Issue 4 2015

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Principal:
Mr Rob Knight

Transformational School Plans Revealed

Ministerial Assembly
Dear parent/caregiver,

I am extremely pleased to announce that the State Government has committed $7 million to the redevelopment of our school over the next 3 years. In addition, DECD and the school will commit another $2.5 million to this important work. As a school we sincerely acknowledge the State Government and DECD for their recognition and support of our school.

On Monday morning, the Honourable Minister for Education and Child Development, Susan Close, the State Treasurer, Minister Tom Koutsantonis and the Chief Executive of DECD, Mr Tony Harrison visited our school and took part in a formal school assembly. During this assembly, I also released plans for a 3 year Transformation of our school. This event received extensive media coverage throughout Australia and I am extremely excited by the future that lies ahead for our school.

Full details of our Transformational Plan are now available from the school’s website along with my speech notes from the assembly. These documents will provide you with a great insight into the Plans that have been developed to help guide our future.

Our collective goal must be to improve learning outcomes for our students. Historically, the learning outcomes of our students have remained well below the State average and this has dramatically impacted their access to tertiary education and employment opportunities. The new 3 year Transformational Plan aims to chart a new direction for the school and it will dramatically change the way education and support is provided to your children.

We aim to grow our current school enrolment by 400 students over the next 3 years and in so doing, become a school of choice for students from local feeder schools and those moving to the Northern Adelaide region. We aim to build new partnerships with our parents, feeder schools and local community and our school will be known for teaching and learning excellence. Outlined below are some of the key features of the Transformation Plan and more information will be provided to parents over the next few months.

1. New Building and Refurbishment:
The last new building on site was the construction of the Special Interest Music Centre in 1995. As part of the school’s redevelopment, the buildings to the west of the school will be removed and replaced with a number of new 21st century specialist learning areas. Arts, Technology, Hospitality and new Sporting facilities are amongst the new building work that is planned.

Extensive refurbishment of many existing classrooms will occur along with changes to the school’s administration areas, staff offices, student services and main administration centre of the school. Beautification of the school grounds will continue.

2. New School Name:
A new name for the school has been proposed to guide the future development of the school. I am pleased to announce the new name is Playford International College. The current name of Fremont-Elizabeth City High School was adopted during the last school amalgamation in 1995 and initially, was only to be used for 1 year. The new name is reflective of the location of our school in the greater City of Playford, whilst the term International reflects the truly multicultural nature of our school.

Almost 150 students from 26 nationalities currently study at our school. The term College, defines a place where higher order and specialised learning takes place. A new school name is very symbolic for our school. It reflects positively on our community and it gives us the chance to establish a new reputation and status for our school.

3. New School Logo:
A new school logo will be created to reflect our past but guide our future. Our students will be responsible for designing this.

4. School Colours:
The existing school colours of Navy, Maroon and White will remain to reflect our past but the black of the Indigenous Flag will be formally added to our school colours. This colour change recognises the important contribution that more than 100 Indigenous students make to culture of our school.
5. School Uniform:
A new school uniform will be introduced from the start of the 2016 school year. Our students will again have a significant role to play in the design of this uniform. The new uniform will be of similar design to our current uniform and there is no intention to make this a formal uniform.

In order to support parents, current student will not be required to change their existing uniform over the next 4 years. Rather, they will be able to wear their current Fremont-Elizabeth uniform until such time as they need to replace a uniform item. All new Year 8 and general enrolments from next year, will wear the new Playford International College uniform. We also hope to be able to subsidize the cost of one new school shirt for current students who wish to change to the new uniform form next year.

6. New School Curriculum:
At the heart of our student improvement strategy will be the introduction of a new school curriculum from the start of 2016. This new curriculum will result in changes to the current school day, the change from lessons to learning blocks, the change from subjects to learning areas for Year 8-10 students, the introduction of a new Specialist Academy Pathways Program involving Music, Sport, Performing Arts, Language and Advanced Technology and the introduction of a new Electives based curriculum that is being designed to best support the interests and abilities of students.

Students will also learn in Differentiated Learning Groups as opposed to the traditional Year Levels across Years 8-10. These Learning Groups will provide all students with much greater learning support. They will better link learning tasks and assessment to student abilities and students will move regularly between Learning Groups based on achievement and continuous assessment by teachers.

Our aim is to ensure that every student has met the minimum ‘C’ Grade Australian Curriculum Achievement Standard by the end of Year 10. This will ensure that every student is equipped with the appropriate skills and knowledge to successfully undertake the South Australian Certificate of Education (SACE) during their senior years. Currently, this is not the case for many of our students. A parent information evening will be held about our new curriculum early next term.

7. Year 6 and 7 Primary Students:
Incorrectly stated in the media, it isn’t our intention to enrol Year 6 and 7 students as full time students at our school in the foreseeable future. Rather, we hope to work with our local Partnership Schools to open up new learning opportunities for Primary Students.

Using the existing model of our very successful Primary Music Program that is delivered through our Special Interest Music Centre, we hope to establish similar programs for Primary students. Our Specialist Academy Pathways Program is a key curriculum initiative that could support the part time involvement and transition of younger students to Playford International College in the future.

8. Staff Capability and Capacity:
We have already begun restructuring our staff to significantly improve student support within the school. New attendance, counselling, learning support, career and transition services are examples of new support structures already introduced. From 2016, we are introducing a new Professional Development program for all staff that includes class-based coaching and mentoring. We aim to make high quality teaching and learning across the school a trademark of our school.

9. Partnerships:
The clear message to our community is that the new Playford International College is open for business. We aim to create new learning and employment opportunities of our students by building new partnerships with community, local business, government and other training/tertiary providers.

In closing, our students, staff and community have a wonderful opportunity ahead to dramatically change the fortunes of our school. It has taken a lot of hard work to date to achieve this outcome and we have much hard work ahead of us to deliver the improvement targets contained in our Transformational Plan.

Like us, our students have a significant role to play. As learners, they are accountable for attending regularly, working hard, being aspirational, developing positive relationships with others and achieving educational success.

I look forward to providing you with more details of our Transformational Plan over the next few months. But for now, please join us in publicly celebrating this momentous occasion in the history of our school.

Regards,
Rob Knight
Principal
On Wednesday May 20 the Year 12 Recital Night was held in G20. Students confidently performed their Solo Performance and Performance Special Study repertoire, and the Classical Guitar Ensemble also performed 3 pieces. The overall standard of performance was outstanding and students are to be congratulated on their exceptional preparation for the recital. Congratulations also to the Year 10 and Year 11 Solo Performance students, Flute Ensemble, and Electric Guitar Ensemble for presenting their repertoire at their respective Recital Nights held in weeks 7 and 8 of this term.

We were extremely fortunate to again have John Morrison and Jacki Cooper work with our Stage Band, rhythm section, Vocal Ensemble and senior vocal students on Thursday May 21. Students were inspired by their musical demonstrations and expert advice offered throughout the workshops. The Stage Band worked towards perfecting their technique for the up-coming Big Band Blast, and the Vocal Ensemble rehearsed for the combined SIMC Choir performance at Brighton Secondary School's Celebration Concert for the retirement of Head of Music, Jeffrey Kong on June 24th.

The highlight of the Term 2 Music Calendar was the participation of the FECHS Stage Band in John Morrison's Big Band Blast Jazz Festival held in Port Macquarie from Friday May 29th to June 1st. Only 30 bands were invited to participate nationally and the FECHS Stage Band with 14 students from years 8 – 12, accompanied by Ms Leahy and Mr Birch, was again the only band from SA. We stayed in cabins at the picturesque Sundowner Tourist Park which was a short walking distance to all the events programmed over the weekend. Once again we performed on the steps outside the Glasshouse Theatre on Saturday afternoon, one of 5 stages set up around the town for Bandamonium. The Stage Band performed 7 pieces and Jamie Groom wowed the crowd with 3 solo vocal numbers. Al Seaman, who is a jazz presenter at Radio 5MBS in Adelaide, was present in the crowd. Following the performance he invited us to have a recording done next term and play on air during one of his segments, which is pretty exciting!

On Saturday night we saw the fabulous Mucho Mambo band at the Panthers Club. The night was filled with high energy Latin American music performed by world renowned musicians. On Sunday morning all participants took part in the New Orleans Parade to the Town Green, followed by an information session in the Glasshouse presented by the band leader and percussionists of Mucho Mambo. The morning finished with a fantastic big band performance.

Students observed many high quality band performances, performed in a different setting to a diverse audience, interacted with other student musicians, worked together as a team and supported each other, as well as worked responsibly as individuals. Congratulations once again on being outstanding ambassadors for Fremont-Elizabeth City High School.

Auditions for the SA Primary Schools Festival of Music were held in the Music Centre on Wednesday June 3rd. Congratulations to the Stage Band (4 concerts), Classical Guitar Ensemble, Double Treble Classical Guitar Duet, Tiana Marius (flute), Joe Manirakiza (voice), and Taneesha
Sparnon (voice) for their selection as assisting artists. They will be performing on the Festival Theatre stage in September.

The Primary Music Hub mid-year concert was held on Tuesday June 9th to over 150 parents, family and friends of students participating in the program. Congratulations to all the students who performed so brilliantly and thanks to the FECHS Music staff, IMS staff and HPI tutors for their valuable contribution to this concert. And a very special thank you to Music Coordinator, Ms Miltenoff for her wonderful organisation of the event.

Year 11 and 12 students performed at the RAAF’s 75th Anniversary Cocktail function held on Wednesday, June 17. Many thanks to Hieu Tran, Mathew Allen, Jamie Groom, Tiana Marius, Matthew Pomery, Joe Manirakiza and Aroha Schultz for entertaining the guests so superbly. Feedback about their performances was outstanding, and students were given the unique opportunity to experience the RAAF Flight Simulator in appreciation for their efforts.

On Monday June 22nd, the Stage Band, Electric Guitar Ensemble and Joe Manirakiza performed at a special Ministerial Assembly for the exciting announcement of the transformational plan for the school. Students proudly performed for dignitaries including the Minister for Education Susan Close, the State Treasurer Tom Koutsantonis, the Chief Executive of DECD Tony Harrison, and appeared on all local news coverage.

Janice Leahy
Deputy Principal: Head of Music

Ministerial Assembly

Big Band Blast

John Morrison Workshop
SAPOL’s Road Safety Section recently attended Fremont-Elizabeth City High School and delivered a road safety presentation to Year 10 students entitled, – A Guide to obtaining your L’s and P’s, presented by a currently serving police officer, Senior Constable Matt Lumsden.

This interactive program discussed the methods of obtaining a driver’s licence; the conditions relating to Learner and Provisional licences; the risks associated with driving; and why being a passenger in a vehicle driven by a young person is potentially risky. The program included discussions on crash risks, speeding, alcohol and drugs, fatigue and driver attitudes to road safety.

The Road Safety Section also provides a free bi-monthly e-newsletter ‘Talkin Road Safety’ to schools which provides articles on road safety which are of interest to drivers and other road-users.

Listed below are a number of web sites which may be of further value to students and all members of the community:

* raa.com.au
* mylicence.sa.gov.au
* sapolice.sa.gov.au
* howsafeisyourcar.com.au

For any further information on Road Safety please feel free to contact the Road Safety Section on 82076586 or by Email: DLSAPOLRoadSafetySection@police.sa.gov.au

Camille Tsilibakis
Year 10 Year Level Manager
New Faces at the School

Having a guest speaker at the school provides enormous benefits not only to students but also to teachers and speakers themselves. Students have the opportunity to learn something new from people with different educational backgrounds. A guest speaker provides a different aspect to the learning providing the point of view of a professional, and this also gives the speaker a chance to connect and make an impact on the lives of students.

On Thursday, 4th June 2015, Ms Olivia Anderson, a medical student from Flinders University delivered a presentation about the medical aspects of the Black Death or Bubonic Plague. She provided valuable information on the types of plague, symptoms, transmission, prevention, treatment and current research on the topic to some of the Year 8/9 History students who attended this presentation together with their teachers Mrs Corpuz, Ms Schmidt, Ms Minney, Mr Trotter, Ms Greig and Mrs Chadwick. We all benefitted greatly from this presentation.

On a different level, the Year 11 students were privileged in having a guest speaker from SA Police who spoke about “Drugs”. This initiative was brought about through collaboration between Mrs Corpuz and Mr Kloeden to ensure the safety and welfare of students at the school. The presentation was a reinforcement of students’ prior knowledge on the types of illicit drugs, their effects, and the consequences of possessing drugs and when to report.

The students responded positively to the presentation by displaying their utmost respect to the guest speaker, actively responding to questions and eagerly completing the feedback sheets.

The Year 11 Home Group teachers who were also present - Mrs Corpuz, Ms Smith, Ms Rofe, Ms Quinton and Ms Craker were proud of their students. Well done Year 11s!

Cristina Corpuz
History/English Teacher

History in the Making

Who loves excursions?

Excursions are essentially to educate students and they can also be a fun bonding experience for everyone involved. Fond memories can be created in the minds of students for them to treasure. Students may visit a place where they have never been before and this also teaches them to be respectful of the locations they visit. They have fun with their friends and may return to the classroom with a renewed focus on their schoolwork.

Organising excursions also provides teachers with an opportunity to collaborate with their colleagues and foster camaraderie.

On the 1st of June 2015, the Year 9 History classes of Mrs Corpuz and Mr Rogerson visited the Army Museum of South Australia (AMOSA) at Keswick Barracks. This excursion gave our students an opportunity to experience the “feeling” of what it was like in the trenches during World War 1. The AMOSA Education Officer very effectively “transported” our students into the trenches and made them understand the ruthless nature of these soldiers but yet they were also able to see another aspect of these soldiers who had very humane hearts longing for their loved ones.

On the 2nd of June 2015, a number of Year 8/9 History and English students ventured on a tour of the State Library of South Australia. Mrs Corpuz, Ms Spice and Ms Nelson escorted our students on this wonderful opportunity to explore the State library and learn about its history. Our students were offered this unique opportunity through an invitation extended by the Education Officer of the State Library, Maureen Driver, who happens to be an old scholar of Fremont-Elizabeth City High School. We were provided with free bus hire, refreshments upon arrival and lunch. It was a complete treat for everyone!

At the State Library, our students were informed on how to access reference materials for the “Black Death”, a topic they are currently studying, and any other topics. The Librarians also showed the different parts of the State Library and how to secure a free Library card. Would you believe that the number of books in the State Library collection could stretch from Adelaide to Gawler? That is 43 kilometres! Most of all, our students enjoyed the free Wi-Fi that the Library offered. They took every single second to access their favourite websites.

These were fun days indeed!

Cristina Corpuz
History/English Teacher
During Term 2 our Student Voice leaders have been working together to begin addressing some issues in our school. Over the last few weeks leaders have been going around to Home Groups introducing themselves and encouraging FECHS students to speak to them about any concerns or ideas they may have about improving our school. If students have any issues or ideas that they would like the student voice team to address then they can also drop a note into the student voice box at student services.

The Student Voice Representatives are;

**Year 8**
- Sujata Lohar
- Liam Litchfield

**Year 9**
- Georga Hall
- Damien Purling

**Year 10**
- Crystal Crowdey
- Mussa Ahmadi

**Senior School**
- Eric Irankunda
- Dillon Vitnell

- Cindy Lieu
- Maddie Silk

**NASSTA Youth Action Team**
- Drew Sims
- Emily Behn

- Callie Nicholas
- Jordan Cullen

Recently Dillon Vitnell and Maddie Silk attended the Public High Schools Leadership Forum held at Adelaide High School. Both Dylan and Maddie felt like they learnt a lot from the day and enjoyed meeting student leaders from other schools. They were able to share ideas about what different schools are doing with their student voice program and how they are implementing change in their school, particularly the awareness campaigns that schools had been running. They also found the guest speaker about domestic violence to be very eye opening. They are now working with the rest of the FECHS student voice team to look into the big issues we are going to tackle for the remainder of the year.

We are excited to announce that in week 3 of Term 3 we will be celebrating ‘Jeans for Genes’ day. This idea has been raised by year 11 student Courtney Beckensall, as her younger brother is currently battling a genetic disorder. We will keep you updated with more information in the next few weeks about Jeans for Genes day.

Please remember to speak with your student voice leader or drop a note in the student voice box if you have any ideas or concerns.

Thanks from the student voice team and Mrs De Bono
On Sunday the FECHS Racing, competed at Victoria Park for our first 6 hour race for 2015. Our team is made up of approximately 30 students from all year levels across the school. We competed against 181 other teams from all around the state, our school entered three cars into the senior secondary category. If you didn't know, Pedal Prix is a sport where people race in teams of up to 12 riders in recumbent tricycles mounted inside fibreglass and carbon fibre shells. They can reach speeds of up to 80km p/hr with a good rider in them.

Since beginning of the term students have been working in groups on a variety of jobs, busily preparing for the race. One of groups is Fitness and Training. Their job was to help plan Tuesday afternoon training sessions. To help students get fit and get the best result during the race. The last training session involved running from one footy goal to the other and doing 10 push ups and sit ups at each end. We did this five times before riding for 30mins on bicycles around our school track.

The race at Victoria Park was great and everyone had loads of fun. This race was my first 6 hour pedal prix competition against other schools. The race started with one slow lap once the slow lap was complete the cars started to pick up speed and the race was on. The cars were faster than I was expecting, some cars looked like they were rockets and some were like snails.

When it was my turn to get into one of the cars there was a nervous feeling flowing through my head, but I was so pumped to get in and racing. While I was in the HPV I was being pushed and shoved by other faster students in other cars, but at the same time I was passing cars. Once I got going, I never wanted to get out of the car. The feeling of passing cars made me feel full of energy and awesome and I haven't stopped talking about it yet.

At the end of the race we managed to achieve our best results ever! Our best car finished 22nd overall and finished a close 4th in category, missing out by only 50 seconds for a spot on the podium. Even our second car did awesome, finishing 21st in its category and 72nd overall an improvement on our previous overall best result of 12 places. Our third car that I rode in finished in 148th, our goal will be to make the top 100 at the next race.

We can't wait for the next round on July 25th. A big thanks to all the teachers and parents that helped out and the Food and Nutrition Group for providing us with nutritious and great tasting food all day to help us perform at our best.

Damien Purling
Student- Pedal Prix Public Relations

RAAH I’m a Dragon
Matthew Pomery (C) Luke Dunbar
Alex Owen Tyson Walsh
Jake Silk

Phoenix
Mitchell McGlone (c) Kahlia Farrell
Amber Ownsworth Kayne Forbes
Jake Hall James Pomery
Koebbie Marius

Cerberus
Liam Booth (c) Alex Galbory
Cainan Millman Billy Bell
Liam Hurst Damien Purling
Chloe Marsh Kyle Osborne
Anthony Pirri

Support Crew
Chelsea Forbes Katelyn Gibbs
Timothy Leighton Sujata Lohar
Jamie Pontifex Katelyn Dunbar
Zoe Daly Julie Wright
Kate Henderson-Keenihan
There’s simply no other way to say it, but it’s been an amazing few months for the AV Project! Fresh from their string of high-end productions last year, which included; Thriller, Grease and a Tim Burton inspired Halloween Special, the AV Project embarked on their biggest production to date.

Inspired by the sights, sounds, colour, hair and fashion of the 1980’s, AV attempted an adaption of the hit musical, and feature film, The Rock of Ages. With a cast and crew of around fifty Year 11 and 12 students, and a soundtrack that boasted some of the biggest Rock music legends of the time, including; Gun’s N’ Roses, Pat Benatar, Stevie Nicks, Bon Jovi and Jimmy Barnes, the Rock of Ages was set to be our biggest production to date.

The production, which was shot over eight hectic days in the school holidays, was filmed across numerous locations including the Shedley Theatre and a farm property near Mannum.

After a hefty four week editing process, the film was finally complete. Staff, students, families and friends were invited to attend a premiere screening of The Rock of Ages, at the Reading Cinema. An audience of nearly 200 attended this amazing event, and seeing our work on the big screen is something that words simply cannot describe.

Being AV’s night of nights, awards were handed out to the cast and crew for a range of achievements during the production.

Top gong for Best Lead went to Angie Van-Eckeren, while Amber Osborne picked up Best Lip Sync, and Best Outfit.

Simon Abbott won Best Character Actor, while Monique Ray won best Character Actress.

Best Supporting Actress went to Sarah McGennity, while Jesse Norman and Courtney Snelling took out our Comic Relief awards.

Top gong for AV Stand Out went to Callie Nicholas, while Courtney Beckensall and Liam Dunn, won the award for Left Field Talent.

Finally, Cody Schwartzkopff won Best Performance, Jaiden Gill took out Best on Crew, and Barry Downs scored the AV All Rounder for outstanding work both on and off, screen.

From start to finish, the production has been an amazing experience for all involved; and is something many of us will remember, for a very long time. Words cannot express my gratitude, but a massive thank you must go to my collaborator Ms. Olivia Smith and Deputy Principal Ms. Annette Ryan, whose support and guidance has been vital to the success of AV. Finally, I would also like to thank Mr Rob Knight for continuing the support of AV into 2015.

Matt Taylor
Media Teacher

SSO Staff

Our SSO staff at FECHS attended a professional development at Salisbury High School on the NASSSA Common Closure Day held on the 5th June along with SSOs from Parafield Gardens High School, Salisbury High school, Paralowie R-12 and Salisbury East High School.

SSOs working in Special classes attend curriculum based learning along with teaching staff. The learning has helped our SSOs to increase their understanding about students with disabilities, Positive Education and resources available for both Aboriginal and special needs students. ICT technicians participated in sessions on IT and security cameras.

Other SSOs attended sessions presented by Instant Training Solutions on Customer Service & Building Resilience and Building Trust within Teams. All attendees participated in a Work Health Safety session presented by DECD corporate staff.

This training was an excellent opportunity for our SSOs to work together, network with colleagues, and create the basis for planning to implement improved practice in relation to customer service and teamwork.

Julie Heddle
Business Manager
Year 12 Dance Moderation

On Monday June 1st, the Year 8 to 12 Dance students performed at the Year 12 Moderation performance at the Shedley Theatre. The performance allows our Year 12 Dance students to obtain their performance mark which is 30% of their grade. Students are required to perform was at least 15 minutes and demonstrated a variety of genres.

This year, FECHS has seven Year 12 students. The 7 students being moderated were Callie Nicholas, Amber Osborne, Chloe Garnaut, Sam Peters, Jess Lawrence, Angie Vaneckeren and Stephanie Strimboulis. Students performed a solo-based piece using elastic, a Jazz piece to "Cell Block Tango", a Funk piece to "Take me to Church", a contemporary piece to "Stay with Me" and a hip hop mix entitled "Started from the Bottom".

The performance was successful and our Year 12 students should be very proud. I would like to thank the following people for their assistance: Leah Donellan and Minnie Bal for their sewing skills, Allira Quinton and Marion Furber for selling tickets and Matt Taylor as media support and side stage manager.

Olivia Smith
Dance Teacher

(Augmented Reality)
You will need a QR Code Reader on your iPhone/smart phone or iPad/Tablet
Step 1  Download Aurasma.  It's free!
Step 2  Scan to become a follower of the' FECHS Newsletter' Channel.
Step 3  Open the app, point your camera toward the Sports Day photos displaying the Aurasma logo, and watch them come to life.
Once started, double click on the screen to enjoy full screen viewing away from the picture.

Pictures come to life on pages 5 and 6. Look for the Aurasma logo.
G’Day,

If you haven’t heard of me before I am Chris Wojtkowiak, one of the student counsellors here at FECHS. This article is the first of a new section to be featured in our newsletter to let you know all about an exciting new concept being introduced to schools right across the North of Adelaide, Positive Education.

Over the coming issues I will include some information about what Positive Education is, what is happening at FECHS and what opportunities exist for parents and members of the community to become involved in Positive Education initiatives with the aim of improving the well-being of children and maybe even ourselves in the process.

Here at FECHS we are only just beginning our journey into Positive Education. If you haven’t heard of it before you are probably wondering ‘well what is it?’

Positive Education is based mostly on the work of American psychologist Martin Seligman and his work in the field of positive psychology. Martin was a thinker in residence in South Australia in 2012 and worked closely with Mt Barker High school and St Peters College to develop a holistic approach to improving the well-being of the school communities.

Positive Education aims to increase positive well-being by actively teaching students about the different elements that make up well-being and develop strategies that research has shown to increase a person’s well-being. Most importantly it is a strength based approach that asks ‘what is right with you, and how can we get more of it?’ Rather than ‘what is wrong with you and how do we fix it?’

Martin Seligman identified 5 key elements that make up well-being and refers to them as PERMA, which stands for;

Positive Emotion- When you are feeling positive, you can look back on the past with gladness; look into the future with hope; and enjoy and cherish the present.

Engagement- We don’t thrive when we are doing nothing. But when we engage with our life and work, we become absorbed and we can enter the state of being known as ‘flow’; the Blissful immersion in the present moment.

Relationships- Humans are social animals. We have a need for connection, love, physical and emotional contact with others. We enhance our own well-being by building strong networks of relationships around us.

Meaning- We are at our best when we dedicate our time to something greater than ourselves. This could be religious faith, community work, family, a political cause, a charity, a professional or creative goal.

Accomplishment- We have all been taught that ‘winning isn’t everything’. However, people need to win sometimes. To achieve well-being and happiness, we must look back on our lives with a sense of accomplishment: ‘I did it, and I did it well’.

If you would like to know more information about Positive Education you may like to look up our weekly bulletins on our website.

On behalf of the Well-being Team at FECHS thanks for reading and stay posted for more information and news.

Chris Wojtkowiak
Special Education

Outdoor Ed Camp

Some happy students achieving an amazing physical feat by walking 13km up steep and difficult terrain to the top of Mount Remarkable. It was a very difficult walk, many were exhausted but the outdoor education class worked well together as a team to support and help each other so that the whole group could make it.

Well done!

Ms Nicholls
Outdoor Ed Teacher
Drama

Congratulations to the Year 10, 11 and 12 Drama students who performed live on stage to audiences in Week 5 this term.

The Senior Drama Production of David Camptons The Cagebirds was performed Wednesday and Thursday night at in the Music Centre to a large reception of audiences.

Fremont-Elizabeth City High School Students, Bradley Jurgens, Jadee Mae Cartledge, Liam Dunn, Jayden Mattsson, Alicia Briggs, Rachael Hull, Aguth Ataing and Jessica Hall worked extremely hard, rehearsing, creating costumes, learning lines and giving up their own time to put this performance on.

Both performances to the community were outstanding and truly held our schools Drama department in high regard. I am proud of the students involved as they conducted themselves professionally and gave 100% effort to ensure the production went smoothly.

The set design by Fremont-Elizabeth City High School teachers Amelia Rofe and Brett Crowhurst were just outstanding and were to such a large scale.

Makeup artists Sami Peters and Claire Lubuiano did a fantastic job working with the talented Amy Segar to complete unbelievable outcomes with makeup to transform our actors into their bird like characters.

Thank you to the staff, parents and friends who assisted and gave their support for the production.

Big congratulations! Year 9 students were very helpful during both nights in their backstage roles as well as Year 11 student Chris Lowrey in front of house. Year 12 Drama student Bradley Jurgens delivered a memorable and sustained performance truly delivering the ill-favoured characteristic of the hypochondriac character Gloom. Brad along with Jadee Mae Cartledge, Liam Dunn, Jayden Mattsson and Alicia Briggs completed their SACE assessment by performing live on stage.

They showed such professionalism and perseverance by standing up to the challenge of live theatre. Well done to all involved, it was a long haul with two great and memorable performances.

We did it!

Kimberly Walker
Drama Teacher
Peer Support

YMCA of Adelaide’s SHE Leads High Conference

The SHE Leads High Conference was held on the 8th of May at the Stamford Plaza. Nine Peer Support Students were invited to attend. Three were sponsored by the Honourable Dr. Susan Close, MP. The YMCA of Adelaide supports the female leaders of tomorrow by providing opportunities for them to develop their leadership skills through the facilitation of events.

Students who attended:
Keren Amoah
Aguth Ataing
Amber Fewings
Jessica Hall
Rachael Hull
Nicole Inocencio
Suwavisi Nibitanga
Emeline Munezero
Valentina William Ochan

Be yourself and don’t worry what others think!
– Senator Sarah Hanson-Young, Senator for South Australia

Key note speaker, Senator Sarah Hanson-Young walked into Federal Parliament for the first time dressing like a ‘parliamentarian’. She wore a jacket, pants and sensible shoes. She couldn’t understand why she felt uncomfortable. She realised that she was not dressing as herself but the style of a 50 year old man. To be comfortable, she needed to be herself and not worry about other people’s opinions.

Work hard to get really good at what you do! Research it! Know the industry!
– Rachael Leahcar, Singer

Music is something that Rachael loves, but worrying about what people thought caused her to have issues with her voice. She deals with negative criticism from the media and online, frequently. “People hide behind their keyboards. Having a thick skin means their opinion doesn’t matter. You are who you are.” – Rachael Leahcar. Through dedication, hard work and constructive criticism from family and friends, she was able to improve her self-esteem achieving a 20 out of 20 for music at school. For people who want to move into the music industry, she advises that it is hard work, even at the top, but easy if you love what you are doing. She never believed that music could be a career, but she gave it a go.

Say ‘Yes!’ to opportunities!
– The Honorable Dr. Susan Close, MP, Minister for Education and Child Development and the Public Sector

Dr. Susan Close spoke about having confidence, backing yourself and taking opportunities. Women think that they are not good enough to juggle work and family. Having children is different for women, but this does not mean that a career has to stop. When you feel it is time to have children, plan it, don’t assume that you have to be home.

YMCA of Adelaide’s SHE Leads High Conference was inspiring for all who attended. At the end of the day the girls were exhausted but well fed and motivated to work hard at school and take every opportunity as it comes.

Leanne Reynolds
Student Counsellor
Uniform Advisory Committee

We are looking for parents to be on the Uniform Advisory Committee.

Being involved would include:
- Reviewing the current uniform.
- Working in small groups with Students and Teachers
- Designing the uniform to suit the needs of our community
- Being available on Tuesday nights 3:30 – 4:30pm

If you would like to register your interest please contact Leanne Reynolds via email or phone
Leanne.reynolds616@schools.sa.edu.au
8255 7566

Nominations must be received by July 20th.

Electronic Newsletter:

We have been updating the email addresses of parents and we now have most of contact details entered on our IT network.

This School Newsletter has been produced electronically and emailed to parents. A hard copy will still be available for those parents who request this but our long term intention is to communicate more readily with parents using an electronic/email format.

If you haven't yet given your email details to the school, can you please do so as soon as possible?

Important Dates

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<tr>
<th>DATE</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>3rd July</td>
<td>End of Term 2</td>
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<td>20th July</td>
<td>Term 3 Begins</td>
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<td>17th August</td>
<td>Arts Showcase</td>
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