank Secondary College who work tirelessly for the achievement of all learners at the school.

I wish everyone a safe and restful holiday break.

Wendy House
Principal



Springbank Secondary College

Student Free Day

Monday 16 October

Term 4 commences

Tuesday 17 October

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Ice Factor Champions

On Monday 18 September ten students ventured to the Ice Arena for the Term 3 Division 1 competition. The team were down on numbers but high in spirit as they unpacked the bus and found their assigned change rooms. Although only 4 teams would be competing, the Division held stiff competition with strong skaters being present in all line up. A round robin format had all teams playing 4 games before the finals. The Springbank Sabres won 2, drew 2 and lost one to end up equal second on the table and into the elimination final.



Through strong team work, energy and effort the team won their way into the final. This was played straight after the elimination final and left our brave competitors tired but ready for a strong contest against the top team. Many attacks, defensive acts and brave blocks saw Springbank finally win 2-1 and take the day in a match that was played in a tough but respectful manner. Both teams lined up and touched gloves in a sign of sportsmanship and comradery that saw the end of the days play. Thank you to all competitors, the Springbank Sabres students and Mr Pike, and a Special thanks to the head coach and inspiring team leader Mr Paul Howlett.





Adrian Pike and Paul Howlett

Ice Factor Teacher & Coach



Royal Adelaide Show Prize Sweep



Sam submitted several artworks in the Royal Adelaide Show Art competition. "Dragged Down Under" was given a Commendation and "The Medical Oddities" was sold! This is an outstanding achievement. Congratulations Sam!



Year 9 Science Excursion: Urrbrae Wetlands

Students in 903 recently visited the wetlands at Urrbrae. As part of their biological science curriculum, students had the opportunity to explore the wetland habitat and investigate the range of plants and animal life that this unique environment allows.



With the support of Vanessa Greenslade, the manager of the Wetlands, the students collected water samples from two of the four ponds around the site. Each sample was measured for oxygen levels, temperature, turbidity and pH. Using their results, students were able to assess whether the Urrbrae Wetland does help to clean up the storm water from the local area, including the roads surrounding the Wetland, before it runs out to the sea. Students observed that the oxygen and temperature increased as the water moved through the ponds while salinity, turbidity and pH decreased. Students questioned the reason why these abiotic factors changed for the good and concluded that the water reeds filtered out many of the impurities to provide cleaner water as it transitioned from one pond to the next.



Working in teams, students investigated macroinvertebrates that live in the water. Again, after collecting new samples of pond water, students could identify Dragonfly larvae, Water fleas, Pouch snails and Water boatmen to name a few. Using the microscopes, students could take photographs of the aquatic animals and make qualitative and quantitative observations of the animals that they had caught.



This excursion allowed the students to apply the knowledge gained in the classroom to an authentic location in nature.



Linda Thurlow

Science Teacher



Basketball Academy

The Springbank Basketball Academy students had the opportunity to participate in a strength and conditioning screening program in collaboration with Flinders University. Students were taken through a variety of fitness tests led by Dr. Maarten Immink and facilitated by students from Flinders University.



This provided Springbank students to access high performance testing equipment and allowed them to see a baseline of results for a range of fitness components. Following the first testing session, students reflected upon their results to then put in place a 6-week training program before being tested again in October.



In addition, Springbank students have been guided through a range of body weight exercises with a focus on technique and safety to develop their fitness and durability to perform on the court.

We would like to take the opportunity to thank Flinders University for their ongoing support with this great opportunity and we look forward to working together again next term.



Brendan Mann

Basketball Academy & PE Teacher



Netball Award

Congratulations to Amelia, who was awarded the Coach's Award for her efforts during winter netball for the Flagstaff Hill Falcons Netball Club. This is her first individual trophy in netball. Well done Amelia!



Drive SLOWLY in the carpark



Please drive SLOWLY and CAREFULLY in our carpark. Students walk through it to get to the Stadium and the TAC, as well as at drop off and pick up times. The speed limit (10kmph) must be observed at ALL TIMES for everyone's safety.

Drama

In Drama lessons this term students in years 7-9 have showcased onstage and offstage roles through class performances. Students have learned skills in the styles of Commedia dell' Arte, TV Talk show parody, Radio Play and Comedy, and demonstrated the immense talent of our students at Springbank Secondary College.

Students are creating original scripts and in the process are developing skills in collaboration, creative thinking and constructive criticism. They are working together to build skills that will ensure they are effective learners in the future.



Students have continued to build on their literacy skills in writing and analysing scripts, participating in the page-to-stage process and ensuring that all students have opportunities to learn and thrive.

The highlight of term 3 has been the year 8 drama class participating in a workshop with Adelaide's own Slingsby Theatre Company. On the topic of climate change, this workshop was hosted by

Adelaide Festival as part of the Create4Adelaide project. Slingsby Theatre Company worked with students to create plays using puppetry, which will be entered into the Create4Adelaide schools competition.

I would like to thank all the students and dedicated staff that work behind the scenes on daily basis to bring the best of the Arts, and arts experiences to our students at Springbank Secondary College.



Anna Watt
Drama Teacher



Year 7 and 8 Excursion to Adelaide Zoo

The Year 7 and 801 students recently visited Adelaide Zoo to further explore animal diversity and how interactions within their habitats affect that diversity.

With a focus on the 6 main animal groups – mammals, reptiles, amphibians, birds, arthropods and fish, the students were able to observe typical features of the different animals groups and to observe the distinct behaviors of these animals. Watching how they walk, fly, swim and how they interact with each other, in exhibits that tried to reflect natural habitats, was of interest.

Recent classroom work has focused on understanding the impacts of human populations on Indonesian wildlife. Poaching and habitat change through deforestation of the rainforests in Indonesia and our dependency on palm oil from these forests has had a huge negative impact over recent years.



Students visited the Orangutan, tigers and the Siamang monkeys to learn about how deforestation is having a negative effect on their populations. They also learned about the products that they buy and eat that contain palm oil and how they can make changes to these choices in order to conserve our natural habitats and the animals and plants that live in them.

Linda Thurlow

Science Teacher



More zoo trip



SSC Garden Update

As previously written about, SSC received a range of donated seeds from people in the community and the Survival Seeds company. Miss Allison's year 8 and 9's have been meticulously looking after the gardens with weekly watering, fortnightly fertilising and even created a range of new garden beds for more produce.

The year 9's have been looking at the way our school disposes of our rubbish and have been investigating how much of it could be composted into our compost bins and worm farms to produce our own organic fertilizer. The year 9's have also been looking at the expansion of the garden using recyclable materials to improve the natural biodiversity in our school.



This month the year 8's have completed their first harvest of beans! Students tasted their beans straight from the bush, resulting in a range of new experiences and tastes. One lucky student Tayah, also

got to taste a Mulberry for the first time! We hope to be adding some tomato plants, cucumbers, blackberries and more strawberries to our garden in the next few weeks!



Amee Allison

Psychology, HASS & English Teacher

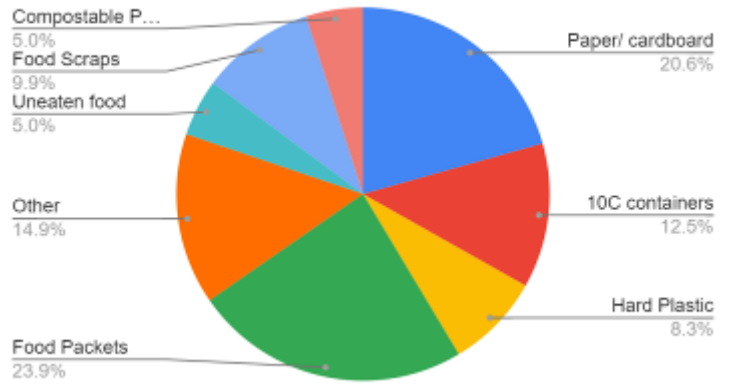


SSC Bin Audit

On the 13th of September, Miss Allison and Mrs Cousin's year 9's conducted a bin audit to identify how much waste our community consumes. The aim of this was to identify the need for more bin options to improve the schools ability to reduce our waste, and engage in compostable processes to fertilise our garden.



Raw Waste Volume at SS 13/9/23



Students then learned about the uses of Excel to present their findings in tables and graphs. What we found out, was that a lot of our waste volume was air! Space created in our bins through the crazy amount of soft plastics and plastic containers that could be disposed of in a better way. To further engage in this process, students have been planning a 'mini lesson' for the other year levels to help educate them on ways to improve our waste management and the reason behind making a change.



Amee Allison

Psychology, HASS & English Teacher



ICT SERVICES

Student home internet program

Free internet access is available to students who don't have reliable internet at home. Families of eligible students can request internet access.

There are currently 2 options for eligible families:

- 1) the department's student home internet program
- 2) the Australian Government's School Student Broadband Initiative.

Reliable internet access supports online study at home, for the purpose of extended learning. It also allows teachers to design more learning experiences that use digital technology.

For further information please see: www.education.sa.gov.au/students/curriculum-and-learning/student-home-internet



Friday, 29 September is the last day of Term 3.

Students will be dismissed at 1.15 pm.

Please enjoy a safe and refreshing holiday break.



PLEASE UPDATE THE FOLLOWING INFORMATION WITH THE FRONT OFFICE IF ANYTHING HAS CHANGED



HOME/RESIDENTIAL ADDRESS?



MOBILE NUMBERS?



EMAIL ADDRESSES?



EMERGENCY CONTACTS?



FAMILY INFORMATION?

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Wear it Purple Day

Students at Springbank Secondary College flew the rainbow flag high on Wear it Purple Day this year! Our annual Wear it Purple Ball was held once again in the TAC and our generous judges, Ms Grundy, Ms Watt, and Ethan Kruger had a very difficult time awarding best dressed and best performance on the runway this year.



The award for best dressed went to Quinn, who also created a LGBTQIA+ themed playlist for our competitors to walk to. Best performance went to Caelan who really knows how to strut his stuff and wear all the colours of the rainbow with pride. Congratulations!



It was wonderful to see so many staff and students dressed in purple and wearing rainbow in support of LGBTQIA+ youth. The theme this year was 'Write Your Story'



which offered up a range of diverse associations for us all. Chiefly, through showing our support to our students in this way we create space for their stories of school to be positive and affirming ones.



Thank you to everyone who was involved in the day and we look forward to celebrating again next year.

Tamara Seaman & Alison Coppe
Wellbeing Leader & Inclusion Leader

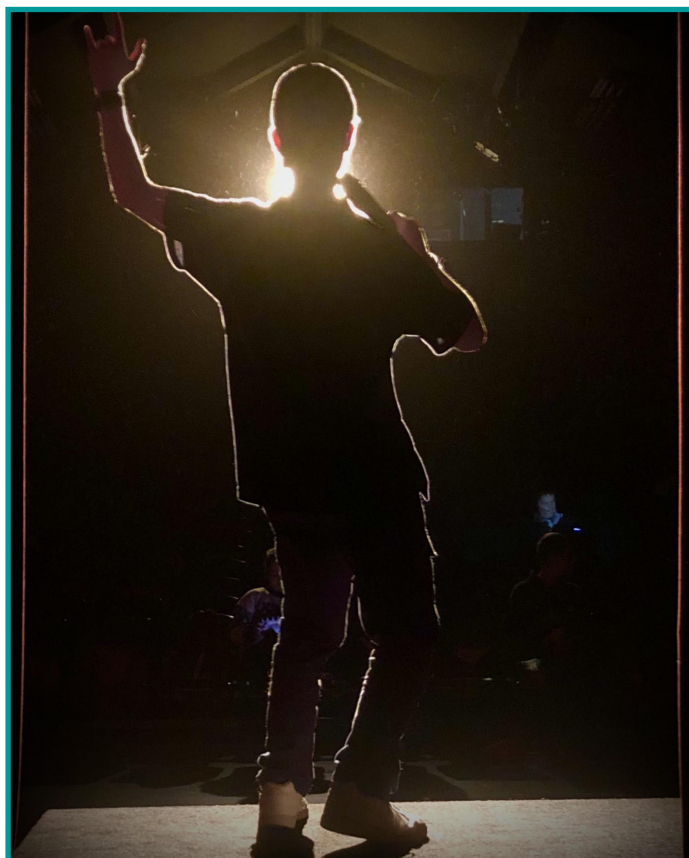


Wellbeing Week at Springbank

Wellbeing Week was centred around holistic wellbeing and self-care for both students and staff at Springbank Secondary College. Its aim was not only to enhance physical and mental wellbeing but also to foster friendships and a sense of unity among students in the lead up to National RU OK Day on Thursday 14 September.



Throughout the week, a multitude of activities took place, including stress ball making, the creation and sale of badges and keyrings, gratitude journal making, fitness and Karaoke. All activities aimed to promote the importance of social, emotional and physical wellbeing.



It was a great week that equipped us with valuable tools to navigate life's challenges with resilience and a positive outlook. Special thanks are due to Eli and Jonah for their invaluable tech support in sound, lighting, and visuals, ensuring the lunchtime Karaoke was a success.

Staff also participated in professional development delivered by members of the Wellbeing Team around the importance of self-care as a professionals, and understanding the purpose and delivery of the Department for Education Wellbeing and Engagement Collection (WEC) Data. In term 4, staff will unpack the results of our college's student WEC results and plan our wellbeing support and strategy moving forward to 2024.



Tamara Seaman



Mirjana Vidovic-Slack



Rob Humphreys

Wellbeing Leader Mental Health Practitioner Pastoral Care Worker

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Lunchtime Clubs

Lunch time Clubs continue to be a popular and valuable activity for students at lunchtime. We would like to personally thank staff for volunteering their time to provide these to the students. Clubs will resume next term, however, students are advised to check the updated timetable for term 4 for any changes. UNO Club will be starting every Friday lunch time in NL4!

A reminder that breakfast club will continue in Term 4 on Tuesday mornings at 8am. Any changes to this will be communicated via DayMap.

Wellbeing Referrals

Our Student Wellbeing Leader, Pastoral Care Worker, and Wellbeing Mentor support students who struggle with anxiety, depression, family conflict, self-harm, suicidal ideation, emotional regulation, anger management, and other mental health concerns.

The Student Wellbeing Leader can also provide a referral to the School Mental Healthcare Practitioner for additional support. We listen to your child's needs, communicate with you, and can access a range of different External Support Services to support your child.

Students can book an appointment with the Student Wellbeing Leader via the school's website under the heading "forms", or complete a form at student services. Students can also be referred to by teachers and parents. If parents have concerns about their child, they should call the front office on 81526800 and ask to book an appointment with the appropriate leader.

Online helpful resources for families and carers in supporting Teens

- Raising Children Network
<https://raisingchildren.net.au/>
- Kids Helpline for parents
<https://kidshelpline.com.au/parents>
- Reach Out Parents
<https://parents.au.reachout.com/>
- Headspace for Parents
<https://headspace.org.au/parents/>
- Mindfulness for parents
<https://www.headspace.com/meditation/parents>

Energy Drinks

Throughout Wellbeing Week, students were reminded of the dangers of energy drinks and the impact they can have on their physical and overall general health, such as increasing anxiety and heart rate. These drinks are banned at school for such reasons and we encourage families to support us with this. We remind students that they will be put in the bin should they be brought to school.



Tamara Seaman
Wellbeing Leader



ICE FACTOR - PLAYER PROFILE
JESSICA

Age: 15 Guernsey no. 16 IceFactor since: 2022
AFL Team: Port Adelaide Favourite Position: Defence
Biggest Ice Factor Challenge: Stopping
What skills have you developed: Confidence
Which team mate is funniest: BJ
Who trains the hardest: Jayden Favourite Food: KFC
Movie: Fast & Furious Song: Hell n Back TV: Shameless
Favourite relaxation spot: Bedroom
Favourite Ice Factor memory so far: Teamwork