Free parenting seminar  
The mysterious world of teens: survival tips for parents

Are you the parent of a teen or pre-teen?  
Come and join us or watch our live webcast.

Find out:
- what’s going on in your child’s brain
- what it means to be a teenager in a digital world
- how best to communicate and what to do when things get tough
- what parenting style works best.

Presented by Kim T. Smout, an Adelaide psychologist working with children, teens and their parents

Register to attend in person or view the live webcast at:
- Online: http://parentingsa.eventbrite.com.au
- Phone: 8303 1660
- Email: health.parentingsa@health.sa.gov.au

Wednesday 22 March
- When: 7.00 - 9.00pm
- Where: Riverbank Room
  - Adelaide Convention Centre
  - North Terrace, Adelaide

Helping parents be their best

STUDENT FREE DAY Mon 20/2
R to 6 Assembly Thur 23/2
R to 6 Swimming Mon 6/3
Year 7 to 12 First Impression Interviews Wed 8/3 & Thur 9/3
ADELAIDE CUP Mon 13/3
Principal’s Tour Thur 16/3

R to 12 Sports Day Tuesday 21/3
Year 10 students - Work Experience 27/3 to 31/3
R to 6 Parent/Teacher Conversations Wed 5 & Thu 6 Apr
ACQUAINTANCE NIGHT
I’ve had the pleasure of meeting a number of parents via the recent Acquaintance Night and School Council meeting.

It is inspiring to listen to parents talking so passionately about their children’s education and future pathways.

The majority of staff were onsite on Tuesday night to meet parents and they appreciate the opportunity to get to know more about students and their families in a relaxed atmosphere.

There are more formal opportunities to talk to teachers on the 8th and 9th March (Years 7 – 12) and 4th to the 6th April (Reception to Year 6).

Please pencil this into your diary.

WHAT IS PERMA+?
Oakbank has been involved in Positive Education for the last 2 years.

2016 was the first year it was presented to all students. If you want more information about Positive Education and PERMA+ there is a good overview at http://www.wellbeingandresilience.com/perma-plus-1/.

PERMA+ is not a program that is taught, it is a way of living and thinking that builds wellbeing.

At the start of the year we focus on the “+”. Physical Activity, Good Nutrition, Sleep and Optimism are vital in providing a foundation for good health and a mindset that allows for learning.

Please talk to your children about what is happening in their Civics classes and take time to think how you can support them (and you) to be healthier.

Don’t try to make wholesale changes. We know that radical change doesn’t work for most people. Instead try to make one small change that is sustainable and can become part of normal living.

None of us are perfect but making an effort makes a difference.

STUDENT FREE DAY
Next Monday (20 February) Oakbank Area School teachers in conjunction with other schools in the region will be attending the Foundation Day for the Visible Learning Collaborative Impact Program.

This is a School Improvement program that uses sound academic research as the basis for developing schools that are more student-centred.

Importantly the outcomes for students in schools that have been involved in the program include increased attendance, additional engagement, higher retention and achievement.

The Collaborative Impact Program will drive much of the Training and Development for teachers that is occurring on Wednesday afternoons.

In South Australia we are moving into “Mad March”. Enjoy this busy but exciting time that has something for everyone.

Step outside your comfort zone and go to an event that you wouldn’t normally attend.

That’s real learning!

Kind Regards

Bruce Oerman
Principal
YATZ CONSERVATION LEADERSHIP PROGRAM

Congratulations to four of our Senior Students chosen to participate in the YATZ Conservation Leadership Program.

Two Year 10 students, Jackie Megson and Sophie Yeates and two Year 12 students Chloe Bone and Samantha Briggs were all successful at being selected to be youth leaders in the Adelaide Zoo YATZ Program.

This program supports these young students to develop leadership skills and take action for conservation on a local and global scale.

They will:
- Develop skills in conservation leadership
- Play an active role in conservation projects
- Work together with others who have a heart for conservation
- Become a Zoos SA advocate in your community
- Work next to zoo keepers helping to clean animal cages, prepare and provide meals for the animals and learn more about caring for a variety of animals in both captivity and in the wild.

These students will participate in over 140 conservation hours of activities including workshops and overnight experiences, guest speaker presentations and hands on opportunities to make a difference for conservation both at the zoo and in collaboration with external conservation organizations.

The Membership includes:
- 3 x overnight camps
- 10 x Workshops – both inside and outside Zoo Gates
- 2x career guest speaker night sessions
- Christmas party celebration
- All bus transport
- Full Catering for camps
- Program resources
- Uniform

These students will also have the opportunity to have their participation and earning in this program recognized and contribute towards their SACE.

VOCATIONAL EDUCATION AND TRAINING

In 2016 Oakbank Area School had a large increase in students participating in VET Programs.

As a result, over 50% of our Year 12 students obtained their SACE thanks to their successful VET achievement.

This has also seen a number of younger senior students begin to pursue career pathways and develop skills to help them become work ready.

2017 has kept with this trend with initially 36 students involved in VET courses.

As a consequence we thank parents supporting their sons and daughters to manage a flexible timetable enabling them to attend TAFE, Work Placement and other school sites to participate in their course.

In late February, once final VET enrolments for Semester 1 have been finalized, families will receive invoices for their child’s VET course.

These VET fee’s may include $100 AHSP’s admin fee plus a 20% tuition fee and an amount for consumables.
CONGRATULATIONS - YEAR 12 SCHOOL LEADERS

Following nominations and applications the following four senior school students:

Caitlyn Stone     Chelsea Pfeiffer     Isaiah Janiak       Kyle McAlley

have been chosen to represent the school as Senior School Leaders.

We wish them well in their year of leadership and look forward to them contribute to school activities including the Student Leadership Council, Open Night, Information Sessions, Celebrations, School Assemblies and IKEDA.

HOME STUDY FOR YEAR 12 STUDENTS

All Year 12 students have a number of study lessons each week. They are expected to attend their scheduled study lessons and study – go on with assignments, learn for tests etc.

A number of Year 12 students are already abusing this flexibility and using this time to arrive late to school, hang out and socialise in the library and be constantly on their mobile phones.

Students choosing these behaviours are not setting themselves up with study habits that will see them be successful at completing their SACE. Please discuss these behaviours with your son and daughter and reinforce the school’s expectations.

Midterm, staff will be completing spot checks on students attendance, engagement and achievement and some students may have their enrolment jeopardised if their attendance, engagement and achievement is unsatisfactory.

YEAR 12 RESEARCH PROJECT

Most Year 12 students are completing their Research Project this semester. Unfortunately, many students do not have enough references for their topic to support their research.

Please discuss with your child their topic and support them to find further references such as newspaper articles, published booklets and pamphlets and information on web sites and blogs relevant to their topic.

All students need to undertake primary research which could include designing and conducting surveys and interviewing relevant people. Please discuss options about this with your child and help them source people to survey and interview.

YEAR 10 WORK EXPERIENCE

All Year 10 students are participating in a Stage 1 subject called Personal Learning Plan.

A large part of their assessment in this subject is participation in one week of work experience.

Work experience for Year 10 students is aimed for Week 9 starting Monday the 27 March through to Friday the 31 March. Students are expected to participate in a full weeks worth, approximately 37 hours, unless they have a VET Course, which they can negotiate to still attend their VET Course on its scheduled day.

All students have an initial application form to complete, which involves the students contacting a possible work experience place and enquiring about a placement.

Students have specific questions they need to ask to help staff undertake a risk assessment of their placement.

Once this has occurred students will receive their Work Experience Placement forms to have the employer and parent complete. This form must be returned to the school prior to any work experience taking place.

Kirsty Rogers  
Senior Pathways Coordinator
Hi, I am Kapil Pande, one of the new maths Teachers at Oakbank Area School this year.

I believe that understanding the recent research about learning helps us to become better learners.

The Year 10 math students started the year watching video clips from the “How to learn maths” course which is designed by the Stanford University Professor Jo Boaler. His videos aim to inform students about recent research in mathematics learning and provides students with tips to succeed in maths.

After watching the video clips, I asked the students to write what they had learnt from this course. Below are some of the student’s statements:

- The brain is like a muscle the more you work on it, more it grows. (Scott Bushten)
- Always ignore or resist the stereotypes. (Tayla Graetz-Rowbottom)
- Instead on choosing the easy option all the time, challenge yourself and if you get it wrong keep trying. (Lauryn Rogers)
- The main reason people don’t like maths is because of their past experience. (Tiarn Wegner)
- Anyone can grow their brain and anyone can be good at maths. (Emmanuel Bruce)
- Every people work out problems differently. (Callum Wales)
- Our brain is like a muscle. If you don’t work out your muscle, they don’t get big. That’s what our brain is like, if you don’t challenge, our brain don’t grow. (Jorden Bell)
- Sometimes failing is succeeding. (Dylan Taylor)
- By having a fixed mindset you may not learn as much and not try to push yourself. But having a growth mindset, they tend to push themselves harder to achieve their goals. (Jacob Wilson)
- Telling someone they are smart is really bad as they tend to develop a fixed mindset. (Riley Watson)
- Everyone’s brain can grow at any time. (Olivia Mergard)
- You don’t need to be fast at maths, it is more important to understand the problem fully. (Kate Minerds)
- Mistakes are building blocks to the top. (Jade Craven)
- Everyone is born with an ability to succeed in maths. (Claire McArthur)
- Don’t let anyone tell you that you are not good at maths. Anyone can achieve with persistence and trying harder. (Jaida Kidby)
- You don’t have to be quick or fast at maths. Some of the best are slow thinkers. It is really good to think deeply and ask questions. (Tahlia Panazzolo)
- Your past experiences determine your interpretation of your math ability so, always use your past experiences to guide you through life. (Sophie Yeates)

As a teacher, I expect my students to try, struggle, make mistakes and learn from them to grow and become better at maths.

I would like to request parents/caregivers to pass on positive messages to their children about learning - especially about learning maths.

Kapil Pande
Mathematics Teacher
The following school based apprenticeships are currently available:

- 1 x ASBA carpentry – Forest Range (near Balhannah)
- 1 x full time apprenticeship – Forest Range

Reece School-based Traineeships in SA for term 1, 2017. Please refer to the below table for the current vacancies throughout your region(s):

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**AIR FORCE INDIGENOUS YOUTH PROGRAM**

The Air Force Indigenous Youth Program (IFY) provides an opportunity for Aboriginal and Torres Strait Islander people to gain insight on working for the Air Force. Participants will get exposure to a variety of skills, leadership activities, trades and Air Force experiences.

**Dates:** 21-23 March 2017  
**Location:** RAAF Base Edinburgh - SA

**What you will get to do:**
- There may be an opportunity to fly in an Air Force aircraft and experience an aircraft simulator.
- Have a look through Air Force aircraft.
- An opportunity to engage and ask questions of Air Force personnel.
- Experience Air Force life including living quarters, meals, training and some leadership activities.
- A chance to speak with Defence Force recruiting regarding all opportunities for Air Force employment.

**What you need:**
- Be aged between 15-24
- Parental permission if you are under 18 years old.
- A willingness to extend yourself and experience things some people will never get to.
- An ability to commit to the full program.

**How to apply:**
At www.defence.gov.au/workexperience via the 'Current Work Experience Placements'

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**AIR FORCE OUR PLACE OUR SKIES**

Pride and Opportunity

For further information in regard to Flight Camp please email: AirForce.IndigenousPrograms@defence.gov.au
Parents and families are invited to attend

OAKBANK AREA SCHOOL’S
Reception to Year 12

Athletics/Sports Day

Tuesday 21 March 2017
9.00am to 3.15pm

***If you would like to volunteer your time on the day to assist in a role (helping to serve food, measuring distances or timing) please contact Mr Shane Wissell at school***
YEAR 8 AQUATICS CAMP

In the first week of this term the Year 8 students attended an Aquatics camp at Victor Harbor. The camp is used as a way for the Year 8 students to get to know each other, develop leadership skills and get exposure to a range of aquatic activities.

Over the 3 days of the camp the students slept in dormitories at the TOC H venue overlooking Victor Harbor. Students had to work in rotating teams to do clean up duty after each breakfast, lunch and dinner, and also completed an activity where they had to write a thank you letter home to their parents/caregivers.

This camp was also about learning the basics of a range of aquatic sports, such as surfing, body boarding, snorkelling, kayaking and surf life-saving. The instructors were all professional aquatics specialists and really supported the students in developing their basic skills. We went to some amazing venues, such as Middleton Beach, the Estuary at Victor Harbor and Horshoe Bay, at Port Elliot. At night we played board games, had hot chocolate and enjoyed the amazing sunsets overlooking Victor Harbor.

Some comments from the students were:

“Eating Karen’s yummy food that was catered for us”
“Getting to know people better was great”
“It was fun!!!”
“I loved the body boarding the most”
“I loved the free time the most”
“We got to spend a lot of time outside”
“The teachers were friendly and I got to splash them”
“The weather was awesome”
“Kayaking was really peaceful”

All students really enjoyed the experience, especially those who got slammed by the waves at Port Elliot, like Miss Bence on her Body Board.

Kristen Bence
Middle School Coordinator
YOUNG MAYO
Stand up for what matters to you
Come along to our forum and help shape the future for your generation

WHEN: February 21, 2016 from 4pm to 6pm
WHERE: Robekha Shankar's Electorate Office
Shop 1, 72 Gawler Street
Mount Barker, SA 5251

RSVP now:

ONKAPARINGA VALLEY FOOTBALL CLUB
REGISTRATION / FAMILY FUN DAY
BALHANNAH OVAL: SUNDAY 26TH FEB 11am – 2pm
2017 SEASON LAUNCH
NEW & RETURNING PLAYERS, FAMILIES AND FRIENDS ALL WELCOME
FREE SAUSAGE SIZZLE + WATERSLIDE!!
BAR OPEN
ASSISTANCE WITH PLAYER REGISTRATIONS
& COMMITTEE MEMBERS AVAILABLE TO ANSWER QUESTIONS
COME ALONG AND ENJOY A FUN AFTERNOON FOR THE WHOLE FAMILY
DETAILS – BRIAN HUMBLE 0405 603 917 or JO VAN DE VELDE 0432 647 345

Free come and try karate lesson
National Karate Academies™
Better martial arts through research
For more information:
0413 629 993
or simply turn up
Venue: Oakbank Area School Hall
Date and Time: Wednesdays/All Ages
Kids: 6.30pm Adults: 7.30pm
Instructor: Matt and One
First Lesson Free

IF IT DOESN’T CHALLENGE YOU, IT WON’T CHANGE YOU

OAKBANK AREA SCHOOL
154 Onkaparinga Valley Road
OAKBANK SA 5243

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Website: www.oakbankas.sa.edu.au
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