



**MODBURY
HIGH SCHOOL**

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Modbury SA 5092
Subscribe: <http://modburyhs.schoolzineplus.com/subscribe>

ACHIEVEMENT • RIGOUR • RESPECT

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29 February 2016

COMING EVENTS

| | |
|--------|----------------------------------|
| 5 Mar | Saturday School |
| 7 Mar | Sports Day Hurdle Events (L 6/7) |
| 8 Mar | Sports Day Fun Run (L 2/3) |
| 11 Mar | Sports Day (7.30am – 12.30pm) |
| 14 Mar | ADELAIDE CUP HOLIDAY |
| 15 Mar | STUDENT FREE DAY |
| 19 Mar | Quiz Night |
| 23 Mar | Governing Council |

FROM THE PRINCIPAL



PARENT MEETINGS AND COMMUNICATION

We have just completed our first official round of parent meetings for the year. Many parents took the opportunity to meet their child's Home Group Teacher, Year Level

Manager, Executive Leadership member and associated staff members such as Student Counsellors and VET Coordinator. These people are often the first point of contact for parents and the opportunity to meet them face-to-face was a valuable one.

The consistent message from staff and parents who attended the meetings is that we value open and respectful dialogue and we see this as an important process to support student well-being and achievement. Many parents have indicated that email is their preferred mode of communication to contact teachers. If you do not have an individual teacher's email address you can email the school

dl.0964.info@schools.sa.edu.au and request that the email be forwarded to the teacher.

Further opportunities to meet members of staff will be provided during the year. Parent-Teacher Interviews occur early in term 2 and subject counselling meetings occur early in term 3. You are, of course, very welcome to contact us at other times.

HOMEWORK AND PARENT HELP

Now that we are into the fifth week of the year homework and study routines should be well established and the following time allocations are provided as a guide for students and parents: year 8 – 60 minutes per weeknight; year 9 – 80 minutes; year 10 – 100 minutes; year 11 – 120 minutes and year 12 – 175 minutes.

To assist students to develop time management and organisational skills we require them to record homework in their diaries. Teachers record homework on DayMap, which can be viewed by parents.

I have included below an extract from a recent article from Judith Locke, Clinical psychologist; visiting fellow, Queensland University of Technology, about the involvement of parents in homework. The link to the full article is:

<https://theconversation.com/too-much-help-with-homework-can-hinder-your-childs-learning-pro>

Tips for parents

- Show an interest in your child's schooling but avoid being more interested in their schoolwork than they are or it risks making it "your thing" and not "their thing".
- Set rules about homework (when and where it should be done), particularly in their younger years.
- Try not to offer your help before they ask; let them ask you. This will boost their confidence in completing schoolwork without constant adult help.
- Make sure you are coaching and not doing. Don't fix every mistake or act as an editor. Get older children

to ask you specific questions only, like, for example: "Is my conclusion clear?"

- In junior school, get homework done before fun things. Then prompt rather than remind them, e.g.: "What needs to be done before you watch TV?"
- Every year, reassess what you do for your child and whether your actions stop them developing important skills, such as responsibility and autonomy. For example, you should start to withdraw your reminders for homework early in their schooling, including gentle reminders such as, "Do you have much homework?"
- With this must come the child accepting responsibility for homework and teacher-delivered consequences should they forget to do homework or to bring it to school. Remember these remain a reflection of your child's current organisation and motivation, not your parenting.
- Finally, remember a golden rule – your actions as a parent should not be primarily about making them successful now, but about building the life skills that will enable them to be successful in the future without your help.

Martin Rumsby
Principal

2016 GOVERNING COUNCIL

Dear Parents,

Governing Council had its AGM last week and we had the pleasure of welcoming three new parents. Due to an unexpected resignation of a continuing member, we have one extra position to fill.

Please consider getting involved in your child's education by joining up. Meetings are relaxed and friendly and are held twice a term. You will be able to see how the school makes decisions, at the same time getting to know staff and other parents. You can have your say and input by sharing your thoughts and ideas during our discussions.

Our first meeting for the year is on Wednesday 23 March at 6.30pm. Please feel welcome to come along and see if you would like to be a part of this important group. If you would like further information before this meeting, or would like to nominate, please contact the school and they will give you my details.

I look forward to a busy and fruitful 2016.



Julie Caust
Chairperson

CALCULATORS FOR SALE

OLD MODEL GRAPHICS CALCULATOR

We have a special offer for students:

4 Brand new Casio FX-9860G AU Plus calculators
Was \$205, Now \$155 each
Available from the Finance Office
Be quick!!!

NEW MODEL GRAPHICS CALCULATOR

Casio fx-CG20AU

Price: \$205
Available from the Finance Office

Remember that students in the following mathematics classes must have access to a graphics calculator;

- Year 10 Advanced
- Year 10 General
- Year 11 Maths 1
- Year 11 Maths 2
- Year 11 Maths 3
- Year 11 Maths 4
- Year 11 General

A FRIENDLY REMINDER – BACKUPS

It is important to do regular backups of school work on your MacBook. It is easy to setup if you haven't already.



Simply go into System Preferences – Time Machine and switch it on. Make sure you have an external hard disc connected.

This menu icon at the top of the screen also controls Time Machine.





Gordon Lehmann
Learning Futures Coordinator

2016 SRC MEMBERS

Apologies to the following students from 10W1 who were omitted from the SRC list last week; Clarissa Cornelius and Michael McKearney. Robert Inwood will be their proxy.

SAFETY MESSAGE

22nd February 2016,



Keeping children safe and reporting suspected incidents is the responsibility of everyone in the community.

In recent times there have been incidents around schools where parents have observed alleged suspicious activities by others and have confronted the individuals concerned. Confronting a potential suspect may expose the member of the public to physical danger or result in having their property damaged. It is important that any suspected crime is properly investigated by police - they have responsibility and the expertise to investigate these situations.

SAPOL are seeking your assistance to protect members of the public who may become involved in altercations with people they suspect are behaving inappropriately. SAPOL are requesting you consider circulating the information below, amongst the school community.

If you witness a person behaving suspiciously in or around the school, Police do not recommend you confront the person because you may expose yourself to physical danger or it may result in your property being damaged.

Alternatively, police recommend you obtain a detailed description of the person and/or a vehicle registration number if applicable and report the matter to the police via 000 in an emergency or 131 444 for police assistance. Police will follow up the information you have provided and take appropriate action where necessary.

Further safety information can be found at

<https://www.police.sa.gov.au/your-safety>

SCHOOL EVENTS

THIS YEAR'S BIGGEST QUIZZICAL EVENT
QUIZ NIGHT
AT THE
SCHOOL

SATURDAY
19 MARCH 2016
7PM START

MODBURY HIGH SCHOOL GYM
(POMPOOTA RD, MODBURY)
\$10 PER PERSON / 10 PER TABLE
SILENT AUCTION / RAFFLES / PRIZES

FURTHER INFORMATION OR BOOKINGS
(08) 8264 1955

RAISING MONEY FOR
STUDENT REPRESENTATIVE COUNCIL
& 2016 USA HISTORY TRIP

Please help support the SRC raising money for a Drinks Fountain and The International History Tour Students.

Table Bookings can be made by phoning the school on (08) 8264 1955.

COMMUNITY EVENTS

TrySport Basketball Competition

Where: Modbury High School Rec Centre
Commencing: 22 February 2016
Year Levels: Reception - Year 5
Year 6 - Year 10
Session Times: Mon - Fri 3:45pm, 4:40pm & 5:35pm
Cost: \$7 per game
Registration: \$5 per season



Players **Rec to Y5** receive a 20 min umpire assisted practice and 30 min game
Players **Yr 6 to Yr10** receive a 10 min umpire assisted practice and 40 min game
Single players, friends and teams all welcome

For further information contact:

Peter 0403 497 247 peter@trysport.net.au
Drew 0401 024 417 drew@trysport.net.au

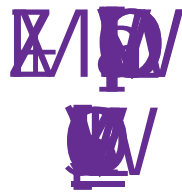
ONLINE SUBSCRIPTION

The newsletter is published on Mondays on a weekly basis in term 1 and every fortnight in terms 2, 3 and 4. Year 8 students will still receive a printed copy.

We encourage families to take up the option of online newsletters. The newsletter is available either on our website: <http://www.modburyhs.sa.edu.au/news-events/newsletter> or via subscription (this information is available from the above link).

Building parent-school partnerships

WORDS Michael Grose



secondary school

Natural smarts is not the only factor that will impact on your young person's success at school this year. A positive attitude, a sense of resilience and a willingness to persist and work through difficulties will help. Perhaps more importantly, it's your young person's work and study habits that will have the most potent impact on the marks they receive at the end of the year. It's worth keeping in mind that the study habits they develop in school also impact on their success in life beyond school.

Here are seven ways to develop healthy, strong study skills that will serve your young person well this year and throughout their lives.

1 Establish a thorough homework process

Doing the homework is one thing, but there are many steps in the process before handing an assignment in. Encourage your young person to:

Write down an assignment when it's given orally

Ask the teacher clarifying questions if he doesn't understand anything

Use a planner or some other organiser to plan his or her time

Place his homework in a designated place as soon as it's finished.

2 Establish a Study Zone at home

Choose a consistent study or homework space that's conducive to working. Encourage your young person to stick to this space. Some young people need absolute quiet when doing homework, while others work better with soft music. Contrary to the opinions of many teens, studies consistently show that loud music and/or TV are highly distracting to students. Don't let your young person develop the habit of working in bed as this will make it difficult to go to sleep. Keep work and sleep spaces separate.

3 Establish a regular study time

The establishment of a consistent and specific time to do homework has been linked to academic success. Help your young person work out the best time for him or her to crack the books – before or after dinner, or both. Encourage your young person to take regular breaks to keep their brain alert. Every hour or whenever she feels frustrated or angry she should get up and walk around, get a snack and let her brain recover.

4 Establish a way to stay organised

Getting organised reduces stress levels and improves the chance of success. Consider a colour-coding system to keep assignments organised by selecting a single colour for each class (like science or history). Use that colour for that subject's folder, highlighters,

sticky notes, etc. The colours will not only keep your teen organised but will also enhance his or her recall of the subject.

5 Establish good time management skills

The best way to help your young person organise their time is to use a large wall calendar so they can jot down study, leisure, family and other activities. The visual nature of the wall calendar will enable you as a parent to help them stay on track as well.

6 Eliminate time robbers

Many teens work inefficiently wasting time on mobile devices and other activities. Help your teen recognise time robbers and eliminate them so they can finish homework quickly and have more time to do other things.

7 Conduct a regular extracurricular audit

Take a hard look at your young person's overall time commitments. Help them reprioritise their commitments if much of their time and energy is taken up with a part-time job, extracurricular activities, and their social lives. While it's important that young people have interests outside school, it's equally important that these commitments don't overwhelm or impact negatively on their study.

