



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.

Principal	Wendy House
Senior Leader - Operations/SACE/VET	Maya Brookes
Senior Leader - Inclusion	Chris Lee
Student Wellbeing Leader	Karen Jones
Student Wellbeing Leader	Tamara Seaman

2022 TERM DATES

Term 1	31 January – 14 April
Term 2	2 May – 8 July
Term 3	25 July – 30 September
Term 4	17 October – 16 December

IMPORTANT DATES

Friday 25 November

Last Day for Year 11's
Head start - Year 11 to 12

Thursday 8 December

Year 7 Transition Day
Year 12 Formal Dinner

Friday 9 December

Last Day for Year 10's
Head start – Year 10 to 11

Wednesday 14 December

1.30-3pm Presentation Ceremony

Friday 16 December

Last Day of Term 4.
Dismissal at 1.15pm



Government of South Australia

Department for Education

Greetings,

Last Tuesday 9 November, 15 SRC students along with the Wellbeing Leaders, Ms Tamara Seaman, Mr Adrian Pike and Jayden Hastwell (PCW) walked to Centennial Park Cemetery to place 4,500 Australian flags on the memorials of service men and women. The students represented to school with respect and dignity. We were grateful for the invitation from Centennial Park to participate in the important event and are proud of our students who participated.



Friday 11 November was a particularly busy and important day for Springbank Secondary College. Just after 7.00am three trucks arrived on the front lawn to deliver and erect a large marquee to accommodate the students, staff and guests for the 2022 Remembrance Day Ceremony. Several hundred chairs were set out in readiness for the event. Sound system set up and checked. Rehearsal done.

The ceremony at Springbank is always respectful of those who served in World War I and other military campaigns since. Mr David Ennis, formerly of the Repat Museum, was guest of honor at the ceremony, which was also attended by representatives of the City of Mitcham, Veterans SA, Edwardstown Primary School staff and students, Department for Education and the office of Nadia Clancy MP. Year 12 students Carys and Tom laid a wreath at our memorial, as did many guests and dignitaries. At the conclusion of the ceremony guests enjoyed a delicious morning tea. I congratulate the students on their respectful and considered behaviour throughout the ceremony. Thank you to the students and staff who contributed to this event. A wonderful collaborative effort.

Just 45 minutes after the conclusion of the Remembrance Day ceremony, students gathered again, this time in the stadium for the final assembly of the 2022 year 12 classes. We were thrilled to have many family and friends of year 12 students join us in this celebration. With the support of Ms Liz Johnson, Ms Wendy Lowes and Mr Lewis Williams, students



individually shared their reflections on their secondary studies and their hopes for the future. It was an assembly of mixed emotions as we listened to the students' stories amid laughter and occasional tears. The year 12 students planted some trees at the front of the school after the assembly then enjoyed a luncheon feast that was prepared for them by the year 11 students and Ms Faryn Henderson. It was a fabulous final day of formal lessons and celebration.

On Friday 25 November, year 11 students will conclude their studies for Stage 1 SACE and prepare for Stage 2 through the Headstart program. Details will be sent to all year 11 students and families.



Please enjoy reading this newsletter.
Kind regards

Wendy House
Principal



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Year 11 and 12 Drama



The year 11 and 12 unit students invited their parents, carers and grandparents to see them perform their play "It's showtime" last week.



Students opted to be involved in either an on-stage, or an off-stage capacity, and it was a great opportunity for them to showcase their performance skills.



Well done to all of the students for putting on a great show!

Amelia Pickard
Home Economics / HPE / Drama
Teacher



Year 8 Earth and Space Science



In week 4, the year 8 students were working on the topic of "Earth and Space Science." We looked at the geology industry and the rock cycle, as well as the future and careers in mining, and how this is impacting our world. Students created their own mining corporations and started to develop their land holdings and mineral explorations in the form of "fruit cake mining."



This was a great hands-on activity to allow students to see how the mining and mineral export market works, and how causing massive environmental damage can cause huge issues for the future!

The students all worked well in their groups and enjoyed the task

Andy Reavley
Mathematics / Science Teacher



Remembrance Day



On Friday 11 November, Springbank Secondary College remembered the many military service personnel who have served Australia in our armed forces.



In a poignant ceremony, staff, students and Governing Council were joined by Mr David Ennis from the Repat Museum, Cr Jane Bange representing Mitcham Council, Nic Rogers representing the Department of Veterans Affairs and Zara Smith representing Nadia Clancy MP.



Wreaths were placed on the Springbank SC Remembrance Day stone, surrounded by our Gallipoli Rosemary garden.

Remembrance Day is significant for Springbank as the school is built on land that was used as Springbank RAAF camp during World War II. That is of course, the reason we chose the name for the school in 2019. We have a

long-standing affiliation with the Repat Museum and they offer a medal and award certificates to Springbank students for high quality student work (e.g. art work, writing, construction) about any Australian military campaign.



Year 12 Final Assembly

Friday 11 November was a busy and emotional day at Springbank SC, with our Year 12 cohort having their final assembly, followed by a tree planting and year 12 lunch. We are so proud of our 2022 Year 12's and we can't wait to see what you do next.



Centennial Park



15 students from Springbank Secondary College were invited to place Australian flags on the memorials of 4500 military service personnel at Centennial Park Cemetery as part of Remembrance Day commemorations.

Students worked diligently to ensure all memorials were honoured, while enjoying the beautiful weather and light breeze in the picturesque garden setting. Our students represented our college with pride and professionalism.



Adrian Pike
Tech Studies / Photography Teacher
& Wellbeing Leader



Basketball Academy

Term 4 has been a busy term for our basketball academy students. I would like to take this opportunity to thank all the students for their hard work and commitment throughout the year. It has been a pleasure to see the students grow and engage with each other and the community through the great game of basketball. Your efforts are valued!

Primary School Coaching

Basketball Academy students returned to Colonel Light Gardens Primary School. Academy students worked together to deliver a coaching session to year 4 students. This was the first experience of coaching for several students which enabled them to learn from each other to observe and support the younger students.



Students working together to plan their group session.



Lilli, Aidan, Lyliana and Jonah working with CLGPS students on their ball handling skills.

Flinders University and PEAQ Strength and Conditioning

Term 4 saw the third session of the collaboration between the Springbank Basketball Academy, Flinders University and PEAQ Conditioning. This session involved

a post test in which the students had the opportunity to evaluate their testing results after a 6-week block of training implementing a prescribed strength and conditioning program.

The program was aimed at supporting students to increase strength, mobility and durability by completing a range of body weight exercises. The students performed extremely well and as a result the scores improved for most students in each category.



Students completing a dynamic warm up before testing.

Thank you again to Dr.Maarten Immink from Flinders University and his students for providing this fantastic experience for our academy students. A big thank you as well to Sean from PEAQ conditioning who set the scene by providing an enjoyable and engaging environment throughout the collaboration.

The knowledge and expertise of both Dr.Maarten and Sean is truly appreciated and we look forward to working together again next year.



Aiden getting some advice on his starting technique before the 20m sprint

Brendan Mann
Basketball Academy / PE



Ice Factor



In our mentoring program at Ice Factor we have been concentrating on team work and what it means to be a team player. The students have been working through problem solving tasks – involving maths and group activities.



We are enforcing community standards, and discussing what it means to be part of a community, and how we can be good members of our community. Discussions have included topics such as friendship, and what it means to be a good friend.



The group is growing week by week. We currently have 10 students in the program.



Paul Howlett
Ice Factor Manager



Transition Visits

We have held three very successful mini transition visits for students who will be attending Springbank Secondary College next year as year 7's. The visits have been an opportunity for the students to get to know one and other, to meet some of the staff, to walk around the school and familiarize themselves with the school layout



and to participate in an activity with their peers.

Last week students had the opportunity to do some rock art, or make a poppy for Remembrance Day that they could take home with them.

Our next mini transition visit for some of the students is Thursday 24th November and then all students will attend on the 8th December for a full day transition visit. We look forward to welcoming all of our future year 7's on December 8th.

Chris Lee
Inclusion Leader



Year 9 / 10 KO Basketball

On Wednesday 2 November, Springbank Secondary College hosted round one in the 9/10 boys' basketball school's competition against Le Fevre High School.

Springbank started well and lead at the quarter 13 to 6, with a couple of nice three-point shots from Rayan and Talia. We were able to keep the game close through the second and third quarter with some nice team play and a compact zone defence that made it difficult for the opposition.

Unfortunately, we were unable to keep the score board ticking over and Le Fevre took advantage with some nice transition baskets that resulted in the game in their favour by 11 pts.

Thank you to Le Fevre High School, to all the players for their efforts and being a coachable group throughout the day. Also, a big thank you to the game referee and to Mr.Howlett for supporting this event.

Brendan Mann
Basketball Academy / PE



Mental Health Month

We all know how important our mental health is to our daily life. One way to look after our mental health is through practicing self-care every day, and by looking after ourselves and each other. Mental health is something to be talk about and looked after.

For the month of October, Springbank Secondary College raised awareness with the rest of Australia for Mental Health month, and the Wellbeing Team held extra lunchtime activities to support self-care. We wanted to celebrate being Wellbeing Warriors at SSC– resilient, grateful and always kind.

We started the month with a whole staff walk for Wellbeing around the oval, with the Wellbeing team holding lawn games for a *Motivational Monday* start.



Then on *Warrior Wednesdays* we encouraged students to do at least one daily activity of self-care (see list at the end of this article) to practice building their strength and

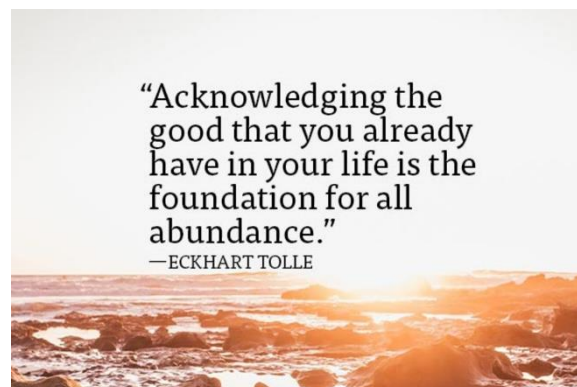


resilience to build strong wellbeing warriors.

Mr Pike brought on the end of the week by playing some soulful tunes on *Pikey Unplugged Thursdays* at lunchtime.

On *Feel Good Fridays* Ms Seaman and Jayden started the mornings with Breakfast Club, as healthy minds need healthy food. We finished off the week with *RnB Friday* in the Gymnasium. This has been so popular that we have decided to keep our lunchtime RnB Friday music

session for the remainder of the term. We all know that music helps us to relax and is good for the soul and happiness.



We encourage students to take on what they learned this month every single day. There are simple ways to take care of our mental health.

We can practice self-care everyday by:

Eating healthy – Drink lots of water – minimise sugar!

Being active – Walk, run, play a game outside

Sleeping well – Put your electronics away at least half an hour before bed. The healthiest sleep is before 11pm.

Do things you love – Listen to music, pat a pet, do some dot painting, talk to friends, play a board game

Stay connected with loved ones – Make a call, send a text

Practice gratitude (at least once a day!) – What makes you smile? What do you enjoy?

Remember, don't be too hard on yourself!

If you're worried about something, talk about it - Speak to family, a friend, the Wellbeing Leaders at school

Never forget that social media isn't real life

Celebrate who YOU are every single day

Breakfast Club

Breakfast Club on Friday mornings starts at 8:10am. Toast and hot chocolates are certainly in demand. We welcome all students to stop past before school and see the Wellbeing Team in the Home Economics kitchen every Friday morning until the end of term. **Kick Start for Kids** kindly donates to our Breakfast Club weekly, we thank them for their continuous support in our program.

Tamara Seaman
Wellbeing Leader





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



<https://devonclothing.com.au/>

Dear Customers,

We are now in our Peak trading Period at Devon Clothing.

To ensure we are able to assist you with your Uniform requirements efficiently, we request that you please book an appointment prior to attending all Devon Clothing Uniform Shops.

We'll make every effort to ensure all customers are attended to however, customers with pre-booked appointments will be seen as a priority.

Customers without appointments may experience some waiting time.

To book an appointment for your school, please follow the instructions below:

- Go to devonclothing.com.au
- Click on **ONLINE STORE/APPOINTMENTS**
- Click on your school Logo
- Click on **Schedule General Uniform Appointment**, choose a date and time and fill in all of the required fields. Please book one appointment per student.



Community Notices



FREE Community BBQ
at the new Pasadena
Community Centre.

Sunday 4 December 12pm-
3pm.

No bookings necessary



<https://events.flinders.edu.au/events/exploring-archaeology-at-flinders/>



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DEVON CLOTHING

Please book an appointment with Devon Clothing
for uniform fittings and purchases.

<https://onlinestore.devonclothing.com.au/springbank-college/>

Schedule General Uniform Appointment



Find the schedule general uniform appointment
button, click and fill in all required fields.
1 appointment per student being fitted please.

Parent Forum



Parents and carers of children and young people with disability are invited to a parent forum on Thursday 24 November 2022.

In this forum you will have the opportunity to hear a keynote by Helen Connolly, Commissioner for Children and Young People; be involved in discussions and contribute ideas to the SERU Parent Engagement project and hear about Transition options from Kindy, from year 6 to High school and Post school.

For more information and to book tickets please follow the Eventbrite link:

<https://www.eventbrite.com.au/e/parent-forum-24-november-2022-registration-4255697>

Celebrate

International Day of
People with Disability

Minda Brighton
King George Avenue, Hayward Lawns

FRIDAY 2 DEC 11AM-5PM

EVERYONE WELCOME!

Enjoy market stalls, live music and
entertainment, amusement rides, petting
zoo, BBQ, fairy floss, ice cream, fun games
and prizes and a visit from Santa!

