

## From our Acting Principal, Ms Lee Knight

What an exciting time of the year we are currently in. We recently wished our Year 12 well in their final assembly and shared their achievements at our graduation ceremony at Elder Hall, Adelaide University. Those with exams are sitting these and pleasingly many are coming out of the exam room with smiles on their faces, often a mixture of relief and increased confidence in their own abilities. As we shared in their final assembly they have successfully weathered the Covid storm and in doing so they have increased their resilience and their skills and knowledge to bring on their next journey in life. The Year 12 formal at Ayres House is coming up very soon and will be their final celebration as an Underdale student.



Whilst one journey ends another begins and this term we have begun welcoming our new Year 7 and 8 in 2022 into the school. It has been wonderful to start connecting with families at our Meet and Greet evenings and our Families information sessions. In early Dec we are excited to welcome the students to spend their transition day at school and begin to get to know their fellow 2022 classmates.

With our \$20 million re-development now nearly complete we have amazing new facilities in which to undertake our teaching and learning. Though the insides of the rooms are completely transformed we were still concerned that the front façade of the school has remained largely unchanged. Through some further lobbying we have been fortunate enough to receive funding for one final building project to enable us to tidy up the front façade and create an outdoor learning space for our Year 7 students in our front garden area. Over the next few months you will see new electronic signage, painting and landscaping occur.

We have recently undertaken a review in our progress in literacy, numeracy and subject achievement over the last 3 years as a part of our School Improvement plan. It is pleasing to note that student achievement and progress in these areas has significantly increased and in-particular our close focus on improving reading abilities in our students has been successful as results show measurable improvement in both NAPLAN Reading and PAT- Reading testing. As we begin our next 3-year cycle of improvement we intend to continue of focus on improvements in literacy and numeracy across the school.



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### Calendar Dates TERM 4

#### Week 6

- Monday 15th November
  - Covid Vaccination Clinic
- Tuesday 16th November
  - Covid Vaccination Clinic
  - Ice Factor Excursion
- Wednesday 17th November
  - Year 12 Formal
  - Junior Mixed Badminton Excursion
  - Junior Volleyball Excursion

#### Week 7

- Tuesday 23rd November
  - Ice Factor Excursion
- Wednesday 14th November
  - Junior Mixed Badminton Excursion
  - Junior Volleyball Excursion

#### Week 8

- Monday 29th November
  - Yr 8/9 Football Academy Beach Carnival
  - Year 11 & 12 Course Confirmation
- Tuesday 30th November
  - Ice Factor Excursion
  - Year 11 & 12 Course Confirmation
- Wednesday 1st December
  - Year 11 & 12 Course Confirmation
- Thursday 2nd December
  - Year 7-8 Transition Day
- Friday 3rd December
  - Year 6-7 Transition Day

#### Week 9

- Monday 6th December
  - Year 9 Panels
  - Year 8 Excursion
- Tuesday 7th December
  - Year 8 Panels
  - Year 9 Excursion

# From our Acting Principal, Ms Lee Knight

As the school year comes to its last few weeks we remind you that Year 10/11 have their final assembly on Friday 26th Nov. They will be back on site in week 8 if they have not completed their compulsory SACE subject to a C grade; research project, English or Maths. All Year 10/11 students must attend a course confirmation interview to finalise timetables for 2022.

Year 8/9 formal lessons conclude on Dec 3rd. Year 8 and 9 students have panel presentations in week 9, which you are invited to attend.

Final end of year reports will be available on Daymap on Dec 10th. You will be notified via text when they are available to download. As Daymap is our main form of communication with families if you are unsure of how to access reports please reach out to us and speak with our IT manager, Jonathan Evans, who can talk you through this process.

We wish all students the best on concluding this final weeks of 2021 and we are looking forward to preparing for our 2022 students.

Warm regards

Lee Knight

## IMPORTANT NOTICES

### COVID-19 Update

#### A MESSAGE TO PARENTS AND CAREGIVERS FROM

Professor Nicola Spurrer,  
Chief Public Health Officer



### VACCINATION CLINIC VISIT #2

**Monday 15th November**

**&**

**Tuesday 16th November**

**Consent forms can be collected  
from the front office**

**Vaccinations available for  
both 1st or 2nd doses**

Dear parents and caregivers,

The COVID-19 pandemic has been a worrying time for all of us.

The Delta COVID-19 variant is twice as infectious as the original COVID-19 strain and there are now more cases in children and young people.

Vaccination is the best way to protect you, your family, and your friends from getting sick, and reduce the risk of outbreaks and school closures.

**I encourage everyone aged 12 years and over in your household to get vaccinated against COVID-19 as soon as possible.**

COVID-19 vaccines in Australia are safe and many millions of Australians are already protected.

The Australian Technical Advisory Group on Immunisation (ATAGI) has recommended both the Pfizer and Moderna COVID-19 vaccines for people aged 12 years and over in Australia.

Consent from a parent/caregiver for COVID-19 vaccination is required for anyone under the age of 16.

To find a location to get vaccinated and book, visit [covidvaccine.sa.gov.au](https://covidvaccine.sa.gov.au)

SA Health has lots of information to help answer questions, including videos, fact sheets and a range of other resources. For more information, visit [covidvaccine.sa.gov.au](https://covidvaccine.sa.gov.au)

Thank you for keeping South Australia COVID safe. Please join me in being a fully vaccinated family.

Yours sincerely

PROFESSOR NICOLA SPURRIER  
Chief Public Health Officer  
Health Regulation and Protection

# YEAR 12 GRADUATION

## CONGRATULATIONS TO ALL OUR YEAR 12 STUDENTS

### Lyn Fullston Award

#### Winner Alice Sua

The Lyn Fullston Medal is named after a former Underdale High School teacher who passed away tragically in 2008. Lyn was highly regarded by staff and students at Underdale High School and she was the Optimism Sub school head, Health and Physical Education and Maths teacher. Lyn was an accomplished and exceptional sports woman, representing South Australia in Cricket, Netball, Soccer and Basketball, and Australia in Cricket and Netball. Lyn played cricket for Australia in 12 test Matches and 41 one day Internationals, holding the World record (39) for the most wickets taken in World Cup games. In 2015, the South Australian Cricket Association unveiled the Lyn Fullston lawns, which are the centrepiece of the ongoing commitment to recognise the leading men and women of South Australia. She was affectionately known as "Lefty".

The Lyn Fullston Medal is awarded to a female student who has had outstanding involvement and performance in both school and community sport during their time at Underdale High School.

Throughout Alice's time at Underdale High School she has proven to be an excellent role model for female students and is a worthy winner of the Lyn Fullston Award.

One of Alice's key qualities is her willingness to participate in a range of physical activities. A dual Netball and Football Academy member, she has contributed heavily to the extra-curricular sports program by taking part in athletics, volleyball, handball, AFL, rock climbing, netball and football, in which Alice represented the school in State Knockout competitions throughout, including the Open Girls Semi Final in 2019. She was also part of the Power Intercultural Cup winning team in 2020.

Alice has also participated to great effect in the Schools Sports Day and Athletics Carnivals. She often was prepared to 'fill in' when the school had a gap in an event as well as competing in the events that she has been selected for.

This ability to surpass our expectations has resulted in her being selected as Sports Captain for Courage House from Year 8, right through to Year 12.

She is a worthy recipient of the Lyn Fullston Award.

Congratulations Alice



### David Hookes Award

#### Winner Mohammad Mohtashami

David Hookes was a state and national cricket representative who attended Underdale High School as a student. In his first test, the 1977 Centenary Test against England, he gained immediate popularity with Australian crowds by hitting the England captain, Tony Grieg for 5 consecutive boundaries. Other highlights include a 43 minute, 34 ball century and a highest score of 306 not out, which is what this award is named after.



The David Hookes 306 Award recognizes a male student who has had outstanding involvement and performance in both school and community sport during their time at Underdale High School.

As well as the medallion, the recipient has their name recorded on the David Hookes 306 perpetual trophy displayed in the school's trophy cabinet.

Mohammad has been an excellent ambassador of Underdale High School Sport, and is a worthy recipient of the David Hookes Award. Within his time at the school he has represented the Football Academy with Distinction. He has contributed to the school, winning 5-a-side, Futsal and Football accolades, including the Year 8/9 State Knockout Championship, 3 Open Boys State Futsal titles from 2019-2021 and the Open Boys State Knockout Championship in 2019.

As well as being a valued member of these teams, he has also participated in Western zone athletics, handball, touch rugby, badminton and football and was a member of the Power Intercultural Cup winning team in 2020.

He is a worthy recipient of the David Hookes 306 Award.

Congratulations Mohammad



# YEAR 12 GRADUATION

## Vocational Education and Training Award

### Winner Adriana Garcia Marinero

This award recognises an individual who has demonstrated outstanding commitment and achievement in their vocational pathway. Through the Western Adelaide Secondary Schools Network, students can undertake Vocational Education Courses in a variety of areas, including Automotive, Business, Community & Health Services, Construction, Creative Arts, Engineering, Information Technology in media and Sports & Recreation. To be eligible for this award, students must have either undertaken a VET course in Year 12, or completed a Certificate III in Year 11.



Adriana completed a Certificate III in Individual Support (Ageing) in 2020. As well as receiving outstanding results through her training – she also received excellent reports from her placement and established positive relationships with those she cared for. Adriana shows a level of maturity beyond her years and her kind and caring nature, combined with her desire to learn, has seen her excel in the Aged Care Industry.

Adriana has applied to study Nursing at University next year – and we're sure she will be successful with this career pathway.

She is a worthy recipient of the Vocational Education and Training Award.

Congratulations Adriana

## Helen Castle Memorial Award

### Winner Hayley Corns

Helen Castle taught at Underdale for 10 years and contributed to an active promotion of science in the school community, was hard working and passionate about Science and always wanted her students to achieve their best. Helen tragically died during the Eyre Peninsula fires in 2005.

This award recognizes a student who has demonstrated excellence in the field of science and contributed positively in this area. They need to have participated in more than one

science subject in their senior years and are possibly looking for a science pathway in the future.

Hayley has successfully undertaken Science subjects during her education at Underdale High School. She is well known for her innovative work with automotive, drones, aeronautics and physics. She has successfully completed the advanced science subjects of Physics and Chemistry during her Senior Schooling and has already received an offer from the University of Adelaide to study Bachelor of Engineering (Honours) (Mechanical). We look forward to her continued success in her future career pathway.

She is a worthy recipient of the Helen Castle Memorial Award.

Congratulations Hayley



## Margaret Donovan Award for English

### Winner Cherine Moughnie



Margaret retired from teaching in 2020, not long after receiving recognition from the Department for Education for 50 years of service. Much of this time was spent as the English Coordinator and teaching English at Underdale High School. Her passion for literature spread through her classroom, with many students crediting her with their choice to continuing their studies of English at a higher level.

Showing that education is a lifelong process, Margaret has gone on to complete her an Honours Degree in English at University, demonstrating her significant commitment to her own learning, after spending so many years dedicated to the learning of others.

This award recognises a student who has demonstrated ongoing passion and commitment for English throughout their schooling.

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# YEAR 12 GRADUATION

Cherine is the personification of diligence and conscientiousness. Her work is always handed up early and reflects her best effort. She consistently asks for and implements feedback to improve. Cherine is positive, polite and resilient in the face of constructive criticism.

As a student who does not have English as her first language, Cherine has consistently worked above and beyond to improve her skills, including successfully studying Year 12 English this year.

She is a worthy recipient of the Margaret Donovan Award for English.

Congratulations Cherine

## Governing Council ROCK Award Winner Tony Dang

This award recognizes the student who has in their time at Underdale exhibited the qualities and characteristics embodied in the school's sub-school names of Resilience, Optimism, Courage and Knowledge (the first letters of each quality make up the award name)

Tony has worked hard to achieve success, despite English not being his first language. He is well respected, friendly and helpful to his peers and always respectful in his interactions with teachers. Arriving in Australia when he was in primary school, he has attended Underdale High since Year 9 and has become a valued member of the school community. He is hard working, always willing to learn and participates in many activities.

Tony is a quiet achiever and is willing to help others – particularly in Maths. He has a great sense of humour and applies himself to everything he does, including teaching himself to play the piano – which we will get to enjoy later in the program.

He is a worthy recipient of the Governing Council ROCK award.



## Community Service Award Winner Hayley Corns

This award is presented in the spirit of Sir John Hindmarsh whom the federal seat of Hindmarsh is named after. Sir John Hindmarsh was the first Governor of South Australia from 1836 to 1838. This award recognises a student who has provided service to the school community, has well developed awareness of others and their needs, participates in school activities with a positive attitude and is fully committed to the



ethos of the school. This award also comes with a sponsorship from the federal member for Hindmarsh Mr Mark Butler, and their name on the perpetual Hindmarsh shield displayed in the school's cabinet.

Hayley has done it all – Open days, quiz nights, student voice, school sport, primary school visits, representing the school at events, and she has done this with a quiet humility. Always willing to give up her time, Hayley is a great ambassador for our school. She is well spoken and displays excellent leadership qualities.

Her community involvement in a wide range of school events makes her a worthy recipient of the Community Service Award.

Congratulations Hayley

## Australian Defence Force Long Tan Award Winner Theodora Kasimidou

The Long Tan award is an important initiative by the Australian Government in conjunction with the Australian defence force designed to encourage senior students – tomorrow's leaders – to actively participate in the life of their school and local community. The Battle of Long Tan holds a special place in the hearts and minds of many Australians and this award, sponsored by the Australian Defence Force, is a tribute to the determination, mateship, teamwork, tenacity, compassion and

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leadership demonstrated by the Long Tan veterans. These are the attributes and values we have identified in the recipient of this prestigious award.

Theodora encompasses all of the qualities upheld by the Long Tan Award. She has demonstrated her leadership ability amongst peers through being the Resilience captain at sports day and is a team player who makes positive contributions to the team's performance.

Theodora is a student with excellent problem-solving abilities, who uses creative approaches to achieving solutions. This is not only reflected in her school work but also reflected in her commitment to the sport of Boulderling - where generating workable solutions to problems is crucial. She is a student that others look up to and seek advice from and she shows respect for the values of the school and the community.

Theodora actively participates in the school community and the Boulderling Community - where she is a State representative.

She is a worthy recipient of the Long Tan Award.

Congratulations Theodora



## Australian Defence Force Future Innovators Award Winner Max Coorey

The Australian Defence Force (ADF) Future Innovators Award has been designed to recognise recipients' science and mathematics abilities while highlighting the value the Navy, Army and Air Force place on STEM skills and STEM career opportunities within Defence. The awards are a means to formally recognise those students who have demonstrated motivation and innovation in the areas of STEM within their school, and who display strong personal ethical values, such as doing one's best.

Max has demonstrated an exemplary dedication to his



studies to achieve excellence in Chemistry, Physics and Mathematical Methods as part of his Senior Schooling.

During his studies at Underdale High School this year, he has also undertaken Human Anatomy & Physiology at the University of Adelaide, as part of the Headstart Program, works part-time as a COVID check-in clerk at St Andrew's Hospital and undertook a medical work placement during his holidays at Alice Springs Hospital - following his passion for rural and Indigenous medicine.

With his recent scores in the UCAT placing him in the top percentile, we wish him well with his future career in the medical profession.

He is a worthy winner of the Australian Defence Force Future Innovator's award.

Congratulations Max

## Success Through Resilience Award Winner Michael Mermingis

Many of our students have achieved successful academic and personal outcomes despite the many challenges that present themselves throughout their journey. This award recognizes a student who has experienced and overcome challenges in achieving their academic and personal goals and along the way has supported their peers and others in the community.

Resilience is a trait that Michael has demonstrated in abundance throughout his schooling. He keeps trying, despite the challenges he has faced. Michael has demonstrated resilience and perseverance and has been successful in achieving his personal goal of completing SACE and setting himself up for future work. He is a quiet achiever, who is always polite and respectful in his interactions with staff and students.

I would like to read a quote that Michael recently shared with me: "It takes one tree to make 1000 matches, and it takes one match to burn 1000 trees. Moral of the story is, don't let one negative thought burn all the positive thoughts."

He is a worthy recipient of the Success through Resilience Award.

Congratulations Michael





# YEAR 12 GRADUATION

## Ampol All-Rounder Award Winner Theodora Kasimidou



For 30 years the Caltex All-Rounder award has been presented to students and has become one of Australia's best known and recognized secondary school awards. This award recognizes a student who is a genuine "All-rounder" excelling in many aspects of school life.

Theodora has embraced all areas of schooling, due to her willingness to put in the effort. She is an exuberant student

who values academic success and has achieved major milestones in her pursuit of bouldering. She is friendly and supportive of her peers, while managing to balance and juggle her curricular and extra-curricular activities.

Theodora is a consistent performer, who represents and respects the school. She tries hard and excels at everything she puts her mind to, all the while, making it look effortless. In 2020 while in Year 11, Theodora undertook Stage 2 Modern Greek, receiving an A+ grade and Stage 2 Material Solutions, receiving an A grade, but despite these excellent results, she has undertaken another four Stage 2 subjects this year. Theodora will be missed when she returns to Greece and we're sure she has an exciting future ahead.

She is a valued member of our school community and a worthy recipient of the Ampol All-rounder Award.

Congratulations Theodora.

## Principal's Award Winner Elena Momirski

This prestigious award is based on SACE performance and the demonstration of school values.

Elena is exemplary in all ways – intelligent, conscientious, reliable and always open to constructive feedback. She has received nearly all A+ or A grades for all subjects throughout SACE. While in Year 11, she completed Stage 2 Workplace Practices, achieving an A+ grade and a subject award. This year, she has once again received A or A+ grade for her

subjects, studying English and Psychology at Underdale, Italian at the School of Languages and Legal Studies through Open Access.

With the desire to study law – Elena has already received an offer for Bachelor of Laws from the University of Adelaide for 2022.

She is a worthy recipient of the Principal's Award.

Congratulations Elena.



# YEAR 12 GRADUATION

## Subject & Bright Futures Awards

Bright Future Awards are awarded to the students who exemplify Courage, Resilience and Optimism. Students who receive this award have achieved their potential and maximized their success through organisation, hard work and determination. Subject Awards are awarded to the student who have achieved the highest grade for the subject. Student grades need to be in the 'A' Grade Band. The study traits these students have displayed are not developed just in Year 12, but have been a part of their approach to many aspects of their life for many years. These traits more than any others, will be ones that guide them well throughout their future.

**Jia Wei Chin**

Bright Futures Award Essential English

**Max Coorey**

Subject Award Chemistry

**Hayley Corns**

Subject Award English

**Tony Dang**

Subject Award Mathematical Methods

**Mikayla Federici**

Subject Award Food and Hospitality

Subject Award Material Solutions -

Furniture Construction

Bright Futures Award Essential English

Bright Futures Award Research Project

**Emmanuel Fessas**

Bright Futures Award Food and

Hospitality

**Adriana Garcia Marinero**

Bright Futures Award Workplace

Practices - VET/Work Focus

**Thomas Heinrich**

Subject Award Essential English

Bright Futures Award Material Solutions -

Furniture Construction

**Jovana Hinic**

Bright Futures Award Physical Education

**Jane Hoang**

Bright Futures Award Chemistry

**Levi Hoang**

Bright Futures Award Creative Arts -

Photography/Visual Art/Design

**Thomas Hurcombe**

Subject Award Material Solutions -

Furniture Construction

Bright Futures Award Workplace

Practices - Sport Focus02

**Theodora Kasimidou**

Subject Award Workplace Practices -

Sport Focus

Subject Award Physical Education

**Prabhleen Kaur**

Subject Award General Mathematics

Subject Award English

Subject Award Food and Hospitality

Bright Futures Award Psychology

**Isaac Lannan**

Subject Award English

**Lisa Latthiwaja**

Bright Futures Award Essential English

**Neena Manju**

Subject Award Research Project

Bright Futures Award Physics

Bright Futures Award Mathematical

Methods

**Mohammad Mohtashami**

Subject Award Physical Education

Subject Award Football Academy -

Integrated Learning

**Elena Momirski**

Subject Award Psychology

Subject Award Research Project

**Abulfazl Morad Ali**

Bright Futures Award Football Academy

- Integrated Learning

**Cherine Moughnie**

Bright Futures Award Biology

Bright Futures Award English

**Sam Nguyen (Nyoo-en)**

Bright Futures Award Research Project

**Sarah Perry**

Bright Futures Award English

Bright Futures Award Research Project

**Aliki Plessas**

Bright Futures Award Material Solutions

- Furniture Construction

**Mrinal Sahasrabuddhe**

Subject Award Research Project

**Harsimar Sappal**

Subject Award Material Solutions -

Furniture Construction

Bright Futures Award General

Mathematics

**Elle Scott**

Bright Futures Award Food and

Hospitality (Comm. St. B)

**Rajeev Singh**

Bright Futures Award Society and

Culture

**Alice Sua**

Bright Futures Award Research Project

**Aastha Vashisht**

Bright Futures Award Research Project

**Chloe Venning**

Subject Award Workplace Practices -

VET/Work Focus

**Jake Vlahos**

Bright Futures Award Physical Education

**Jaidyn Wight**

Bright Futures Award Creative Arts

- Photography/Visual Art/Design

(Comm. St. B)

**Tahnee Wright**

Subject Award Creative Arts -

Photography/Visual Art/Design

**Matthew Zafiridis**

Subject Award Research Project

Subject Award Biology



# YEAR 12 GRADUATION

## Valedictorian Speech

Presented by Jovana Hinic and Milos Karanovic

On behalf of the staff, Year 12 students, Milos, and myself, we welcome you to Underdale High School's graduation celebration.

Today is the day we begin a new chapter, one that I'm sure many of us have been looking forward to. It has been a long and exhausting year, with many obstacles – but despite these uncertain times we made it! Our successes are a testament to us all and we should be very proud.

What a ride it has been. Through the ups and downs, late nights, early mornings, assignments, tests and exams, the last 5 years have passed us by in the blink of an eye. I'm sure many of us can remember the first day of high school. Meeting strangers who became our friends, teachers who became our best allies and a school that helped mould us into young adults. When we look back, these memories will always be a part of us.

2021 has had unique challenges. COVID has affected every facet of our lives and we have faced this challenge with great tenacity, perseverance, and the strength of our character. We learnt to adapt in uncertain times with a new approach to education, that included things such as online learning during lockdown. This was accomplished with the tireless work of our teaching department and our families. They deserve great praise for their efforts and on behalf of the student body, we thank you.

To our families - we are sorry! Sorry for asking a thousand questions every week, for the drop offs and pickups, the anxious moments in our school lives and sport, not submitting work on time, whingeing about not wanting to wake up and those emails from school. Your constant support is what made us get out of bed and stand with all of you here today. We value your support, love and guidance and we thank you from the bottom of our hearts.

To our teachers, we are more sorry! Sorry for the missed homework, missed assignments and tests, sorry for not being on time and for being half awake in the morning. Yet we are not sorry for the impact you have had in our lives. Your dedication to us all, often goes unappreciated and we thank you for the immeasurable affect you have had on our education and our lives.

Graduation is not the end; it is only the end, leading to a new beginning. Our adult lives begin now and we are the champions of our future paths. Dare to dream, do not fear to fail as only through failure can we acknowledge our success. No matter what you choose to do in the future, work hard, don't forget to enjoy the great things in our lives and always look back on these years at high school years with fond memories. We wish you all the very best for the future. Thank you.



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# YEAR 12 GRADUATION

**PRESENTING  
THE YEAR 12  
CLASSES OF  
2021**





# HIGHLIGHTS - FROM WEEKS ONE TO FIVE

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## Ice Factor Spectacular

**29 October** - On Friday the 29th of October our Ice Factor team 'The Gladiators' joined a number of South Australian schools to participate in the Ice Factor Spectacular. This is a major fundraising event for the Ice Factor program, where close to 600 guests attended a formal dinner at Adelaide Oval. There was a live band and auctions, but the highlight of the night was the modelling show that the students put on.

The team have been using their lessons on training day for a number of weeks now to prepare for the event. Practicing their catwalk and attending fittings for various clothing labels including Peter Shearer, Ryderwear, Showies and Joseph Uzumco. Students spent the day preparing at Adelaide Oval, trying on final outfits, getting hair and makeup done and having one last practice on the catwalk before the big night.

Our students represented the school with much pride and had a great time putting on a show for the program sponsors. Their smiles as they came off the stage at the end of the show were priceless and they all appeared to have a little extra confidence in their step. A big congratulations to all students involved on being involved in such a great event.



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## Operation Flinders



**19-26 October** - Operation Flinders was an opportunity for boys from year 9 to 11 to push themselves physically, emotionally and mentally in an environment that was unfair to most of them, the Northern Flinders Rangers. As a team they were able to set goals that seemed unrealistic but as a collective were able to achieve together. While on the exercise the boys were led by experienced team leaders who by the end of the exercise became positive male role models for all the boys who participated. Operation Flinders was a once in a life time opportunity for the boys and one that we at UHS are grateful for.



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# HIGHLIGHTS - FROM WEEKS ONE TO FIVE

## TreeClimb ~ Excursion

**26 October** - The Year 9 cohort participated in an excursion to the Adelaide TreeClimb. The students were challenged to overcome a range of obstacles, encouraging one another along the way. Students have now spent time in English writing reviews about their experiences:

*"Undoubtedly, TreeClimb is a must-do for all adventurous, intrigued Adelaideans, with a range of courses and obstacles, coupled with a great atmosphere and a business that caters to a range of groups - TreeClimb is indeed the ideal venture for a sporadic day out" - written by Chantelle Hunter 9.3*

*"It's a terrific way to end the year with a perfect climb with friends in this age group. Ziplining was, in my opinion, the most enjoyable activity. I enjoyed it since it was a hot, sunny day, and I was able to relax while cruising down the zip line, enjoying the cool breeze." - Danila Balaban 9.1*

*"The TreeClimb experience is one of the best things I've ever done. I have a very high opinion of this place and I recommend this to anyone who likes to be a little bit scared and wants to do something that'll make their heart race." - Sanyam Madan 9.3*





# HIGHLIGHTS - FROM WEEKS ONE TO FIVE

## P.A.R.T.Y. Program ~ Incursion

Stage 1 Health and Wellbeing and Year 10 Child Studies students participated in the P.A.R.T.Y. (Preventing Alcohol and Risk-Related Trauma in Youth) program incursion. Nurses from the Royal Adelaide Hospital Emergency Department came to Underdale High School to facilitate the program. The program is in place to raise awareness for young people about the risks of alcohol, drugs and risk taking.

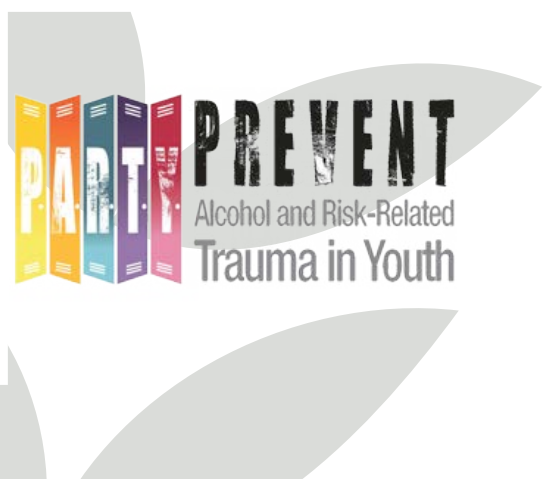
Throughout the day, students went through a mock scenario of a young person who had been involved in a serious accident and suffered significant injuries due to drink driving and drug taking. The day involved learning about the consequences of this risk-taking behaviour including serious disability. Students completed simple tasks such as, buttering bread with one hand, eating thickened water and putting on a shirt with one arm. At the end of the day there was a visit from a serious accident survivor who shared their story and the impact of the serious accident on their life.

Students learnt the consequences of good vs bad choices and that as we gain more rights we also have more significant responsibilities.

There were two significant take home messages from the program including; one risk can not only change your life forever, but it can change a number of other lives and that you always have a choice and need to be prepared for the consequences of those choices. Overall, the incursion was a great experience and provided a real-life example of why making good decisions and keeping safe is critically important.

### Feedback from students

- *you are not invincible*
- *To always think of the risks*
- *To be careful and safe*
- *that no matter who you are, the worst thing can still happen to you*
- *driving on drugs is bad*
- *The Consequences*
- *Safe driving*
- *Everything stood out to make me reconsider my thoughts before my actions*
- *our choices effect others just as well as our selves*
- *How important it is to make a safe decision*
- *the most important thing I have learnt is to always think about how your dangerous decisions will affect others and not just affects yourself.*
- *Don't get distracted when driving*
- *Don't drink and drive*
- *High risk choices can be prevented*
- *"Drugs are risky"*
- *no drink driving/drug abuse driving.*
- *Just because you are a good driver does not mean it won't happen to you*



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# HIGHLIGHTS - FROM WEEKS ONE TO FIVE

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## Raise Mentoring Graduation



Throughout term 2, 3 and 4 a group of year 8 and 9 students have been participating in Raise Mentoring. These students have been paired up with a mentor and for 22 weeks have had the opportunity to regularly meet with their mentor. Students have formed some great relationships and each week have tackled different topics of discussion, including goal setting, resilience, emotions and relationships. In week 2 the students and their mentors gathered for the final graduation which was a lovely way to wrap up their involvement in the program. The gratitude from both students and mentors made it clear that the program has been a valued part of schooling for our students this past year. Well done to all involved.

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## LIBRARY NEWS

### What's in your resource centre...?

Year 7/8 Fiction –with themes suitable for younger teens, books are divided by genres like Fantasy, Humour, Adventure, Mystery & Suspense and School Stories.

Fiction – our main fiction section is suitable for all year levels.

Graphic Novels – manga series and stand-alone graphic novels this area is very popular with students of all year levels.

Easy Reading –with books appealing to all age levels, this collection provides an alternative for students who are keen to read but sometimes struggle to find suitable books.

Senior Fiction – having mature, and often darker themes, these are available only to our year 11 and 12 students.

Non Fiction – our information books complement our learning programs and cover contemporary teen issues.

### 2022 and beyond...

Going into 2022, we are keen to add new titles in all these areas and we would love to hear your thoughts about what we should buy. Please let us know soon so we can get started straight away in term 1

### eBooks and audio books from your local library

If you have a OneCard you can borrow ebooks and audio books from any public library. If you are under 18, you will need a parent or guardian to register you. Follow the instructions on the library website, download the appropriate app to your phone or laptop, login and away you go (or read).

Hamra Centre Library: 1 Brooker Terrace, Hilton

Findon Library: Findon Shopping Centre, corner Findon Rd and Grange Rd.



# 2021 ROCK CUP WINNERS

## CONGRATULATIONS TO COURAGE

Congratulations to the whole tribe that is COURAGE!!! Your hard work across the many facets of your schooling, from academics to sports and attendance, has earned you the privilege of winning the ROCK Cup. You should all be very proud of your accomplishment.

To the students in Resilience and Optimism, your hard work may not have earned you the trophy or title but we know your families are incredibly proud of your academic progress and you should be too.

Awesome work  
Underdale!



## SPORT UPDATE

### Year 9/10 WZ 5-A-Side Western Zone Football

**15 October** - The final day on the school football calendar saw our boys drop only one game to finish Runner's Up.

The girls went even closer, finishing equal first on points and goal difference, with only one goal separating the pair in their head to head battle!!



Thank you to Fortune & Kosta for officiating throughout the day.



### 2021 Open Players of the Year

Congratulations to our 2021 Open Players of the Year, Sophie H & Alex T!

Sophie starred in all four State competitions this year, while Alex captained the boys to their (and his) 3rd consecutive State Futsal title as well as the State Knockout Football Final.



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Innovate

Resilience  
Optimism  
Courage  
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