



# Springbank Secondary College

267 Daws Road  
Pasadena SA 5042  
ph: 08 8152 6800

dl.0975.info@schools.sa.edu.au

### Vision Statement:

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

Principal	Wendy House
Senior Leader - Operations/SACE/VET	Kathryn Harrison
Senior Leader - Inclusion	Chris Lee
Student Wellbeing Leader	Karen Jones

### 2021 TERM DATES

Term 1	27 January - 9 April
Term 2	27 April - 2 July
Term 3	19 July - 24 September
Term 4	11 October - 10 December

### IMPORTANT DATES

Governing Council Meeting  
Monday 22 November - 7pm

Activities Week for year 8 and 9 students  
6 - 10 December

Presentation Ceremony  
Wednesday 8 December - 1.30pm

Last day of term 4, dismissal at 1.15pm  
Friday 10 December



### Greetings

On Friday 5 November, we farewelled our year 12 students – the class of 2021. Together with their care group teachers, the students of the two classes presented their stories of coming to the school and their plans for their futures to the rest of the school and to their visiting friends and families.



It was a wonderful opportunity to celebrate their final day of schooling and to thank staff and families for their support along the way. After the assembly, the students planted two trees at the front of the school in the memorial garden and then enjoyed a lunch together with staff. Congratulations to the students and staff (Amelia Pickard and Marilyn Grosser) for the presentation of this assembly.



This week our students sat their chemistry and their psychology exams. On 4 December, at the year 12 dinner and ceremony we will acknowledge their achievements and the conclusion of their 13 years of schooling. Their 2021 SACE results will be available in Students Online from 8.30 am on Monday 13 December 2021.

*We wish all of our year 12s all the very best in their exams and completion of their SACE studies and wish them every success and happiness in the future.*

Springbank SC will participate in the External School Review on Monday 22 and Tuesday 23 November. The focus of the school reviews and the identified lines of inquiry is around how we improve learner achievement. Students and staff will contribute to the review process across the two days. Parents and carers (limited numbers) will have an opportunity to participate in a conversation with the Review Officers on Tuesday morning. Information will be provided in a separate letter.

We have an event filled and important few weeks ahead and I thank you in advance for your ongoing support of the school.

**Wendy House**  
Principal



## Inclusive Education report

---

### Zones of regulation

Have you heard about the Zones of Regulation?

The Zones of Regulation are a great tool to help students to regulate their emotions. Emotional and behavioural self-regulation contribute to a child's growing independence and resilience. The ability to manage emotions and feelings comes naturally to some people but for others it needs to be taught and practiced. This is what the Zones of Regulation are about. Staff have engaged in professional development around the Zones of Regulation and this tool will be used in the classrooms in 2022 because it will provide students with tools and strategies to become aware of, and to control, their emotional impulses, manage their sensory needs and improve their ability to problem solve.

So, what are the zones?

**Red Zone** – This is used to describe extremely heightened states of alertness and intense emotions such as rage, anger, explosive behaviour.

**Yellow Zone** – This is used to describe a heightened state of alertness and elevated emotions. However we have more control in the yellow zone. It may be stress, frustration or anxiety.

**Green Zone** – This is used to describe a calm state of alertness such as happy, focused, content or ready to learn.

**Blue Zone** – This is used to describe low states of alertness and down feelings such as sad, tired, sick or bored.

It is important to note that everyone experiences all the zones - the Red and Yellow Zones are not the "bad" or "naughty" zones.

I encourage you to talk to your child about the Zones of Regulation. They will be introduced in classes this year, and then implemented fully as a regulation tool next year to assist all students to be aware of what Zone they are in, so they can self-regulate their reactions and behaviors.

**Chris Lee**  
Inclusion Leader



## SRC news

---

The SRC continue to meet regularly and are very active in discussions about the school. Recent conversations include continued presence at the Governing Council meetings, Wear it Purple Day fundraising, discussions on technology and updates on the schools exciting building works (including a new canteen!). SRC have also been pleased to hear that their suggestion for a SSC beanie and scarf have been approved, and these items are now part of the school winter uniform. SRC have also been successful in applying for the Mitcham Council Arbour Day promotion and have had 10 trees donated to the school.

Our next order of business is to have a pizza lunch to celebrate everyone's hard work and say goodbye to our senior students.



*(Unmasked) Sophie, Morgan, Mila*

**Karen Jones, for the SRC**



## Girls group

A group of 12 students have been working together with Ms Jones and Belinda to look at topics affecting young people today. Using the What's the Buzz? Program as a guide, we have had some great discussions around what values we have and what makes a good friend. Future topics to be explored include resilience and positive thinking, wellbeing and social media and coping with disappointment and anxiety. It has been so wonderful to see the mature and positive conversations that have come from the group, as well as lots of fun and energy!



Ayesha



Chloe & Donna



Hollie & Joanna



Ella & Joanna

**Karen Jones**  
**Student Wellbeing Leader**



## Year 10 students attend RAA's Street Smart High

Last week, we joined with over 70 schools in South Australia's largest youth road safety event, RAA's Street Smart High.

Our year 10 students arrived at the Adelaide Entertainment Centre to improve their road safety knowledge, skills and attitudes.

The four-hour program included a simulated crash scene, real life stories from people whose lives have been affected by road trauma, and a demonstration on the importance of ANCAP star ratings when choosing a car.

RAA Community Engagement Senior Manager, Ben Haythorpe, said it was vitally important to educate novice drivers about the risks and dangers they faced when they get in a car or on a motorcycle.

"People aged 16-24 years make up 13 per cent of the population but accounted for 21 per cent of all fatalities in SA over the past 2 years" he said.

Young people need to be exposed to road safety education consistently, and over many years, in order to develop positive road safety attitudes and behaviours.

I'm confident road safety education is impacting positively on students' attitude to risk taking on our streets and contributing to this long-term reduction in road trauma.

More than 60,000 year 10-12 students from over 80 schools across the State have attended Street Smart High since it began in 2009.

The event is supported by Think!Road Safety through the Department of Planning, Transport and Infrastructure.

**Karen Jones**  
**Student Wellbeing Leader**



**Rebecca Cousins**  
**English & HASS Teacher**



**Brendan Mann**  
**Basketball Academy**





## It has been busy in the Tower Arts Centre!

### Pastoral Care Worker news

#### The Power of a “Pause”

Life is just hectic! I’m sure most would agree, but there are numerous benefits in just taking a breather and hitting the “pause” button.

Have you heard of the saying “stop and smell the roses”? Well there’s a reason why, a lot of good can just come from doing such a simple task.

Term 4 traditionally, is a very busy term and it’s easy to get lost or overwhelmed in the long list of “to do’s”.

When we “pause”, even if it’s just for a small amount of time, it allows our bodies and minds a chance to reset, and gives us the opportunity to do the following:

- Connect with others and nature
- Switch our demeanour from stressful to peaceful
- Make better decisions
- Clear our busy minds and refocus
- Stop us from saying things we might regret
- Help us to focus on what is most important at the time

These are just a few of many benefits. As we fast approach the end of the year, let us challenge ourselves in trying to stop and pause more often - to smell the roses and be grateful for the many wonderful things in life. In doing this, the tough journey we might be traveling, may just become that little bit easier.

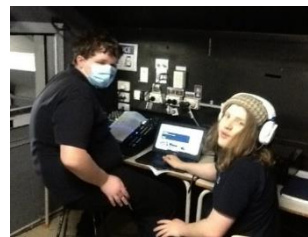
**“Pause today and notice something you have worked hard on and recognise yourself for it. Acknowledge your effort...”** Kristin Armstrong

**Belinda Gray**  
Pastoral Care Worker  
(Wed and Thu)



As part of their Stage 1 SACE Drama course the Senior Drama ensemble has been hard at work preparing their production of “Teen” by Kristen Doherty. As this play dealt with real teen issues the ensemble spent a lot of time workshopping and rehearsing the short vignettes in order to get their version to convey the authentic dramatic meaning they wanted. The final performance to year 10 and 11 students was a great success with all on and off stage roles working seamlessly together to incorporate lighting and sound technology to enhance the on stage acting.

As well as performing, the Senior Class took a trip to the Festival Theatre to see a production of “Amphibian” presented by Windmill Theatre Company. Students were able to draw inspiration from the staging and amazing acting in this play which told the story of an Afghan refugee’s journey to Australia. They then used this as part of their responding to Drama SACE requirement. Thanks go out to Windmill Theatre Company’s Education Program as they have a free seats program that SSC was able to take advantage of.



Jacob & Seth



Peri, Liam, Fin, Flynn, Jacob & Kylie



Fin, Flynn & Liam

**Natasha Grundy**  
Drama Teacher



## Basketball Academy news

### Year 10 KO Boys Basketball

On Thursday 14 October Springbank Secondary College hosted round one and two in the year 10 Boys Basketball State Knock Out Schools competition.

The Springbank team were very competitive during both games. Our first game was against Adelaide Botanic High School (ABHS). Springbank had a strong team performance and were able to break away in the second half to a double-digit lead on the back of strong team defense and converting on some efficient offensive transition points. Springbank held on to win the round one contest, resulting in playing Wirreanda Secondary School (WSS) in round two.

Wirreanda had both a strong ability to score at the basket and an ability to shoot from the perimeter. Wirreanda jumped out to a 10-point lead early in the first quarter with a full court pressing defense.

Springbank settled in the second quarter and managed to adjust to the pace and intensity of the game. All Springbank players were strong contributors and it became more evident when we played the advantage on the offensive end we were able to create good team shots. It was pleasing to see the team compete against a quality outfit in Wirreanda by adapting throughout the contest and learning how to keep the energy levels up as a team. Wirreanda won the game by 11 points and will advance to the third round.

Thank you to all the players for their efforts and being a coachable group throughout the day.

Thank you to both Peter (ABHS) and Sam (WSS) for a competitive day of basketball and thank you to both teams for playing the games with great spirit.

Also, a big thank you to the game referees and officials for supporting this event.



*The Springbank team listening to instructions on how to attack a full court defense. At least I hope they were! Well done team. Mr.Mann*

### Basketball Academy – Pure Release Program.

This term, Springbank Basketball Academy students will be completing the 'Pure Release' Shooting program. This online program was created by Coach David Love (NBA Shooting Coach).

This program will allow each student to consolidate on the shooting and decision-making aspect of the game already

delivered this year in the academy, as well as identify any micro habits that need to be modified to establish a consistent and comfortable pure release when shooting the basketball.

Students have completed phase 1 - Isolation drill, where they isolate the shooting hand and record the makes out of 100.

Students will work through the shooting program gaining a better understanding when they reach their challenge point and each phase becomes more game like by adding variability, speed, and will also include reading defenders body position.

I look forward to the students continued improvement in this aspect of the game. I am confident it will support them to become consistent shooters as well as having the ability to evaluate and reflect on their own shooting habits and performance.



The Pure release program provides numerous instructional videos to assist the students to identify important details when progressing through the program.



*Toby and Flynn completing phase 1 – Isolation drill*



*Jaxon holding consistent form at his set position for 3 seconds before shooting*

**Brendan Mann**  
**Basketball Academy**





Devon Clothing  
84 Daws Rd,  
Edwardstown 5039  
dcus@devonclothing.com.au  
08 8350 7903

 <https://www.facebook.com/DevonClothingAus>  
 <https://devonclothing.com.au/>

# DEVON CLOTHING

## Welcome to our new Webstore!

Please find your school logo on the **Shop by School** page and click to order your Uniform garments.

Information regarding Descriptions, Delivery / Pick up and Returns / Refunds is also available.

Once you have selected all your items, add to Cart and Checkout. We now have multiple payment options available, including PayPal!

Attendance at all Devon Clothing Uniform Shops is by Appointment Only during our Peak Trading from November through to February.

**To Book an Appointment** Find the Schedule Appointment button at the top right hand of the page, and when prompted, select the date and time to suit you.

[Schedule Appointment](#)

Please book your appointments as soon as possible allowing 1 appointment per student being fitted to assist us in abiding by Social Distancing rules.



We have improved our Webstore for your convenience however while the system is still in its infancy, we may encounter some teething issues.

For further support or feedback, please call or email the contact details listed at the top of this page and speak with one of our friendly shop staff.



 @SAHealth

 facebook.com/SAHealth

 sahealth.sa.gov.au/COVID2019

**PHYSICAL DISTANCING**  
IS ONE OF THE BEST THINGS WE CAN DO  
TO STOP THE SPREAD OF CORONAVIRUS.

Coronavirus  
(COVID-19)





## SA/NT Pathways to Post School Life

A session for young people in Years 10-12 and people who support them

The NDIA would like to invite SA and NT students with a disability in Years 10-12, their parents, carers and education professionals, to attend a virtual information session.

These sessions are about building skills and paving a pathway to post school life. We'll discuss a range of NDIS-funded supports and other assistance to help young people build skills to prepare for their transition, and support them in achieving employment and other goals, post-school.

Sessions will be delivered via video-conference using Microsoft Teams. If you would like to attend, please register via Eventbrite.

Two business days prior to the event, details to join the session will be sent from [events@ndis.gov.au](mailto:events@ndis.gov.au) to the email address you provide at registration, so please ensure your registered email address is accurately captured to receive these details.

For any enquiries regarding this session, please contact [events@ndis.gov.au](mailto:events@ndis.gov.au) and include the session name in the subject line.

---

**Where:** Virtual Information Sessions via Microsoft Teams

**Dates & Times:**

Thursday 14 October 2021	3.00pm – 4.30pm (ACDT)
Wednesday 27 October 2021	10.00am – 11.30am (ACDT)
Tuesday 23 November 2021	4.00pm – 5.30pm (ACDT)
Tuesday 30 November 2021	12.00pm – 1.30pm (ACDT)

**RSVP:** Please register via Eventbrite [www.eventbrite.com.au/e/sant-pathways-to-post-school-life-a-session-for-students-in-years-10-12-tickets-160901042349](https://www.eventbrite.com.au/e/sant-pathways-to-post-school-life-a-session-for-students-in-years-10-12-tickets-160901042349).

---

**Additional information:** Accessibility is important to us and we'll always do our best to support accessibility needs. If you have accessibility requirements, please let us know when you register. Please note, service providers can require up to five (5) business days' notice for bookings.



[ndis.gov.au](https://www.ndis.gov.au)

# Stepping Up to Gaming

## Parent and Adolescent Therapeutic Group

### Is your family having issues with online gaming?

Stepping Up to Gaming is a therapeutic group for young people (11 to 17 years) and their parents/caregivers. It helps parents and their kids establish a balanced approach to online gaming.

Join us for four weekly sessions, with a light dinner provided.

**When:** Thursdays, 4, 11, 18 and 25 November 2021 | 5.30pm - 7.30pm

**Where:** Relationships Australia SA  
Level 5, Westfield Marion Shopping Centre,  
297 Diagonal Road, Oaklands Park

**Cost:** Free

To register your interest, please email [rasas@rasa.org.au](mailto:rasas@rasa.org.au)



# Year 8 and Year 10 2021

## School Immunisation Catch Up Clinics

The City of Mitcham is conducting two **FREE** catch up immunisation clinics for students who have missed their immunisations at school.

Vaccines that will be available include:

### **Year 8 Students**

HPV - Gardasil 9 and DTP - Boostrix

### **Year 10 Students**

Meningococcal B - Bexsero and  
Meningococcal ACWY - Nimenrix

### ***Where and When***

**Wednesday 24 November 2021  
& Thursday 25 November 2021**

**3.30pm - 6.00pm**

City of Mitcham - Civic Centre  
131 Belair Road, Torrens Park

Contact the City of Mitcham on 8372 8888 or visit  
[www.mitchamcouncil.sa.gov.au](http://www.mitchamcouncil.sa.gov.au) for more information.



SAT 27 NOV 2021  
6-9PM

THE CITY OF MITCHAM'S  
**Carols**  
AT  
**KINGSWOOD OVAL**

GOLD PARTNER



SILVER PARTNER



**SAT 27 NOV 2021 6-9PM**  
**KINGSWOOD OVAL, BELAIR ROAD, KINGSWOOD**

Visit [mitchamcouncil.sa.gov.au](http://mitchamcouncil.sa.gov.au) #MITCHAMCAROLS

**BOOKINGS ESSENTIAL VIA EVENTBRITE**  
[mitchamcarols.eventbrite.com.au](http://mitchamcarols.eventbrite.com.au)



OCT-21  
**SPRINGBANK SECONDARY COLLEGE**

Uniforms available from  
 Devon Clothing Uniform Shop, 84 Daws Road, Edwardstown, 5039  
 PH: 8330 7903 EMAIL: [dcus@devonclothing.com.au](mailto:dcus@devonclothing.com.au)  
 Opening Hours: Mon-Fri 9am - 5pm, Sat 10am - 1pm  
 Online Ordering: <https://onlinecrops.devonclothing.com.au/springpscoll>



NAME..... Contact Number..... Date.....  
 Email Address.....

Style	Size Range	Size Ord.	Qty	Price	Total Amt.
<b>GENERAL UNIFORM</b>					
STANDARD POLO (L)	12-14			\$32.00	
Navy	S-3XL				
SOFT SHELL JACKET (L)	12-16			\$66.00	
Navy	S-3XL				
RUGBY TOP (L)	2XS-3XL			\$49.00	
Navy					
PLEATED SKIRT (L)	6-20			\$70.00	
Navy					
SHORT SLEEVED BLOUSE (L)	4-24			\$48.00	
Silver / White					
MENS SHORTS SLEEVED SHIRT (L)	2XS-3XL			\$48.00	
Silver / White					
LADIES JACKET (L)	4-20			\$145.00	
Navy - Order Only					
MENS JACKET (L)	8T-12T			\$145.00	
Navy - Order Only					
ZIP COLLAR WINDCHEATER (L)	14.S-3XL			\$67.00	
Navy					
Sub-Total - Amount (Carried Forward)					

Style	Size Range	Size Ord.	Qty	Price	Total Amt.
<b>GENERAL UNIFORM CONT.</b>					
MENS CHINO SHORTS (L)	77R-97R			\$49.00	
Navy					
MENS CHINO PANTS (L)	77R-102R			\$49.00	
Navy					
<b>PE UNIFORM</b>					
SUBLIMATED POLO (L)	12-16			\$35.00	
Navy / Teal	S-3XL				
MICRO MESH SHORTS (L)	10-14			\$31.00	
Navy	XS-3XL				
SKORT (L)	8A-20A			\$31.00	
Navy					
<b>ACCESSORIES</b>					
CAP (L)	OSFA			\$ 15.50	
ANKLET (3pk) - WHITE	2-8, 7-11			\$ 13.00	
CREW SOCKS (2pk) - CHARCOAL	2-8, 7-11, 11-14			\$ 11.00	
MICROFIBRE TIGHTS - NAVY	S.M, TALL, XTALL			\$ 13.00	
SPORTS SOCKS - WHITE / NAVY SOLE	2-8, 7-11, 11-14			\$ 9.00	
<b>TOTAL AMOUNT</b>					

Price list is subject to change without notice. All prices include GST

(L) - logoed items