Alfred Deakin High School is built on the traditional lands of the Ngunnawal people. We acknowledge the traditional owners of this land and pay our respects to their elders, past, present and future.
FROM THE PRINCIPAL

Last Tuesday we held the Swimming Carnival at Phillip Pool. The weather held for us, and just under 600 students attended, participating in swimming and in the dancing. We had loads of fun and both students and staff contributed to another wonderful feeling of community spirit at ADHS. Thank you to the Convenors of the carnival, David Reeson and Toni Stewart from our LEAN Faculty.

Parent forums @ADHS – over 400 parents attended Year 10 Parent & Year 7 Parent Information Evenings
Attendance at our inaugural Year 10 Parent Information evening on Wednesday 18th February exceeded expectations. Parents were provided information on a range of topics of interest to students and parents (see last Digest) leading up to and including graduation in December. Parents strongly supported a further presentation in Term 2 from College Principals to provide a Q & A forum to assist in the transition to College by our students. We will endeavour to arrange this forum for early in the term before the online enrolment process closes (opens on April 28th).

The Year 7 Parent Information Evening on Wednesday 25th February was also a huge success. More than 200 parents attended, following a mini timetable and visiting all their child’s classes. It afforded an opportunity to share, discuss learning expectations and become familiar with the high school environment. The evening ended with a delicious supper provided by our Food Studies students. I thank the many parents who wrote or phoned me and offered positive feedback on their child’s first experiences of high school such as:

My husband and I attended the School Information night for the Year 7 students last week. The opportunity to meet all of my son’s teachers was very much appreciated. It gave us an understanding of what his day looks like and how he moves around the school. We were very impressed with all his teachers and the absolute passion they displayed for their love of learning and teaching. We also would like to say that the Youth Leaders that we interacted with that night presented themselves with maturity and an enthusiasm for their school. …….. start to high school has been extremely positive which has been a relief to his parents.

And this comment from another proud parent:
What on earth have all you wonderful people done to my son …..On the weekend he was up and at it to do his first assignment. We enjoyed a delish dinner Saturday night of salmon and vegies thanks to Mrs Flynn and his home science assessment task. He worked hard Sunday to do the writing and presentation of the task as [for the FIRST time ever in his education life] wanted to be the FIRST to hand it in…….THANK YOU to you ALL for making my son such a happy and content person. Alfred Deakin HS is the BEST.

Voluntary contributions
Your financial support makes a valuable contribution to your child’s education at ADHS. We are proud of our ability to offer a wide and varied curriculum, including a number of electives that are not offered at other ACT high schools. All subjects need materials and resources, and Subject Contributions assist in supporting your child’s learning. Family contributions assist in the purchase of equipment and in the improvement of facilities. This year our priorities are putting aside funds for the purchase of a new school bus and the upgrade of our specialist CAD and photo computer labs. Next week, you will receive information on how you can make specific and voluntary contributions. Please take the time to read the letter and consider how your family can contribute to your child’s learning at ADHS.

Unit Outlines
Unit Outlines for each class this semester were issued on Monday last week to all students. These are important in that they detail the learning outcomes for the unit and provide information on the assessment tasks including due dates. It will be helpful for each student to sit down with parents and enter onto their Google Calendar the dates for assessment and other activities, so that peak times can be anticipated. ADHS encourages students and staff to negotiate due dates so that we can mitigate stresses caused by assessment coming all at the one time.

Other important dates this term:
25th March Progress reports issued
30th March Parent-Teacher interviews 4 - 7 pm

Belinda Bartlett
Principal
DATES TO REMEMBER

MARCH

Week 5
Fri 6  Digest on website

Week 6
Mon 9  Canberra Day Public Holiday
Wed 11  School Assembly
        Water Polo - Girls

Week 7
Mon 16  Class Clowns
Mon 16–Wed 18  Year 7 Camp
Wed 18-Fri 20  Outdoor Ed Camp
Thurs 19  Basketball – Girls

Week 8
Wed 25  Progress Reports issued
Wed 25-Fri 27  Advanced Outdoor Ed Camp
Fri 27  Digest on the website

Week 9
Mon 30  Parent-Teacher evening
        4.00 – 7.00 pm

STUDENT ENGAGEMENT TEAM 2015

We have experienced a great start to 2015. On the whole students have quickly settled back into the learning environment and our new Year 7s are getting the hang of life at ADHS.

The Team is:
Executive Teacher – Student Services  Penny Rae
Executive Teacher - Pastoral Care  Brendan Magee
Youth Support Worker  Kieren Ziesing
School Counsellor  Barbara Roche (Tues, Wed & Thurs)
Indigenous Support Worker  Lyle Swan
Administrative Assistant  Joanne Ellison
Year 7 Year Coordinator  Cathy Crabb
Year 8 Year Coordinator  Sam Gaskin
Year 9 Year Coordinator  Kate Waite
Year 10 Year Coordinator  Ingrid Jaugietis

Tutor Time
Students attend tutor group every morning between 9:00 and 9:07 am. This is an important start to the day and the expectation is that all students will attend. Tutor group provides time for important communication about upcoming events, appropriate learning behaviours, ways to be further involved in the school community, important school/home communication and a settled start to the school day.

If students are unable to make tutor group due to unavoidable appointments or extenuating family circumstances then they need to ensure they sign in at School Connection (Room 108) upon their arrival and provide a note of explanation from home at this time. Arrivals after 10:00 am will need to sign in and hand in their explanatory note at the Front Office.

Your child’s Tutor Teacher is an important person in their school life and a strong liaison between you and the school. They are able to be contacted with any information specific to your child that will enable us to continuously and effectively meet their educational and well-being needs.

LATE POLICY

As part of the School’s ongoing review of Assessment, a school wide policy on late work has been developed.

Alfred Deakin High School Late Policy
The development of organisational skills and the ability to meet deadlines and manage work demands are important life skills. It is important that all required work be submitted on time and that class assessments be taken at the scheduled time on the scheduled day.

Extensions may be given where circumstances exist beyond a student’s control or where a student, knowing that good and sufficient reasons will prevent the meeting of a deadline, and prior to that deadline, negotiates an appropriate extension with the teacher or Executive Teacher.

Where no extension exists and tasks are not completed/ submitted within a week of the stated due date, staff are not obligated to consider it as evidence against learning outcomes or the standard. This is to ensure that the process of providing timely feedback can occur (which may then be used to improve outcomes in future assessment tasks).

There will be multiple opportunities for students to provide evidence for each learning outcome throughout the year.

This policy is to support students to develop positive work practices, and to enable teachers to supply meaningful and timely feedback for students. Parents, carers or students who are interested in discussing this policy further should contact the Deputy Principal Curriculum, Alex Nagy, through the Front Office, or alex.nagy@ed.act.edu.au
VOLUNTARY CONTRIBUTIONS

All of the parent community should shortly receive an invoice for voluntary contributions.

This contribution is voluntary but provides the school with essential funds to enhance our education programs and to provide more opportunities for our students’ learning. The voluntary Family Contribution is set at $100 per student. Voluntary subject contributions vary by year group and elective choice and are set out in family invoices.

Families are welcome to set up quarterly payment schedules.

Contributions can be paid by the following methods:

- **Cash/cheque**: payable to Alfred Deakin High School
- **Credit card**: at Finance Office or phone 6142 3881
- **EFTPOS**: at Finance Office
- **Direct Debit**: BSB: 032777 A/C no: 000970.
- **Please use surname and student initial as reference**

**QUICKWEB**: Secure credit card payment from the school’s website.

Please note any excursions/extra curricula activities can be paid by these methods also.

INTER-SCHOOL DEBATING

"Honest disagreement is often a good sign of progress."

Mahatma Ghandi

Why Debate? Learn to argue effectively through the free and lively exchange of ideas. The ACT Government opens the Legislative Assembly to schools across Canberra for Interschool Debating throughout 2015. Enjoy a morning tea, have lunch out in Civic, meet members of government and get to know other students from other schools. If you are interested in joining the Year 8/9 team or the Year 10 team see Miss Robertson or Mr Williams in the HaSS Faculty. Hurry, places are filling fast!

YEAR 10 C4 INFORMATION EVENING

Campbell High School
Monday 16th March
5:00pm - 5:45pm

Any Year 10 student who is interested in applying for the C4 program should attend this information session. It is aimed at students who are considering a career in the Building and Construction Industry. It is a seven week course where students are trained in a variety of trades: including carpentry, bricklaying and plastering. Students are provided with all training and equipment and will achieve a Certificate 11 in Construction Pathways.

For further information please contact Mrs Bowen 6142 3898.

ENGLISH/EALD OPPORTUNITIES

At Alfred Deakin High School we provide many forms of support, extension and opportunities for students to excel in English. The Griffin Program is for literacy support and EALD students requiring help with assignments and targeted assistance both in classes and in small groups. See Ms McMillen if you would like to access this program. Lunchbox English provides assignment help on Wednesdays and Fridays at Lunch in Room 237 with an English specialist teacher present. Thursday Homework Club after school is another means of accessing support for your academic needs. Sometimes you may just need extra time in a quiet space to complete assignments or to get a little advice. Take advantage of these opportunities to shine - come along!

NAPLAN 2015

This will be held in Week 3 of Term 2 for all of our year 7 and 9 students. Shortly you will receive a brochure home with information for parents/carers about the tests.

Please find below hyperlinks to the parent/carer information section of the National Assessment Program website.

Parents/Carers information page:

2015 NAPLAN information brochure for parents and carers.

Please do not hesitate to contact me at kirsten.bedggood@actetd.com or on 6142 3898.

Kirsten Bedggood
Executive Teacher of Languages
YEAR 7 INFORMATION EVENING

The Year 7 Information Evening held last week, was a huge success with over 200 people attending. Families experienced “a day in the life of their year 7 students” as they followed their child’s timetable in the space of 1½ hours. This challenge was supported by the wonderful year 10 Youth Leaders who were on hand to assist with directions. The Youth Leaders attendance at this event was greatly appreciated by all. In addition to these students helping on the evening, the Hospitality students spent their evening behind the scenes preparing supper for everyone, which was also greatly appreciated by all the exhausted families at the end of the evening. Thank you to them and their families for allowing them to commit to such an event outside of school hours.

The evening would not have been possible without the committed staff preparing overviews of their subject curriculum and assessment expectations and being able to deliver all this information in ten minutes. It was a mammoth effort by all and demonstrated how the ADHS community works together to keep families involved and informed about their child’s education.

Elizabeth Lorenz
Event Coordinator

YEAR 7 OPEN NIGHT HOSPITALITY

A big thank you to the exceptional Hospitality Students who catered for the Year 7 Open Night.

Thanks to Grace, Sophia, David, Mia, Victoria, Joelle, Mariyan, Tina and Abigail. You did a wonderful job ~ both cooking and waiting ~ for the evening.

This picture was taken just before supper was served!

It took two hours of cooking; and about ten minutes of serving food to our guests before the delicious food was all gone!

YEAR 7

What a fantastic start it has been to high school for year 7 students! We have enjoyed learning ALL the new names of fellow students and staff, figuring out how to traverse THAT corridor between classes and make it on time, getting to know the year 10 Youth Leadership Team and participating in the lunch-time activities that they have run. Although starting high school has been a steep and tiring learning curve, I'm sure you all agree, Alfred Deakin is a fabulous place to be and a wonderful community to be a part of.

An essential part of forging this community continues at the Year 7 Camp. 210 year 7 and year 10 students (and teachers) will be attending a fun-filled three days at Wombaroo Camp, Bowral. We will bond by sharing the challenges of such things as a high rope obstacle course, archery, craft building, sharing a cabin with some new friends, camping and campfire singing.

Where: Wombaroo Camp, near Bowral
Leave: 8:00 am Monday 16th March
Return: 4:30pm Wednesday 18th March
What to bring: See packing list
How: Make sure your medical forms and permission notes are filled in correctly and handed in; all payments should be made by now to the Finance Office please.

See you there,
Ms Crabb
Yr. 7 Co-ordinator

UPA CAMP AT BIRRIGAI

Unicorn Performing Arts is a class made up of students who excel in the performing arts. Every student has at least two skill sets – the skills that our students have range from singing, acting, dancing, choreography, comedy, multiple musical instruments, media, acrobatics and calisthenics to backstage and technical skills. In Week 3, the 25 UPA students went on their annual team building and production development camp.

We need to thank Mr Will Sheppard for coming away with such a big bunch of divas, and thanks to Ms Cara Irvine for organising the camp for us. We know that we can be a pretty loud and energetic group of people, and we really appreciate you guys taking us on such a great excursion.

The camp was a great chance for us all to get to know each other, work together, perform for one another, and play lots of games. We worked on developing the plans for our major show – to be performed for the Deakin community in Week 6 of Term 2. We finished the camp with some team trust exercises, including the giant swing! We had a great time at camp and hope that the work we did will get us ready to put together many amazing performances throughout the year.

UPA 2015

ARTS FACULTY

Music @ ADHS

The Music curriculum at ADHS has undergone a few changes this school year, especially with the introduction of the new Year 9/10 Music Industry unit in Semester 2.

Our newly built studio is progressively shaping into a functional space where students will be able to record and create original music, assisted by the latest music technology, including full set studio equipment and laptops with Digital Audio Workstation, capable of producing professional music products.

The year 7/8 Orchestra is getting together really well and we have now been rehearsing five pieces, some of which are to be performed at an assembly in the next few weeks.

Our year 7, 8 and 10 mainstream music classes are working hard to present their first practical assessment
pieces in Week 5. Our lunchtime concert is also scheduled for Week 5 and we welcome especially new students to perform. Please see Mr. Budos in the Arts faculty, if you are interested.

Dance @ ADHS

The year 9 and 10 elective dance classes are gearing up for performances at the upcoming school assemblies in Week 6 and Week 9. Dance Explorations students have devised group compositions based on the elements of space and dance styles. Students have been working on a class jazz dance. Both classes are looking forward to the Sydney Dance Tour in Week 2 of Term 2. This excursion provides students with the opportunity to participate in hip hop, Bollywood and contemporary dance workshops at Brent Street, The Village and Dance Central studios as well as view The Australian Ballet’s ‘The Dream’ at the Sydney Opera House.

Media @ ADHS

This week a number of Media students submitted short films into the ACT Government film festival, ‘Lights, Canberra and Action.’ Filmmakers were required to create a short film in ten days with a theme of Swings and Roundabouts. In addition to the theme, the films needed to contain between three and ten nominated locations or items in their final productions. This years’ list included: A park swing, a road roundabout, scales for weighing, 'On the Road' Sculpture by Ann Ross, a ferris wheel, the Mandalay Bus, gold tiles at the Legislative Assembly, an underpass, the Chess Pit (Garema Pl), The High Court (exterior). The students were very creative in incorporating these elements into their films.

Students who successfully completed this challenging film project included: Praveen Sebastian, Joshua Kluken, Rhys Phillips, Declan Robinson, Tamzyn Olsen, Liam Olsen, Julia Howe and Holly Yarnold. Congratulations to these students for committing to such a challenging project within such a short timeframe. Your efforts were highly commendable.

Fashion @ ADHS

Each year Fashion students place garments into the ACTEW AGL Royal Canberra show which are based on a theme given by the show. Last year the theme was ‘Rainbow’ and three students chose to enter their work. They successfully gained two second prize ribbons and one third prize ribbon. No first prize was awarded. ADHS student Victoria Campbell designed a long black gown with rainbow trim which placed second. Laura Brown, also placed second, created a day dress whose floral print reflected the colours of the rainbow. Phoebe Vickers placed third with her multi-coloured top and shorts.

This year the theme is ‘Retro’ and any student not taking the Fashion Design course but wishing to enter may do so by making clothes in the ‘Sew be it’ lunch time sessions.

JAPANESE NEWS

Japanese News にほんご、日本語
みなさん、こんにちは。おげんきですか。

Time flies! The first four weeks have already gone! Students in Japanese have settled well into the routine and have worked hard. Notable good progress has been made in all classes, which is excellent. Unit Outlines for their subjects were handed out on Monday, Week 4. Please check the assessment schedule for your child.

Wanted – More volunteer Host Families

A big thank you goes to the 21 families who have volunteered to host students from our sister school. We still need nine more families to accommodate female billets. As you know, this is going to be a wonderful experience for your daughters, spending four nights and five days in August together. It would be great if ADHS and Tomioka-Higashi HS start exchanging emails in preparation of hosting. Your prompt response would be much appreciated! 😊 Please let me know if you can host one girl by sending me an email at shizuko.barber@ed.act.edu.au.

Y7 Information Night

What a successful event it was. The classroom was filled with enthusiastic parents on 25th February! Thank you all for your precious time to come and see me and to get information. I have emailed the information sheet for you all, particularly for those who could not make it that evening. Please email me if you have any queries or concerns.
Doll’s Festival Celebration
In Japan, 3rd March is the Hina Doll’s Festival day. ひなまつり (Girl’s Day) celebrate girls’ birth, growth, health and happiness. All my classes celebrate this by making and sharing a fun time with hand-rolled sushi in class. The photos are from Year 7 classes. Their response was おいしい！！

Year 10 Transition Program - The Canberra College Teacher Visit
As part of our transition programs, my year 10 Japanese class invited Mie Selby, teacher of Japanese at the Canberra College, last Thursday. Although her visit was short, it was the first contact with her and students enjoyed her presence and talk. A big thank you goes to Mie. The college will be holding their Open Night in May. All students are encouraged to take this opportunity to see classrooms and meet teachers for more information.

Shizuko Barber – Teacher of Japanese

Bring your own Device (BYOD)

Parents have expressed a desire for more information on how the BYOD are used across the school. I have provided a brief overview of use across faculties. This is by no means comprehensive and a variety of Apps (both Apple and Android) are recommended by individual staff in classrooms. All students should now be connected to our WiFi and have a SchoolsNet login.

Maths – calculators (TouchCalc, Graphic calculator+, MyScript Calculator), accessing Maths Online (all families have access), Using CambridgeGo to access Essential Maths 7 - 9 Text (PDF version – free with each textbook purchase)

Science – Google Drive access, Internet research, photo and video experiments for inclusion in reports and analysis, Numbers (apple version of excel) – for data collection, note taking (Pages, Notes), calculators, viewing podcasts

HaSS – You Tube, Internet, Clickview, Podcasts, Edmodo.

English – electronic copies of novels; Pearson English text book; variety of Apps and sites including Edmodo, Prezi, Blended, Smore, and Learnist - these last four are all ways to present student learning, note taking (Notes, Pages); calendars for organisation; impromptu research; Dictionary; Thesaurus.

LOTE – impromptu research (eg researching countries, Google Maps for a close look at villages, Dictionaries, ‘Go Indonesia’, Language Perfect Program, Genki kids (interactive online site for Hiragana/Katakana games), Support Apps - Duolingo, Busuu.

Special Education (Learning Centre) – variety of Apps to support literacy and numeracy.

PE – video student performance, and used for self-assessment with rubrics, Assessmate, Run keeper and various running apps.

Arts – Apps include LyricsPlus, Sydney Theatre Co, Canberra Theatre Co, NSW Gallery, AutoCue, ComicLife, Photobooth, Teacher Kit, Cameras and iTunes.

Music - Apps – TabsHD, WIOrchestra, SoundCloud, Avid Scorch, iTune. Programs include Sibelius, Oralia.

In addition, staff are accessing a range of Apps to develop and record formative and summative assessment, conduct roll marking and AITSL Professional Teaching Standards. A range of word processing, spreadsheet and presentation programs are available across platforms, and synchronise well.

Welcome New Googlers

How do you eat an elephant? Bit by bit.

If you are a new student/parent to ADHS there is a pretty steep learning curve for Google Apps for Education (GAFE). There are hundreds of new terms, tools and options to fiddle with - some of which seem obvious and others….not so much. But there are some ‘core’ features that will get you using GAFE like a pro, fast. I’ve made a small table to help you target your learning!
If you are using Gmail, Drive and Calendar at the intermediate level you’re a rock star. If you want to learn how to do any of these things - or extend your learning - there are 1000’s of You Tube videos that can help. Go eat that elephant.

**Harmony between Gmail, Drive and Calendar**

The Google suite of apps is designed to make you more efficient by doing many things at the same time. For example, you can, from an email, make an appointment, attach a google doc and of course - talk. Try sending a friend/family member an email with text like ‘Let’s meet and play soccer at 3pm on Saturday 14th at the Deakin Playing Fields’. You’ll notice that the recipient sees those words lightly underlined in red. If they click on that text an option appears to add all those specific details to your Google calendar - including the Google doc that might have been attached to the email.

INDIGENOUS PATHWAYS

This year our goal for our Indigenous students is to form pathways to higher education or employment. We will be doing this through a range of visits to educational facilities, participating in the ‘Deadly Literature’ excursion in Term 3 (year 7 & 8 students), painting a mural designed by the students, attending network activities and possibly a camp.

Parents: We are eager to have your feedback on what you would like for your children, be it educational, cultural or other forms of support. Our goal is to have a meeting with parents early this semester to identify ways in which we can assist your child in achieving success.

**The Ngunnawal Centre visit**

On Thursday 26\textsuperscript{th} February, five students accompanied Ms Jones to the Ngunnawal Centre at the University of Canberra to learn about pathways to higher education. The students met with current University students and support staff in the centre. We will be running a pathways trip to the Yurauna Centre, CIT Reid, on Monday March 23\textsuperscript{rd} for students who are interested in apprenticeships, traineeships or other pathways to employment. Notes for this excursion will be out by Week 6.

Student interests raised at both visits will form a part of their Personal Learning Plans (PLPs) and we are encouraging students to complete a ‘Student Aspirations Form’. The Aspirations unit can assist our Indigenous students with contacts to employment, higher education and tutoring.

Anissa Jones and Matt Gannon

**NERDFEST 2014**

Nerdfest was another big success at ADHS. During Activities Week last December, 40 students played board, card, role playing and video games for three epic days. Ash Zubowicz was the grand winner, winning the most games of all students and claiming a $20 gift voucher from The Games Capital. Ash reported later that he swiftly converted into a rare Magic card to continue his winning ways.

*Many thanks to Glenn and The Games Capital for their continuing support of Nerdfest.*
MATHLETICS
Following on from our previous success using MathsOnline for all students across the school, ADHS is asking all students to contribute $10 to subscribe for MATHLETICS for 2015. This is a substantial discount made available to the school and in response to students’ desire to use Mathletics. All ADHS students have now been given individual logins and have been assigned tasks including homework and revision by their Maths teacher.

We look forward to your support in implementing this program, through encouraging students to be completing their assigned tasks by the due dates. We are confident that this program will lead to improved outcomes for all students.

Maths Text Books
All students need to have access to the Maths text book (digital or physical) for each lesson. The textbook Essential Mathematics for the Australian Curriculum, is available locally through Chalk Education (6298 3055 - Shop 1/69 Dundas Court Phillip), or online through a variety of sources. There are a limited number of years 7, 8 & 9 books also available second hand through the school for between $15 and $30. All year level text books are additionally available to loan through the library.

Students or parents who are having difficulty securing a text book for the year should contact Xavier Vera, Executive Teacher Mathematics, any Maths teacher, or the appropriate Year Coordinator.

Maths Stars recognise students who have demonstrated outstanding performance or effort in their Maths learning.

Year 7
Henry Patrick-Kobier
Therese De Salis
Malwina Mania

Year 8
Rohan Rodrigues Macias
Max Ovington

Year 9
Sean Sutherland
Naithin Damodaran
Barizah Dayangku

Year 10
Hayley McLachlan
Grace Sinstead-Reid
Hung Nguyen
Charlotte Kwong

Xavier Vera
Acting Executive Teacher Mathematics
EXCELLENCE IN INSTRUMENTAL MUSIC

Congratulations

Twenty-one ADHS students have been selected by audition for the ACT Instrumental Music Program’s Junior Concert Band, Percussion Ensemble, Flute Ensemble and Senior Concert Band in 2015. This is the equivalent of ACT representation in Music. These ensembles are made up of students selected from ACT public high schools and colleges and represent the Directorate and the ACT Government at functions in Canberra, interstate and overseas.

ACT Junior Concert Band

<table>
<thead>
<tr>
<th>Name</th>
<th>Instrument</th>
</tr>
</thead>
<tbody>
<tr>
<td>Samantha</td>
<td>Nethery</td>
</tr>
<tr>
<td>Ruby</td>
<td>Trenton</td>
</tr>
<tr>
<td>Sophie</td>
<td>Latch</td>
</tr>
<tr>
<td>Bryn</td>
<td>Phillips</td>
</tr>
<tr>
<td>Martha</td>
<td>Russell</td>
</tr>
<tr>
<td>Lauren</td>
<td>Dunstone</td>
</tr>
<tr>
<td>Jackson</td>
<td>Boyd</td>
</tr>
<tr>
<td>William</td>
<td>Chalker</td>
</tr>
<tr>
<td>Evan</td>
<td>Mowbray</td>
</tr>
<tr>
<td>Zak</td>
<td>Harding</td>
</tr>
<tr>
<td>Sana</td>
<td>Horiuchi</td>
</tr>
<tr>
<td>Ayuningsih</td>
<td>Hancock</td>
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ACT Percussion Ensemble

<table>
<thead>
<tr>
<th>Name</th>
<th>Instrument</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sana</td>
<td>Horiuchi</td>
</tr>
</tbody>
</table>

ACT Flute Ensemble

<table>
<thead>
<tr>
<th>Name</th>
<th>Instrument</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cari</td>
<td>Ramadan</td>
</tr>
<tr>
<td>Joel</td>
<td>Dreezer</td>
</tr>
</tbody>
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ACT Senior Concert Band

<table>
<thead>
<tr>
<th>Name</th>
<th>Instrument</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cari</td>
<td>Ramadan</td>
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<tr>
<td>Joel</td>
<td>Dreezer</td>
</tr>
<tr>
<td>Sarah</td>
<td>Williams</td>
</tr>
<tr>
<td>Rio</td>
<td>Horiuchi</td>
</tr>
<tr>
<td>Bronwyn</td>
<td>Smith</td>
</tr>
<tr>
<td>Sean</td>
<td>Sutherland</td>
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ELEMENTS

We are very pleased to announce that the ELEMENTS have secured another 2015 sponsor Spinryde Home Renovations & Maintenance (www.spinryde.com.au). Thank you to Joy Piubello for all her help in arranging this sponsorship.

Relay for Life

The ELEMENTS girls have seen their fair share of challenges. Fundraising around the school seems easy in theory, but when students are asked to give their canteen money to a higher cause, things can get difficult. Help is always welcome! If you would like to donate to the girls’ Relay for Life mission, donations can be made below:

1. Go to http://www.relayforlife.org.au
2. Click ‘Donate’
3. Search for the ‘ADHS ELEMENTS’ team
4. Scroll down to ‘Teams’ section and actually click on the ‘ADHS ELEMENTS’ link
5. Click ‘Donate’ again
6. Fill in your details
One of my favourite things about ELEMENTS is the way we approach new sports and challenges. When barely half the class have had a proper education on the rules and guidelines of AFL, playing a standard game seemed a little out of the question. ELEMENTS was determined though; the idea of chasing a ball in 30 degree heat plus getting to tackle your shrieking friends to the ground was far too appealing to pass up. A solution to the lack of AFL knowledge shared throughout the group was found in the Eastlake AFL Club. With a long and proud history of elite AFL in Canberra, the club runs a school based motor skills and education program which includes instruction on the correct way of tackling someone... hard. ELEMENTS approached learning the skills of AFL with vigour and discovered that tackling is very difficult to do without a large amount of laughing! We had already covered the basics, with the year 10s leading groups of year 9s on different areas of the game, such as hand-passing, bouncing and kicking. During the session with Eastlake, we focused on the skill of tackling, learning to safely trap the ball, wrapping our arms around the opponent and twisting them in the opposite direction. This involved running at a tackle bag; enthusiastically throwing ourselves into a tackle and rolling on the ground. Much hilarity accompanied this, although, while fun was shared by all, we truly did learn too. As the session continued we watched as girls who had been unable to fathom tackling a tackle bag, became confident with tackling their peers. Cheers erupted for those who tackled correctly as we tried and tried again to achieve the approval of our instructors, Jess and Jeff.

By the end of the lesson, there was a tangible excitement for upcoming AFL lessons. Eastlake was thoroughly thanked and flyers detailing information about playing AFL with the club were snatched with eager hands. With a bounty of new skills under our belts, the ELEMENTS girls are looking forward to the annual AFL game against the Lyneham High girls’ STAR squad. With new sponsors, skills and uniforms, ELEMENTS feels ready for anything.

On the 22nd February, ELEMENTS participated in the Colour Run, or, as they like to label it; ‘The Happiest 5k on the Planet’. I wasn’t sure whether to believe this claim. The pictures on their website were definitely happy and I’d go so far as to say that some people looked downright delirious. A run is a run though and I didn’t believe that the thousands of registered people all had a love for long distance running. I was soon proven wrong.

The Colour Run was fantastic and I will definitely be going again. The course was 5 kilometres, a distance that toes the line between the determination to run the whole way and the plan to pace one-self with walking breaks. The kilometres flew past though, surprising us all. We stopped counting by distance and instead by
when the next colour station would pop up around the corner, ready with a new shade of dye to fling at us. We dutifully ran a good deal of the way but the crowd often became too much and the colour too tempting. The highlight of the run was by far the atmosphere.

When seeing other ELEMENTS girls or teachers, the general enthusiasm broke through previous barriers, leaving everyone just that bit closer. I also couldn’t help but notice the similarities between the aim of ELEMENTS and the ideology of the Colour Run; to celebrate and promote healthiness, happiness and individuality.

ELEMENTS by Rachel Chopping, Year 10

SPORTS REPORT

House Captains

Congratulations to the following students who were elected to be House Captains by their peers.

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<th>Year 9</th>
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<tr>
<td>Lynden Bassett, Cara Cullen-Rua</td>
<td>Year 9: Grant Davis, Clare De Salis</td>
<td>Year 9: Will Freer, Courtney Taylor</td>
<td>Year 9: Saw Po Dan, Annie Reeson</td>
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Swimming Carnival

We had our first carnival of the year on Tuesday February 24. The weather was perfect for us and we managed to get through an ADHS Carnival with no rain. House spirit was high with all students competing in races, dance-offs, chants and relays for points. Kakadu was our Champion Swimming House this year. Congratulations to the following students who had excellent performances on the day.

Age Champions

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<td>Haruno Nakamura</td>
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<td>Jackson Boyd</td>
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<td>Christine Scales</td>
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<td>Zak Harding</td>
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<td>Maggie Sharpe</td>
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<td>William Freer</td>
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<td>Courtney Taylor</td>
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<th>Under 16 Boys</th>
<th>Under 16 Girls</th>
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<td>Zach Cristallo</td>
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<td>Caitlin Strangward</td>
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ACTION BUS CHANGES

545 and 546 – No longer servicing ADHS. Students to use 455 and 491 to Woden bus station then connect with route services.

DEAKIN DIGEST 2015

Would you like to receive notification of the newsletter via email? Please email us the student’s name and your email address.

info@adhs.act.edu.au
Broken Records!

Courtney Taylor
50m Butterfly  Time: 00.27.87
50m Backstroke  Time: 00.32.23
Victoria Perez Del Pulgar
200m IM  Time: 02.57.79
Hamish Allan
200m IM  Time: 02.52.22
Zachery Cristallo
200m IM  Time: 03.28.59

If you have any further questions about school sport please contact Toni Stewart at toni.stewart@ed.act.edu.au. This also includes information about any sporting achievements that your child has accomplished outside of school, so we can celebrate their success.

TASMANIA 2015

Dear Parents/Guardians of Year 9 and 10 students,

Following the success of interstate trips for students in years 9 & 10 in past years, expressions of interest are being called for the Tasmania Trip in September 2015.

The 10-day tour is planned for the last week of Term 3 and the first few days of the September-October holidays and includes visits to many of Tasmania’s famous heritage and wilderness sites including Cradle Mountain, Gordon River and Freycinet.

The excursion would be open to all Alfred Deakin High School students in years 9-10 in 2015. The focus for the trip will be not only on fun, but also the opportunity to study Australian history and sites first hand; to experience hiking and bushwalking in World Heritage wilderness; ride an overnight ferry from Melbourne to Tasmania, see the famous MONA Gallery in Hobart, take a day cruise on the Gordon River, and to enjoy the photography of nature and historical buildings/ruins.

The estimated cost per student will be approximately $1500.00 to $1700.00. Please note all these quotes are subject to change, as transport and other costs fluctuate, but we will keep you informed of alterations. This price includes return coach and overnight ferry to Tasmania, accommodation, breakfasts and dinners, miscellaneous sight-seeing costs and park entry fees, and a tour polo-shirt.

If you would like to express an interest in your son/daughter attending the trip, I have emailed all year 9/10 students an expression of interest form on their actetd.com accounts. Please have them complete this. Alternately, please contact me directly. The expression of interest is to gauge the amount of students who would like to attend the trip. This will enable me to firm up prices. Once it is established that there is enough interest, deposits will be taken. I will be happy to answer any questions you may have. Phone: 6142 3892 or email ingrid.jaugietis@ed.act.edu.au

Yours sincerely
Ingrid Jaugietis

** above photos taken from the 2013 ADHS Tassie School Trip **
ACT GOVERNMENT
EDUCATION AND TRAINING
DIRECTORATE
International Education Unit

HOMESTAY
ACCOMMODATION NEEDED

THE EDUCATION AND TRAINING DIRECTORATE
HAS INTERNATIONAL STUDENTS WHO REQUIRE HOMESTAY PLACEMENTS

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AN OPPORTUNITY FOR YOU TO PARTICIPATE IN CULTURAL PROGRAMS FOR SCHOOL AND COLLEGE STUDENTS FROM OVERSEAS.

FOR MORE INFORMATION & APPLICATIONS CONTACT

Homestay Coordinator
INTERNATIONAL EDUCATION UNIT
EDUCATION AND TRAINING DIRECTORATE

51 Fremantle Drive Stirling ACT 2611

P 6205 9194  F 6205 9239

Email: leu@act.gov.au  http://www.det.act.gov.au
Telephone (012) 6205 9176  Facsimile (012) 6205 9239

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SAFE & SECURE

Register online at Flexischools to top up your student card, set spending limits, and view your transaction history.

Register from your desktop or mobile to get started. Visit:

flexischools.com.au
Chilled Anxiety Group

The Chilled Anxiety Program is an evidence-based group therapy developed by Macquarie University (Cool Kids). The program aims to teach young people and their parents how to better manage anxiety, by teaching clear and practical skills.

Topics covered in the program include:

- How unhelpful thoughts make us anxious
- Thought challenging and thinking realistically
- Assertiveness and problem-solving
- Fighting fear by gradually facing fear

Who
Young people aged 13 - 17 years

When
Thursdays 4:30 - 6:30pm (for 10 weeks)
Beginning in March - date to be confirmed

Where
headspace Canberra, 170 Haydon Drive Bruce

Cost
$180 (includes manual, materials and snacks)

Contact
Phone 6201 5343 for further information.
Chilled Anxiety Group

About the Chilled (and Cool Kids) Program
The Chilled (Cool Kids) program has been running at Macquarie University since 1993. It is a structured, skills-based CBT program that teaches children (and adolescents) as well as their parents, how to better manage their child’s anxiety. It involves the participation of both young people and their parents, and focuses on teaching clear and practical skills.

The main (Cool Kids) program is designed to target children aged 7 to 17 years. There are slightly different versions for children (up to around 12 years) and young people (13-17 years).

The evidence
The program has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment. The program has been developed by experts in the area of anxiety at the Centre of Emotional Health, Macquarie University and is now recognised as the treatment of choice for anxiety disorders in young people. It also offers complimentary parenting intervention, where parents can learn effective strategies to help their children.

The program is supported by research conducted in Australia at Macquarie University, Royal North Shore Hospital and Queensland University. Research has shown 80% of participants to be diagnosis-free or markedly improved with results maintained up to six years following the program. Following treatment, evidence suggests that there are marked increases in school attendance, academic achievement, confidence, number of friends, and involvement in extra-curricular activities and decreases in worry, shyness, fear and family distress.

The Cool Kids program has been translated into a number of languages and it is currently used by therapists in many countries. Thousands of children around the world have benefitted by participating in Cool Kids.

Topics covered in the program include:
- Learning about feelings and anxiety
- Detective thinking, and learning to think more realistically
- Ways that parents can help
- Fighting fear by facing fear (‘stepladders’ or exposure hierarchies)
- Learning to solve a problem
- Social skills, building assertiveness and dealing with bullying

Attendance and Cost
The program runs over 10 sessions, parents and young people attend the first and last sessions (jointly at first, then they separate into parent and adolescent groups), and parents alone attend sessions 3 and 6. The program costs $180, to cover materials, manuals and light refreshments each session.
Free workshop for parents & carers of children with autism!
South Canberra Woden - March 25
Register your place:
positivepartnerships.com.au

Free workshop for parents & carers of children with autism!
North Canberra Gungahlin - March 18
Register your place:
positivepartnerships.com.au
Join in and celebrate
NATIONAL RIDE2SCHOOL DAY 2015
RIDEWALKSCOOTSKATE FRIDAY 13 MARCH

Bike Safety: The 'M' Check

Regular 'ABC' Check that should be done before every ride
A = Air (Wobbled tyres)?
B = Brakes (Front & rear ok?)
C = Chain (seizing, slipping or rusting)?

- Saddle
  - Check it's secure
  - Correct height (should be inline with your hips)
  - Check nose extension mark
  - Check seat post clamps/bolted

- Brakes
  - All components are tight
  - No frayed cables
  - Brake pads clean from the rim
  - No excess pull required with the levers
  - Brake lever easily accessible

- Gears
  - Freewheel is clear of spokes
  - All gears can be selected
  - Ensure gears don't slip

- Headset
  - Align with fork top
  - No movement or swaying

- Forks & Frame
  - No crook or holes
  - No warping, side movement or rust

- Chain
  - Chain remains on sprockets
  - No excessive play in the chain
  - No sign of rust or stiff links

- Tyres
  - Check the condition (not worn or cracked)
  - Check pressure

- Front Wheel
  - Check wheel nuts:
  - Quick release levers are secure and the wheel sits1
  - No spokes missing or loose
  - Wheels roll smoothly
  - Items running free

- Bottom Bracket
  - Held pedal crank arms and check there no side-to-side movement

excellence responsibility community respect