



NURIOOTPA HIGH SCHOOL NEWSLETTER

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From the Principal By Roy Page

Principal update

I'm thrilled to have the opportunity to lead Nuriootpa High School during this transition period.

For the last 2 years I've been the Director of the Department for Education's School Review Function followed by the Director of Education in Noarlunga. In both roles, I've had the good fortune to visit numerous schools throughout the state, and I've come to realise that every school has a unique context and starting point for their improvement journey.

I'll go over some of the main suggestions from the independent review that the Department of Education had early in June next term.

I've enjoyed spending the first week getting to know the students, staff, and school. The students and staff have been warm, and they are proud of the many accomplishments they make every day. I've witnessed determined students collaborating with their teachers. Several of the students I spoke with this week were pleased with the new classes they are taking, and the start of the new semester went smoothly and calmly throughout the school.

We appreciate the parents who have contacted us to thank the teachers for their support of their children over the first semester.

Mobile phone policy review

During week 10 Students and staff will undertake a survey to review the application and success of the school's mobile phone policy. Parents will receive a link through Daymap or you can access through the link below or scan the QR code, to ensure we have feedback from our parent community too.

<https://forms.office.com/r/t9USyLRTVc>

Mobile Phone Policy Review -
Parent(s)/Caregiver(s)



Coming Events

JULY

2/7	Yr 10 Vaccinations
4/7	T & D Committee Mtg 3:30pm Uplift Program
5/7	Yr 9 Brainstorm Productions/Sticks & Stones Early Dismissal 2:15pm Last Day of Term 2

NAIDOC WEEK 7-14 JULY

22/7	Term 3 Resumes
30/7	Finance Mtg 3:30pm Uplift Celebration Night 5pm Yr 7/8 Boys Football

AUGUST

2/8	Casual Day
5/8	Governing Council Mtg 7pm
8/8	Dolly's Dream Student Workshops
9/8	Dolly's Dream Student Workshops
13/8	Yr 10 Empowered & Violence Against Women 11:30-1pm
14/8	Career Expo

GOVERNING COUNCIL REPORT

The Nuriootpa High School Governing Council are pleased to extend an invitation to attend an informative session delivered by the Carly Ryan Foundation. This session is scheduled for Wednesday 3 July at 5:30pm and will be hosted in the Nuriootpa High School Resource Centre.

The Carly Ryan Foundation will be delivering a parent/carer information session that is open to all families of students at Nuriootpa High School. The workshop will centre on an exploration of three overarching themes: self-protective behaviours, safety and online challenges, and resources and where to seek help. The aim is to ensure an internet-positive discussion that empowers, educates, and equips you with skills to reduce the risk of any harm online and to instead increase happiness for your young person/people.

The intention of this parent/carer workshop is to empower you with the skills and knowledge you need to navigate parenting kids in the borderless online world. The Foundation will allow 1.5 hours to share with you the latest research and issues affecting kids online and how you can help make the experience healthy and positive.

During the session, there will be practical opportunities to develop skills you can use to create balanced and safer internet use at home and on the move.

We look forward to your participation in this important session. Your presence will contribute significantly to the success of this event. Please register your attendance online by completing this form on or before 3 pm Monday 1 July:

<https://forms.office.com/r/PR8WVFvXyp>

COMMUNICATION PROTOCOLS

PHONES OFF AND AWAY

If you need to get a message to your student/s, please see the following extensions:

Years 7-8	Ext 1
Years 9-10	Ext 2
Years 11-12	Ext 3

Alternatively you can send a Daymap Message through the Parent Portal



EXEMPTION FROM ATTENDING SCHOOL

Students must attend school regularly.

Parents or carers can apply for an exemption from school attendance for the following reasons:

- Family travel or holidays
- Medical or health reasons
- Home education
- Full-time employment or
- Disability or behaviour concerns requiring part time exemption from school



Government of
South Australia



Government of South Australia
Department for Education

FINANCE REPORT

MATERIAL & SERVICE CHARGES 2024

Are you time poor with work, family, general life commitments, we are here to help support families as best we can. Did you know that you can do banking direct deposit for payments of M&S Charges, Invoice payments and excursions can be deposited direct to our bank account;

BSB: 105-055

ACCOUNT NUMBER: 233809740

FAMILY ID: e.g. LEGG14 (this is on the left hand side of invoice)

Please use the family code when making payments as this helps us to identify who this is applied against and include what payment is for. You are able to send a copy of the deposit to: dl.0788.finance@schools.sa.edu.au

INSTALMENT PLANS

We also offer families the chance to pay off fees via payment instalment plans. Please contact the Finance Office for us to support you with this.

SCHOOL CARD ASSISTANCE

School Card Applications are now overdue. If you think you may be eligible for School Card please complete the online application form at the link below ASAP.

<http://www.sa.gov.au/education/schoolcard>

School Card is available in government schools to:

- Families with children aged 4 years and over who attend a school full time
- Independent full time students studying year 10, 11 or 12
- Adult re-entry students undertaking subjects to complete their SACE

To qualify, your family's gross income in the 2022/23 financial year must be below the threshold, based on the number of dependent children you have in your family.

School Card covers \$379 of the Materials & Services Charge. The additional \$131 of Material & Services charge will be waived if School Card is approved. Families must apply for School Card annually.

Don't leave these financial matters too late as per the Nuriootpa High School Debt Collection Policy all outstanding charges for 2024 will be sent to the Recoveries Unit at the Attorney General Office.

We thank all the families that have already attended to the above payments, these help our students to undertake the fundamental elements of their educational programs.

The Finance Team

dl.0788.finance@schools.sa.edu.au
08 85622022

SRC REPORT

We hope everyone has had a great first semester!

Our Week 4 Casual Day was a success, with \$540 donated to Dolly's Dream, a foundation that focuses on supporting anti-bullying and suicide prevention. For more information about their important work, please go to

<https://www.dollysdream.org.au/>.

Thank you to everyone who donated either by coin or Spriggy Schools!

We also had our Week 8 Casual Day, which was Pyjama-themed. It was great to see so many students dress up for the occasion! All money raised will go towards the building of shelters for our school. We also ran a sausage sizzle at lunchtime, which was a great success! Thank you to all those who donated and came to buy a snag from our stall!

Just a reminder for all students that there are a range of clubs that you can participate in, like Beekeeping, D&D and Craft Club, as well as many more fun things to do at lunch or during SD times. Currently, the SRC are working to help bring some new clubs into being! Thank you to everyone who suggested an idea and offered to help run it. This is work in progress, but we're hoping to get it done soon! Keep an eye on the bulletins for more information!

Just like the clubs, we're also working on making a way to report incidents in the yard. This will be available in the very near future, so please listen out for more details on this soon.



For more updates you can follow the SRC Instagram page (@nurihighsrc) and keep an eye on the student bulletin.



DAME ROMA MITCHELL SCHOLARSHIP



Congratulations to Hudson Lange who has received the Dame Roma Mitchell Scholarship for 2024. Dame Roma Mitchell recipients are awarded \$2,000 over Years 11 and 12 to help them successfully complete SACE.

"This Scholarship has opened opportunities for me to pursue my future career pathway in either TAFE or University," Hudson.

Natalie Axo
AET

SPORTS REPORT

It has been a busy term for School Sport with lots of participation and success in a range of sports. Thank you to all our student athletes, helpers and coaches, as well as our fantastic staff coaches for their hard work throughout the term.

Brad West
HPE Teacher & Sports Manager



7 - 8 & 9 - 10 Girls Netball

SPORTS REPORT CONTINUED



10 - 12 Hockey



11 - 12 Girls Netball

SPORTS REPORT CONTINUED

7 - 8 Girls Basketball



7 - 8 Girls Netball

SPORTS REPORT CONTINUED



9 - 10 Girls Netball



Boys Basketball

SPORTS REPORT CONTINUED

Boys Football



CDFC



Girls Football



SPORTS REPORT CONTINUED

Girls Basketball



7 - 8 Boys Basketball



SPORTS REPORT CONTINUED

7 -8 Boys-Basketball



Girls Open Soccer



Open Boys Soccer



YEAR 7 SCIENCE PLANETARIUM EXCURSION



On Tuesday 28th May, thirty-five Year 7 students visited the Planetarium at the Mawson Lakes University of South Australia Campus.

Within the planetarium, students were immersed in a journey exploring our sun and planets in the solar system, focussing on their weather and interactions with the sun and other celestial bodies. Furthermore, students learned about common star constellations, and the strong links with ancient cultures.

The planetarium session finished with a movie exploring the extreme weather and conditions of several planets and moons of Jupiter.

After a quick lunch break, students then had a STEM session, focussing on spatial awareness and their ability to pack efficiently (in relation spacecraft and efficiency of carrying cargo). Students were challenged in this session to fit a set of soma cubes (similar to Tetris shapes) into several pre-determined shapes, which proved to be a somewhat difficult 3D puzzle to work out!



YEAR 9 SCIENCE ZOO EXCURSION

On Tuesday 4th June, fifty Year 9 students travelled to the zoo to apply their learning about ecosystems and animal adaptations. Students were able to explore the zoo in groups, and observe animal behaviour and enclosures. As part of the trip, students were required to observe and note specific animals, with a focus on their adaptations and to describe why certain animals have adaptations to help them survive in their natural environments. Students (and staff) had a great day out, enjoying the opportunity to apply their learning from class. Thanks to Mr Bottrall, Mr Makris, Ms Sheridan and Mrs Abdelmalek for attending the excursion with the students.



YEAR 10 SCIENCE AND ENGINEERING CHALLENGE

On Tuesday 25 June, thirty two Year 10 Nuriootpa High School students travelled to Waikerie High School to compete in the annual Riverland Science and Engineering Challenge. The students competed in 8 groups of various STEM challenges against five other schools from local areas, all students represented the school with great attitudes towards the day and built some useful skills for the future. Unfortunately, we finished 4th and will not go through to the state finals this year with the home school of Waikerie High taking the top spot. This challenge could not have gone ahead without the support of the Barossa Rotary Club and the local Riverland Rotary Club, providing volunteers to help run each challenge and support financially for our school to attend. A big thank you to all involved and hopefully we can keep this event running in the future to build the skills of STEM for all of our students.



YEAR 9 SCIENCE ZOO EXCURSION CONTINUED



WHAT'S THE BUZZ PROGRAM

'What's the Buzz?' with Teenagers social/emotional literacy program has been in full swing in Term 2, engaging Year 7 and Year 8 students.

A Wellbeing Team initiative supporting Nuriootpa High School students since 2020. 'What's the Buzz?' with Teenagers program is delivered by Nuriootpa High School Youth Worker Trent Heneker, a certified facilitator.

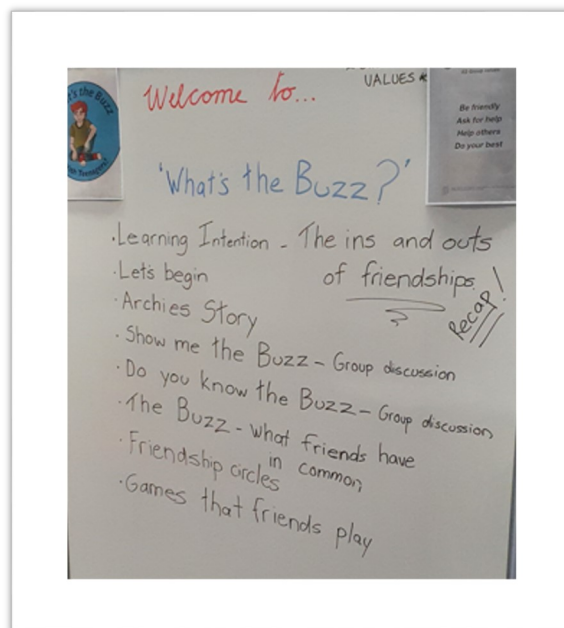
The program provides a universal social and emotional literacy framework to young people, providing engagement in the importance of empathy, kindness, responsible handling of feelings and healthy relationships.

'What's the Buzz?' program is driven by an understanding that all people thrive from a sense of belonging and being connected to others. When a young person encounters challenges with their communication and actions, 'What's the Buzz?' enables skills in self-regulation of emotions, confidence building and navigates the intricacies of the social world we live in today.

Students participate in a small group that offer warmth, explicit teaching and opportunities to connect to other participants.'

What's the Buzz?' with Teenagers covers the following topics:

1. The ins and outs of friendships
2. What is a friend?
3. Switching on positivity
4. Wellbeing and social media
5. Empathy
6. Resilience
7. Dealing with disappointment (loss and grief)
8. Handling anxiety
9. Responding to dominating behaviours
10. Being hurt, trolled or abused online
11. Maintaining Relationships; feedback and compliments
12. Effective Listening
13. Competition; winning and losing
14. Charity; acts of kindness
15. Perseverance
16. Self-Identity



WHAT'S THE BUZZ PROGRAM CONTINUED

Throughout 'What's The Buzz?' program, students become immersed in a variety of 'getting along' and 'positive problem-solving' skills. In each lesson, students discuss role-play and share opinions about Archie's social and emotional problems. Archie is the central character in the program who presents the very same issues that young adolescents face in their everyday lives. As they work together through the lessons and activities, they'll learn how to become more flexible thinkers and build better social resilience.

On completion of the program students enjoy a 'What's the Buzz? Celebration' with snacks, presented with their work folder to take home and presented certificates of merit to acknowledge their achievements.

During 'What's the Buzz?' program in term 2, I have seen positive incremental growth in the social and emotional development in Year 7 and 8 students. Increased confidence, eye contact, communication skills, emotional regulation and encouragement of fellow participants has been truly impressive. Flowing onto positive social connections, increased engagement and beneficial educational outcomes in the classroom. Students open and honest input into weekly topics is highly valued, and encourages an active leadership role in sharing their thoughts and ideas.

On a personal level, I highly value establishing and developing strong positive connections with students, that will stay strong over their secondary schooling.

Trent Heneker
Nuriootpa High School
Youth Worker

RECONCILIATION WEEK

In week 5, Term 2 our First Nations students celebrated National Reconciliation Week with a range of activities facilitated, organised and run by one of our very own senior students as part of his Community Learning, Jackson. On Monday May 27th Jackson held a 'Movie Screening' of the film *Bran Nue Dae* starring First Nations actors Ernie Dingo, Jessica Mauboy, and Rocky McKenzie to name a few. The students enjoyed watching the film, snacking on popcorn, and laughing at 'Uncle Tadpoles' antics.

On Wednesday May 29th Jackson hosted a 'Native Ingredients Cooking Session', his aim was to show his fellow First Nations students how they could incorporate the 'Flavour of Country' in everyday meals. This was a real hit with the students and staff who got to try some of the delicious creations!

'It was a great experience and I really enjoyed the fact lots of First Nations students got involved!' Jackson.

Ms Brooke Klose ASETO and
Ms Natalie Axo AET

(Jackson holding traditional bushfood jams in front of the Resource Centre's Reconciliation display)



YEAR 12 ENGLISH

Mrs Hausler's Year 12 English class swapped the classroom for the kitchen to begin their next unit of work on the novel 'Everything I Never Told You' by Celeste Ng. The novel, set in America in the 1970s, incorporates the Betty Crocker cookbook to symbolise the struggles the mother in the story has with the societal expectations around being a 'traditional' housewife - everything she does not want to be. The students baked Betty Crocker's ultimate choc chip cookie recipe and were asked to bring in an extra ingredient to make it their own. We had a huge variation of flavours, and they tasted great! Whilst they taste tested them today fresh out the oven, students will be bringing their leftovers into our lesson tomorrow where we'll run our first 'book club' meeting to discuss the novel over a hot cup of tea. Thanks to the class for making it such a fun morning!



YEAR 11 AGRICULTURE PIGGERY EXCURSION

On Thursday 6th June, Mr Bottrall's Year 11 Ag class visited Gumshire Pork, located at Keyenton.

Shaun Blenkiron gave the students a guided tour of the facility, which included the farrowing shed, open pens with smart feeders, eco shelters for pig grow out, laboratory and computer systems, and their feed mill. Students were able to learn about the history of Gumshire pork, and the importance of heritage breed pigs that they run within their enterprise, and how they approach marketing and sales. This visit coincided with the agriculture students learning about different animal production systems, and it was fantastic to have the opportunity to visit and see a production system in action.

Thankyou to Shaun and family for allowing us to visit and learn about the pork industry!



PEER GROUP IMMERSION DAY

On Wednesday 22nd May Year 10 students interested in a career pathway in Electrotechnology were invited to participate in an immersion day with PEER. PEER is a registered training organisation who deliver the Certificate II in Electrotechnology (Electrician) to a group of Year 11 students every Monday here at Nuriootpa High School. This qualification can lead to a number of pathways including gaining an apprenticeship as an electrician.

On the immersion day students learnt about the content and topics studied in the Certificate II and participated in several practical activities. Students received a certificate of participation they can use as part of their application to study the full qualification in 2025.

Daniel Quinlivan (Assistant Principal SACE/VET)



NHS HONEY FOR SALE

The Beekeeping Club at Nuriootpa High School is an extracurricular club focussed on teaching various aspects of beekeeping, honey production and basic woodworking skills during Terms 1 and 4 each year.

The School Blue gums have been busy flowering over spring and summer, and the school bees have been hard at work producing a surplus of honey. Beekeeping Club students were excited to be able to extract approximately 75kg of honey last week, and are now ready to sell it!

Head into the Finance Office if you are keen for some local raw honey, produced right here at Nuriootpa High School.

To improve sustainability and promote a circular economy, students have decided to now sell the honey 1kg jars. Initial price of \$16 per kg, but upon returning a clean honey jar you will receive a \$1 discount on your next honey purchase!



MUSIC CLUB IEC

Music Club Thursday lunchtime has been in full swing in Term's 1 and 2 with Inclusive Education Centre Students and Disability Unit Students rocking the music suite.

Music Club enables Nuriootpa High School Students to experience live music performance. Whether you're a beginner muso or a seasoned pro, Music Club provides opportunities to develop skills as a musician and band member in a live music setting. Enhancing social/emotional/physical and cognitive ability, working as a team with live music performance the focus. Students are encouraged try something new, connect with music, build confidence, self-esteem, share musical instruments and play their favourite songs.

Highlights for Term 2 were Bethany Chamberlain singing a sweet version of 'Can't Help Falling In Love' by Elvis Presley. Oscar Odea rocking out on drums to 'Kickstart My Heart' by Motley Crue. Jaden Rodgers punching out a solid beat to 'Another One Bites The Dust' by Queen. And finally, Sam Bubner and Ash Krause duet vocal rendition of 'Beat It' by Michael Jackson whilst breaking down all of their favourite dance moves. SHAMONE!

It is a heart-warming experience working with the Inclusive Education Centre and Disability Unit Students in Music Club. An experience full of fun, positive-growth and self-expression. Students have developed as individuals, as a team and as musicians. Great work!

I look forward to ongoing engagement with my Music Club 'rock stars.'

In Terms 3 and 4, Music Club will engage mainstream Music Students in developing skills in musicianship, and live musical performance. Tailoring Music Club Program to students engaged in individual music tuition lessons.

Music Club looks forward to being part of the musical journey of Nuriootpa High School Students.

Trent Heneker
Youth Worker
Drummer/Vocalist



MUSIC CLUB IEC CONTINUED...



INSIDE THE WALLS OF IEC2



Sometimes feeling different no matter who we are, can feel like we're not fitting in. Something like watching your classmates walk around you, yet you're in a wheelchair can make you wonder, "How can they walk and I can't"? Our bodies look the same, but I am in a chair?" Or looking at others kick a ball and think, "Why can't I kick a ball?" How about "Oh that girl is really pretty, why don't I look like that?" Maybe they don't think this way, maybe they do? Who are we to assume someone living with a disability doesn't know any better? Is that our perception in society? Who can honestly say they have thought about how a disabled person feels when they aren't included in things that should be a right as a human being? We have children in our room who communicate in different ways. Some use PODD communication books or devices. Halle, for example, uses her eyes to locate what she has to say and her Eye-gaze reads out what she would like to say. Others are verbal, yet have limited comprehension and lack social skills. The one thing they have in common is they have feelings and they love hard.

One day in IEC2 the staff brought out specific equipment so that 2 girls can do what we do without thinking, stand. They both stood tall in their standing frames and looked at each other and just smiled. Halle and Grace are their names, they are full of personality, have a wicked sense of humour and hearts of gold. They can play with anyone while in their chairs, yes. However, they stood tall and played with the bubble machine spraying each other with bubbles. The room was in awe hearing their mischievous giggles and seeing their contagious smiles. This showed everyone that even though they have some differences compared to most, they are not completely different at all. Being different is more than ok but having someone you can connect with is empowering, it does wonders for our mental health, and our overall wellbeing.

This was a heart-warming moment where we saw two young ladies connect the way they may never have connected before. Halle and Grace stood tall and proud, they aren't alone, they have each other and that's more than ok! The buzz in the room was overwhelming, the other students were excited, the staff were emotional and we came together as a community to celebrate being different, being inclusive, discussing wellbeing, connection and belonging.

These are the moments we share within the IEC. Something that looks so small to some, can be huge to someone else. Kindness is free, if you can help your child understand that it's good to include all of their classmates so no one feels left behind, you've gone a long way toward helping them learn compassion for others. When we look at people living with a disability within our community, how about we see their ability, rather than their disability. Say hi, connect, include, and invite them, they are amazing! You never know, they might inspire you!

Connection is the key to changing the world...

YEAR 10 & 11 OUTDOOR EDUCATION

During the term students in Year 10 enjoyed a Day Walk at Mt Crawford, while the Year 11's participated in a Cycling Day Trip to Lyndoch and 3 day Aquatics Camp at Murraylands, near Murray Bridge. A BIG thank you to Mrs Reichstein, Miss Allen, Mr Lane and Mr Magarey who accompanied us on these trips!!

Peter Welford

Outdoor Ed Teacher



YEAR 10 & 11 OUTDOOR EDUCATION CONTINUED



OPERATION FLINDERS

Between June 18-25, Cooper Hill, Percy Quin, Jaie Scroop, Jace Robinson, and Pacific Hunter participated Exercise 2 of Operation Flinders. Part of a combined team with Kapunda High School, they were led by Team Leaders SJ and Marco as well as support staff Mr Prickett (NHS) and Mr Banks (KHS). During this 8-day challenge, they travelled to Yankaninna Station in the Northern Flinders Ranges and walked nearly 100km across rugged terrain, carrying all they needed to survive on their backs. This challenging experience pushed them to their physical and mental limits, fostering resilience, teamwork, and self-reliance. A special congratulations to Percy Quinn for being awarded the team mascot 'Lil Man' for best representing the values of our team. Well done Tango 3!



MEET THE NURI HIGH WELLBEING TEAM

At NHS, we are fortunate to have a dynamic Wellbeing team who are available to support your child in a range of areas.

Our team consists of:

Head of Wellbeing- Rebecca Bolton

Wellbeing Leaders- Rick Lane and Lauren Semmens

Youth Worker- Trent Heneker

Pastoral Care Worker- Vicki Rochow

Students can access via wellbeing by sending any of the above staff members a daymap message, dropping past the wellbeing waiting area (just past student services) and leaving a note in the letterbox, or by coming to visit us in our offices. Parents can also call the school to ask to chat or email the Wellbeing DL at dl0788.wellbeingteam@schools.sa.edu.au



ARE YOU TURNING INSIDE OUT 2?



Inside Out 2 invites us back into the mind of Riley, now a 13-year-old ice-hockey enthusiast on the cusp of high school – and puberty. Literally overnight, her brain goes through a large-scale demolition and construction that sees Riley wrestling with four new emotions: anxiety, envy, ennui and embarrassment.

These emotions, along with the "core emotions" of joy, sadness, fear, disgust and anger, are now together operating a control panel hypersensitive to any and every emotion.

If this sounds like your household, you might be wondering how best to assist your child with these new emotions.

Much of Inside Out 2 is not only relatable but is also backed by science. As children enter adolescence, their brains go through rapid "construction", with new wiring designed for seeking out and prioritising social relationships with peers. More emphasis is placed on risk-taking, to aid in exploration of novel experiences, fundamental to establishing their identity and sense of self.

Perhaps the most outward shift observed in adolescence is the broadening and deepening of emotional experience. Seemingly switched overnight, a once calm and content child now expresses novel and at times distressing emotions, with new levels of shifting intensity. All of this "newness" can be overwhelming.

So here is a quick guide to the first new emotion in the film, anxiety and how to talk about it with your kids face it when it arises in your family.

Anxiety

The dominant "new" emotion for Riley is anxiety – a normal response to stress and challenge that "activates" us to engage in the tasks that move us towards our goals.

Ideally, anxiety encourages us to attend to activities that will reduce our stress long-term – think encouraging us to prepare for an exam. However, when anxiety takes over with too much intensity, too often, and makes us believe we cannot cope, it can stop us from behaving, thinking and feeling in healthy ways, and blocks us reaching our goals.

Parents can provide a frame of reference for anxiety – it is something we all need to feel sometimes, and it might be telling us something important to which we should attend. However, it should not feel like it never leaves us alone, "bosses" us around, and keeps us away from the things or people that we care about.

Helping kids make healthy choices for their mental health can help reduce anxiety, such as regular exercise, prioritising sleep, and relaxation or mindfulness exercises. However, you know your child best. If you believe anxiety is frequently stopping them from doing the things they want and need to do, it may be best to seek help from a mental health professional.

Article sourced from ABC, written by Shawna Maistro Campbell
<https://www.abc.net.au/news/2024-06-23/inside-out-2-film-brain-changes-puberty-child-new-emotions/103995788>



IMPORTANT DATES TO REMEMBER!

STUDENT FREE DAYS

11 JUNE



SCHOOL CLOSURE DAYS

2 SEPTEMBER

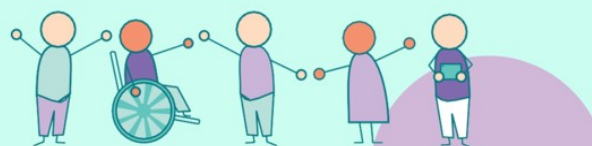


CASUAL DAYS

24 MAY
21 JUNE
2 AUGUST
30 AUGUST
1 NOVEMBER
29 NOVEMBER

PUBLIC HOLIDAYS

10 JUNE



Inclusive Teaching & Learning

SIES



Government of South Australia
Department for Education

MEET & GREET

Senior Advisors from the Department's Statewide Inclusive Education Services (SIES) will be hosting a meet and greet.

If you're a parent or carer of a student with disability at Nuriootpa High School, you are invited to connect with SIES staff to talk about services and supports that may be available.



WEDNESDAY
3RD JULY 24



5.00 - 5.30PM



RESOURCE CENTRE
NURIOOTPA HS



8235 2871



sies.admin@schools.sa.edu.au



www.SIES.sa.edu.au



Bush School

Friday, 12 July from 10am to 2.30pm

Friday, 19 July from 10am to 2.30pm

Are you between 8 and 12 years of age and would like to learn about surviving out in the environment? Join us for one or both Bush School sessions during the next school holidays.

In a small group setting, you will learn about fire and food in the first session and birds, shelter and tools in the second session. You will become part of a team and gain confidence. The cost is \$40 per child per session, which will support our Friends of Barossa Bushgardens.

Parents will drop their children off for the session and children with a disability can attend with a support person.

Registrations via email only to bushgardens@barossa.sa.gov.au

barossabushgardens.com.au

Supported by:



Mark Le Messurier
presenting:

CHILDHOOD CHANGES
bring FAMILY CHALLENGES

For Carers of children and young people with learning difficulties and disabilities.

Thursday 22nd August

10am-12pm

at St Petri Church

21 Second st Nuriootpa.

RSVP: melissac@cadl.support or
ph: 0409402831



Mark Le Messurier – PARENT EDUCATION SEMINARS

TOPIC: CHANGES to CHILD-RAISING bring new FAMILY CHALLENGES

Plus, *The PARENTING WINDOW* – let's discover your parenting style?

Thursday 22nd August, 10am-12pm. At St Petri Church Hall.
21 Second St, Nuriootpa. Phone - 8562 4000



Mark Le Messurier is a teacher, counsellor, public speaker, and the author of 18 publications. He is the recipient of the prestigious Australia Day Council's 2022 Senior South Australian of the Year award. His generosity and consideration for others was recognised as profound, far reaching, and life changing. This workshop comes from his new book – 'Guiding Kids Through the TOUGH MOMENTS.' It centres around those moments when we must get involved, or call a child out on an unsafe, careless, or selfish action. It dives into the colour and chaos of real life. The technique provides guidance and the grit required, to lead children and teens in the tougher moments. After all, family exists to protect and nourish but the living in it is not always easy. And, when one of us is not doing well, none of us are. This makes family a delicate, dynamic, messy, and endless work in progress. 'Guiding Kids Through the TOUGH MOMENTS' will be available for purchase on the night. \$50. Cash or credit card.

This workshop comes from my latest book - 'Guiding Kids through the TOUGH MOMENTS'. It's in TWO PARTS.

PART ONE is from Chapter 1 - CHANGES to CHILD-RAISING bring new FAMILY CHALLENGES

What a revolution parents have undergone - new ideas, new expectations, and new choices to raise kids - all in such a short space of time! I want to give you a snapshot of how quickly the world has changed its attitude to kids and how we raise them. I also want to touch on the rise in the emotional, behavioural, and mental health difficulties we're seeing in our kids. As it turns out much of this is because of the environmental stress we have inadvertently inserted into their lives. Stress ranges from families trying to keep up with the demands of life – financial, work, emotional, social, to the inescapable draw to a multitude of alluring digital platforms. Suddenly, there's no escaping from being plugged into the ideas, thoughts and judgement of others. The positive influences, that we once took for granted, are becoming tougher for families to achieve. One thing emerges – "Our kids need us to understand, be rational, and be on their side."

PART TWO is from Chapter 2 - the PARENTING WINDOW

I'm asking you to pick a window that reflects your parenting style.

- Can you name your PARENTING STYLE?
- What is it?
- Where did you get it from?
- Is it working?
- Are you happy with it?
- Are you both parenting from the same page? Must you?
- Is it sustainable into the future?



My goal is to inspire you to take a position and deepen your relationship with your children, so it thrives.

Mark Le Messurier /0459 418 909/ mark@marklemessurier.com.au/ www.marklemessurier.com.au/

CLF BASKETBALL CAMPS AUSTRALIA 2024

WITH GUEST COACH
EVAN BRADDS
UTAH JAZZ ASSISTANT COACH

Sunday, 28th of July
State Basketball Centre- 142 Rose Terrace, Wayville
SA 5034, Australia
Price: \$80

U12 - 11:30am-1:30pm
U14 - 2pm-4pm
U16 & U18 - 4:30pm-6:30pm

An elite player development experience for those players who want to take their game to the next level!

Spaces are limited. Grab your spot to work with an NBA coach here.

LEARN HOW TO PLAY LIKE A PRO FROM PRO COACHES

School Holiday Program		Botanicals Sun Prints Artist: Ellen Marie Artistry	
School Holiday Program 6 - 9 July 2024 barossa.sa.gov.au/events	Pom pom pets Create your own cute critter by first making pom poms and then adding decorative features. Monday, 8 July 3.00-4.00pm Nuriootpa Library Cost: \$3pp Ages: 5+ yrs Bookings required	1877 Hill & Son Grand Organ Children's tour Hear the organ's story, discover how it works and journey under the stage to see inside. Tuesday, 9 July 11.30am-12.30pm Barossa Regional Gallery Cost: \$10/family Ages: all Bookings required	Botanicals sun prints with artist Ellen Marie Artistry Join artist Ellen Schlobohm in this playful introduction to sun printing. Wednesday, 10 July 10.30am-12pm Barossa Regional Gallery Cost: \$16.50pp Ages: 5-12 yrs Bookings required
	Kitchen science Follow simple recipes to make your own kitchen magic and take your creations home. Wednesday, 10 July 3.00-4.00pm Lyndoch Library Cost: \$3pp Ages: 5+ yrs Bookings required	Clay faces workshop Sculpt a self-portrait out of clay to exhibit at MI P Library during the SALA festival. Monday, 15 July 3.00-4.00pm MI Pleasant Library Cost: \$3pp Ages: 8+ yrs Bookings required	Design a library card Create a piece of art showing what our libraries mean to you. Could your artwork be chosen for our new children's card? Tuesday, 16 July 10.30-11.30am Nuriootpa Library Cost: free Ages: 5+ yrs Bookings required
			Wreath sun prints with artist Ellen Marie Artistry Join artist Ellen Schlobohm in this hands-on introduction to wreath shaped sun printing. Wednesday, 10 July 1.30-3.30pm Barossa Regional Gallery Cost: \$20pp Ages: 13+ yrs Bookings required
			Tie-dye workshop Bring some colour and personality into your wardrobe by tie-dyeing a pair of socks to take home. Friday, 19 July 11.00am-12.00pm Nuriootpa Library Cost: \$5pp Ages: 7+ yrs Bookings required

NURIOOTPA HIGH SCHOOL CANTEN PRICE LIST ~ 2024

"Daily Specials"

Monday	
☺ Butter Chicken, Spag. Bol. or Fried rice	\$6.00
Tuesday	
☺ Caesar, Honey Mustard or Sweet Chilli Chicken Burger	\$6.00
Wednesday	
☺ Hotpacks—Lasagna or Chicken Schnitzel	\$6.50
Thursday	
☺ Chicken Tenderbin Subs - Sweet Chilli or Caesar	\$6.00
Friday	
Burgers or Hotdogs	From \$5.00

Lunch orders can be placed at the canteen before school from 8 am or at recess. An ordered lunch avoids disappointment.

Available Every Day If Ordered

Hot Dog (sauce or mustard)	\$5.00
Hot Dog with the lot (sauce, cheese, bacon, onion)	\$6.00
Hot Dog with Mayo Roll or Hot Ham & Cheese Roll	\$5.50
Hot Chicken & Mayo Bolognese	\$6.00
☺ Lasagna / Spaghetti Bolognese	\$6.00
☺ Fried Rice	\$5.50 with chicken
☺ Hot Chicken Tenderloin Wrap or Roll	\$6.00
☺ Sweet Chilli Chicken Wrap or Roll	\$3.50
Garlic Bread	\$6.00
Nachos	\$7.00
☺ Yiros - Lamb or Chicken	\$6.00
☺ Veggie Burger	\$7.00
☺ Schnitzel Burger	\$6.00
☺ Hamburger - Plain (Tomato, lettuce, cheese & sauce)	\$6.50
☺ Hamburger - Lot (Tomato, lettuce, beet, gherkin & sauce)	\$6.50

Sushi and Cold Rolls

A range of sushi and cold rolls available daily

Hot Foods

Pies/Pasties (Low Fat)	\$6.00
Vegetarian Pasty or Spinach Roll	\$6.00
Sausage Rolls (Low Fat)	\$5.00
Pizzas	\$2.50
Chicken Crackles or Goujons	\$5.00
Wedges	\$5.00
Wedges with Gravy	\$5.50
Wedges with Sour Cream & Sweet Chilli	\$5.50
Sauce - Tomato, BBQ, Sweet Chilli	30c

Hot Drinks / Soup

☺ Milo OR Hot Chocolate sm	\$3.00 lg	\$4.00
☺ Soup - available during cold weather		\$3.00
☺ Soup with a bread roll		\$4.00

Salads

☺ Garden Salad Pack	\$6.00
Lettuce, tomato, matured cheese, carrot and cucumber		
☺ Deluxe Salad Pack	\$7.00
Lettuce, tomato, mature cheese, carrot, cucumber, capsicum, celery & ½ egg		
Add ham, tuna or chicken to any salad pack	50c
☺ Cheese & Cracker Pack	\$6.50
Cheese, carrot, cucumber, celery, dried fruit & Jatz biscuits		
☺ Caesar Salad Pack	TERM 1 & 4.....	\$7.00
Lettuce, egg, bacon, croutons, parmesan cheese & Caesar dressing		
Add chicken	50c
	TERM 1 & 4.....	
☺ Asian Salad Pack	TERM 1 & 4.....	\$7.00
Crunchy noodles, cabbage, carrot, Spanish onion, cucumber, capsicum and dressing		
Add chicken	50c
	TERM 1 & 4.....	
☺ Salad Tubs	Small.....	\$4.00
	Large.....	\$5.00
☺ Fruit Salad	\$5.00

Sandwiches and Rolls (double cut) on White or Wholemeal **must be ordered

☺ Salad Roll	Sandwich	\$5.00	Roll	\$6.00
Cheese, tomato, carrot & lettuce OR Egg, tomato, carrot & lettuce				
☺ Meat Salad	Sandwich	\$5.50	Roll	\$6.50
Ham, Chicken or Tuna, tomato, carrot & lettuce				
☺ Super Salad	Sandwich	\$5.50	Roll	\$6.50
Cheese, tomato, carrot, lettuce, beet & gherkin				
☺ Meat Super Salad	Sandwich	\$6.50	Roll	\$7.00
Ham, Chicken or Tuna, cheese, tomato, carrot, lettuce, beet & gherkin				
☺ Salad Sub				\$5.50
Cheese, carrot, tomato & lettuce on long roll				
☺ Super Salad Sub				\$6.00
Cheese, tomato, carrot, lettuce, beet and gherkin				
☺ Chicken Caesar Wrap				\$6.00
Chicken, lettuce, parmesan cheese & Caesar dressing				
☺ Salad Wrap				\$6.00
Lettuce, tomato, cheese, carrot, cucumber, beet & Caesar dressing				
☺ Toasted Sandwiches Assorted Fillings				\$3.00
☺ Assorted Paninis				\$7.00
☺ Assorted Toasted Focaccias				\$7.00
☺ Assorted Baguettes				\$6.00
Buttered Roll				\$2.00
☺ Unbuttered				\$1.50

A range of recess snacks are available from \$1.50

☺ Tomato	☺ Cheese	☺ Cucumber
☺ Gherkin	☺ Lettuce	☺ Onion
☺ Beet	☺ Pineapple	

EFTPOS facilities

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Week 1	22/7	23/7	24/7	25/7	26/7	27/7 & 28/7
Week 2	29/7 Uplift Celebration night 5:00pm	30/7 Finance Meeting 3.30pm 7/8 Boys Football	31/7	1/8	2/8 Casual Day	3/8 & 4/8
Week 3	5/8 Governing Council Mtg 7pm	6/8	7/8	8/8 Dolly's Dream Student Workshops	9/8 Dolly's Dream Student Workshops	10/8 & 11/8
Week 4	12/8	13/8 11:30-1:00 Yr 10- Empowered and Violence Against Women	14/8 Career Expo	15/8	16/8 10/11 OEd Rock Climbing + Macpac store visit	17/8 & 18/8
Week 5	19/8 Bookweek Reading is Magic!	20/8 Canteen Meeting 3.30pm	21/8 10 + 11 OEd Day Walk Mt Crawford	22/8	23/8	24/8 & 25/8
Week 6	26/8	27/8 Year 10 vaccinations Course counselling 11 into 12 Uniform Meeting 1.30pm Building & Grounds Mtg 3.30pm	28/8 Course counselling 10 into 11	29/8	30/8 Casual Day Poetry in Action 9:40am	31/8 & 1/9
Week 7	2/9 School closure	3/9 Pupil Free Day Finance Meeting 3.30pm	4/9	5/9	6/9	7/9 & 8/9
Week 8	9/9 Governing Council Mtg 7pm	10/9	11/9 11 OEd 3day Bushwalk Camp Mt Remarkable	12/9 11 OEd 3day Bushwalk Camp Mt Remarkable	13/9 11 OEd 3day Bushwalk Camp Mt Remarkable	14/9 & 15/9
Week 9	16/9 Year 11 RYDA (all day)	17/9	18/9 Year 11 RYDA (Monday VET students/FLC/IEC)	19/9 10 OEd 2day Bushwalk Camp Mt Crawford	20/9 10 OEd 2day Bushwalk Camp Mt Crawford	21/9 & 22/9
Week 10	23/9	24/9 IEC Variety Zoo Picnic	25/9	26/9 Year 7 vaccinations	27/9 Early Dismissal 2.15 pm	28/9 & 29/9

UNIFORM SHOP OPENING TIMES

EVERY THURSDAY FROM

8.30 - 11.00AM

1.00 - 3.45PM

Located in Student Support

Our full uniform can be viewed by visiting the school website

www.nurihs.sa.edu.au