



CONNECT

BULLETIN WEEK 6 TERM 1 2025

Dates to remember for 2025

International Women's day - Saturday 8 March

Adelaide Cup Public Holiday - Monday 10 March

Year 10 Immunisations - Friday 14 March

Sports Day - long distance running - Tuesday 18 March

Sports Day - Wednesday 19 March

Year 12 Formal - no classes for Year 12 students) - Thursday 20 March

Harmony Day - Thursday 20 March

Student Free Day - Friday 21 March

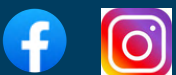
Open Night - Monday 31 March 5-7pm (early dismissal 1.55pm)



VACANCIES AVAILABLE

dl.0638.info@schools.sa.edu.au

Ph 8329 7200





What a great start to the year we have had. There have been many exciting opportunities for our young people in class and across our school. Last week we had learning conversations which provided students the chance to share their learning progress and school experience with their parent/guardian. It was fabulous to see many of our families connect with the school through this process.

We also had our family welcome BBQ and AGM in week 2. It was great to welcome so many of our new families into our school community and reconnect with our continuing families. We always value our families being connected and engaged with our school and to work together to get the best outcomes for each young person. Please see a list of Governing Council members that were elected at the AGM below. If you would like anything discussed as part of our Governing Council please contact the school or one of the Governing Council members.

Our next community event is our annual Sports Day. This will occur on Wednesday 19 March. Families are invited to attend. Families are asked to sign in and out through the oval gate on Richards Drive. There will be food and drinks available for purchase.

We also have the Year 12 formal on Thursday 20 March at the Stamford Grand. Year 12s will not have scheduled classes on this day but are welcome to study in the Atrium if they wish.

Student Free Day

Please note that Friday 21 March is a Student Free Day to allow staff to engage in professional development.

Nihon Gakuen Study Tour

For the next 2 weeks we welcome students to WSS from Japan as part of the Nihon Gakuen Study Tour. This is the first time we have hosted students from this school. We hope this will be the first of many study tours in coming years. Thank you to the families and student buddies that are hosting these students.

Facilities Update

This week works have concluded on upgrading our year 7/8/9 and year 10/11/12 toilet blocks to create a safer and more inclusive environment for students to access. We have opened all new toilets for student use this week.

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Smoke-free and vape-free areas

From 1 March 2024 new regulations were introduced to extend the smoke-free and vape-free areas to within 10 metres of site boundaries.

This includes:

school drop-off and pick-up zones that are within 10 metres of the school fence, gate or boundary

school ovals and sporting fields and within 10 metres of the boundary of the oval or sporting field

footpaths, roads, public nature strips and public recreation areas that are within 10 metres of a school boundary.

The department's Smoke-free policy (PDF 419 KB) has been updated to incorporate the new regulations.

For further resources about vaping visit the Vaping and e-cigarettes in schools page on EDi.

Wirreanda Secondary School 2025 Governing Council Members

Name	Position
Karla Pobke	Principal
Sasha Pilkington	Chairperson
Sharleena Bohn	Deputy Chairperson
Mike Guidera	Treasurer
Shannon van de Laar	Minute Secretary
Nina Smith	Council member
Emma Geggie	Council member
Billy Bermingham	Council member
Karina Van de Wiel	Staff representative
Nicola Ellis	Staff representative
Alexander Pay	Staff representative
Various	Student representative

CAREER PANEL DAY 1 - WIRREANDA SS

Building on a successful initiative developed by leaders at Wirreanda Secondary School and The Smith Family (Growing Careers Project) Year 12 students participated in a career panel as part of day one activities.

Leaders from Wirreanda Secondary School and the Growing Careers Project Coordinator in the Southern Adelaide region met in 2024 to plan the event and identify areas of career interest for students.

Following that meeting the Growing Careers Project Coordinator identified and approached speakers from a range of industry areas including building/construction, engineering (trades), mechanical/electrical engineering and medical sciences. Additionally a motivational speaker, Chris Blowes was included on the panel; Chris was attacked by a great white shark in 2015 and has successfully recovered, rebuilt a career and even returned to his passion of surfing.

Speakers spoke about their career journey, the industry they currently worked in and shared career and life lessons they had learnt along the way. Insights shared to students included: learn from your mistakes – turn them into a positive; be curious and take opportunities; learn from others and be prepared to network with people; ask questions of others who are working in areas you are interested in; be enthusiastic in your attitude to all things you do – it's a trait valued by employers; be adventurous and consider volunteering opportunities to gain experience and grow your networks.

Chris Blowes spoke to the students about his life – prior to the shark attack Chris was living on the Eyre Peninsula working as a carpenter by day and following his passions of surfing and fishing in his spare time. Chris spoke of his early challenges with schooling, discovering the joys of working with his hands, successfully gaining and completing a carpentry apprenticeship and then following his partner to the Eyre Peninsula to start work over there. Life changed dramatically for Chris in April 2015 when he was attacked by a great white shark whilst surfing and so began a journey of courage, determination, mateship and a desire to not be beaten.

Chris is now an above the knee amputee and shared with the students his journey of survival, recovery and re-inventing his career and returning to his passion of surfing. During his presentation Chris shared many insights, including the importance of family and friends, the power of mateship, accepting help and support, being willing to re-invent your career and seeing the opportunity in what might seem the worst possible of situations.

Chris spoke of his determination to get back to a normal life and how he got back on the tools as a carpenter to now where he works for Master Builders SA in the Build to Build program encouraging prospective apprentices to consider trades in the building and construction industry.

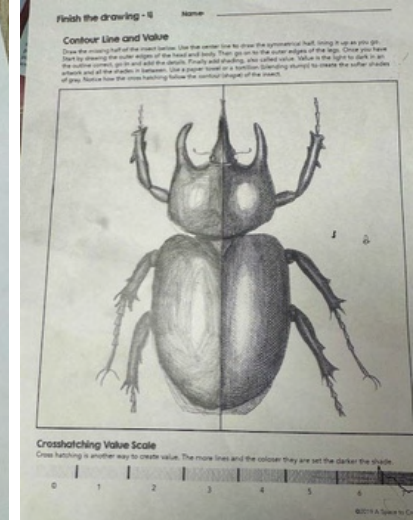
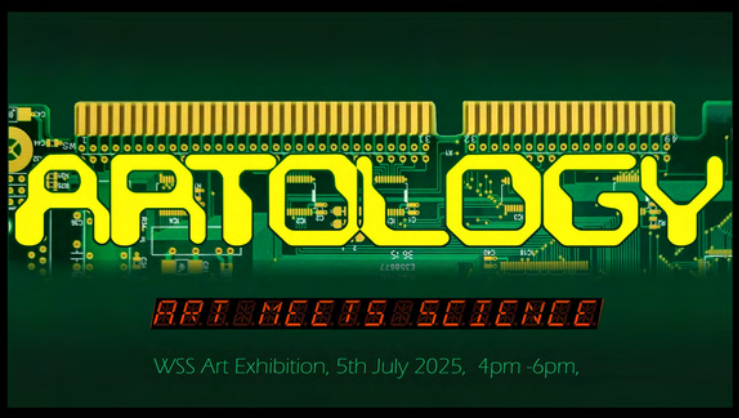
Chris also spoke of his desire to return to his passion of surfing and encouraged by his closest mates who was with him in the water at the time of the attack; designing an artificial limb himself and he is now back out on the water doing something he loves. Chris recently competed in the World Para-Surfing title in America and is part of a support groups for other shark attack survivors. Chris is living proof that you can overcome life's challenges with the support of family/friends, determination and a desire to turn a negative experience into a positive.

Chris shared a quote during his presentation which is worthy of repeating: "We spend so much time being afraid of failure, but regret is the thing we should fear most. Failure is at

least an answer; regret is an eternal question you will never have the answer to." (Trevor Noah)

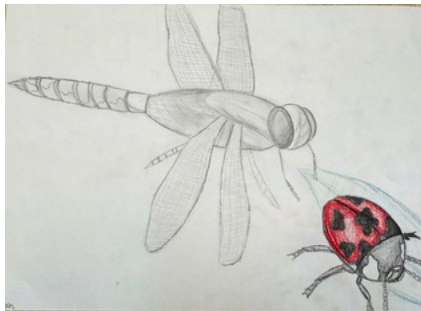
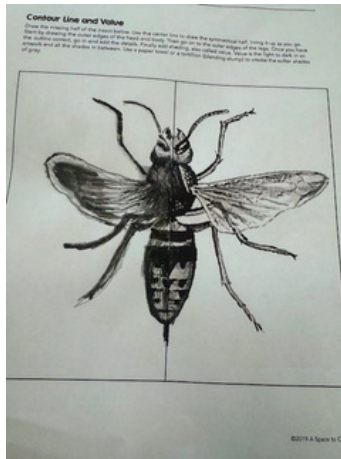
Throughout all the presentations students were engaged, posed thoughtful questions and provided positive feedback on what they had learnt.





Year 8 Visual Art

Students in Mrs Westgarth's class have been learning how to draw insects. The class have explored different insects focusing on the texture, colour and patterns we can see. Students got to see some insects under a microscope so they could see the incredible detail on each insect. Students have been practicing and refining their drawing skills and will each create an insect drawing for the end of semester Art exhibition Artology. The exhibition has a focus on bringing science and art together. Students have also explored their numeracy skills by looking at symmetry and using measurement to help them draw correct proportions.



CADETS

Welcome back to Cadets for 2025

We are in for an exciting year at 433 Army Cadet Unit Wirreanda this year.

We had our First Parade (Training) Night and OPEN NIGHT while the Wirreanda Back to School BBQ was on.

At the Parade Night Recruit Nikolai was promoted to Cadet and SGT Wallace received her 2024 Battalion Individual Leadership Perpetual Trophy.

During the OPEN NIGHT the Cadets were set up in the learning hub teaching those that came through about Radio Operations, First Aid, Equipment, General Information, the basics of drill and some of the cadets participated in a navigation activity.

The unit is more than 30 Cadets strong with some good growth so far this year already.

We are looking to continue to grow before the new recruit induction weekend at Woodside Army Barracks Saturday 17 to Sunday 18 of May.

If you have considered joining Cadets please email daniel.moos@armycadets.gov.au and he will be in contact about how to join the unit on Wednesday's weekly from after school until 5:30pm with some extra time (6pm) for those that can stay longer to develop the Unit.

Looking forward to a great year!

CAPT(AAC) Daniel Moos
Officer Commanding
433 ACU Wirreanda



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FACILITY DOG PROGRAM

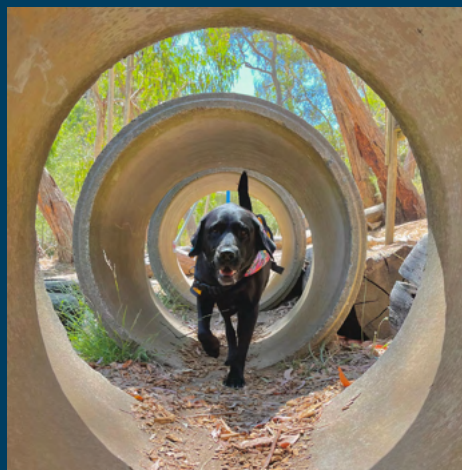
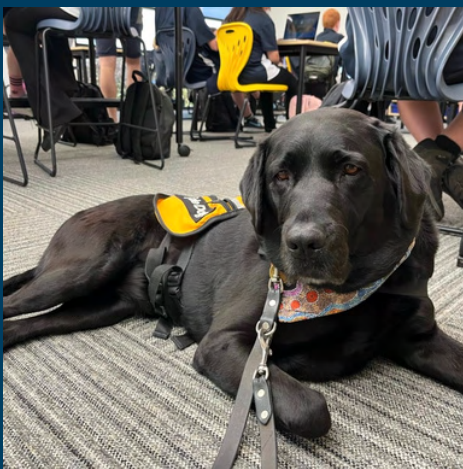
In 2025 the Facility Dog Program continues to provide cross-site support enhancing the learning environment for students at Wirreanda Secondary School.

Integrating the Facility Dog's trained skills, the program's aim is to make a positive impact on students facing challenges and assisting them to uncover their full potential through four main areas:

- 1 - Emotional Development
- 2 - Social Development
- 3 - Learning Enhancement
- 4 - Physical Well-being

The Facility Dog Program has had a positive start to the school year and Iris has played an important role supporting students in the Facility Dog space, student wellbeing areas and classes across the school. Iris' role has also extended to year level assemblies, welcoming families at the Back to School BBQ, accompanying students on camps and excursions, learning conversations and supporting with school photos. Thank you to staff and students for respecting the guidelines around Iris and as always making Iris and her handler feel welcome within the school community. We look forward to supporting and sharing in the success of Wirreanda Secondary School in 2025.

Mandy Sherman



YEAR 7 CAMP AT WOODHOUSE ACTIVITY CENTRE

Across Wednesday, Thursday and Friday of Week 4 our new Year 7 students participated in their first High School camp at Woodhouse Activity Centre in Piccadilly. The focus of the camp was all about making new friends, developing strong bonds with Home Group teachers, and challenging yourself by getting out of your comfort zone.

Students took part in a range of exciting activities guided by both their teachers and Woodhouse staff. These activities included the tube slide (a fan favourite), laser skirmish, bridge building, disc golf, team challenges, the labyrinth maze and the entirety of Challenge Hill. Students also participated in a night walk guided by Mr Miller and a movie night in their respective accommodations.

The camp was a success all round - with positive feedback from Woodhouse, the caterers and the students alike. It was great to hear a range of students saying that by the end of the camp they were able to expand their friendship circle beyond the students in their Home Group and were feeling excited to head back to school so that they could spend time with their new friends at break times.

Taylor Greeves

Middle School House Leader - Osborne
English & HASS Teacher



VOCATIONAL EDUCATION AND TRAINING (VET) COURSES

Wirreanda Secondary School provides a range of pathway opportunities and offers industry experience to support the employability of students. This year we are hosting 3 VET courses onsite at Wirreanda, Certificate II in Construction Pathways, Certificate II in Engineering and Certificate III in Health Services Assistance. Students come from a range of schools to participate in these courses, learning skills to support their journey into their chosen industry.



For all VET related enquiries, please contact Student Pathways Leader, Ashleigh Golding.
ashleigh.golding680@schools.sa.edu.au

JUST HANGING AROUND!

During 2024, students gave feedback that they would like more things to do during break times and voila! their wishes have been granted - new equipment has now been installed.



This may look like a 'just a playground' however each piece of equipment has been carefully selected to target the needs of our young people and to develop important skills that support learning and behaviour in the classroom.

By using this equipment, students stay active and develop important skills. Climbing and swinging strengthens their muscles and bones while also improving coordination and balance. This movement prepares their bodies for sitting still and focusing during lessons. Active play also improves blood flow to the brain, boosting concentration, memory, and problem-solving skills.

Our new playground is not only popular during movement and lunch breaks but also with individuals and small groups who require a physical break during lesson time.

We love our new play space!

Keep your eye out in the next newsletter for a playground update 'teacher edition'.

FREE HOME INTERNET ACCESS

Families with school aged children who do not have reliable internet at home can apply for free internet to support learning.

There are 2 options available:

- NBN broadband internet access until June 2028 from the Australian Government through the School Student Broadband Initiative
- Wireless internet access from the Department for Education through the student home internet program.

Find out more about what options are available and how parents and carers can apply by visiting the [department's website](#).

REPORTING ABSENCES

It is the parent or guardian's responsibility to communicate all reasons for student absences. Absences can be reported in a range of ways:

The infographic is a dark blue rounded rectangle with a white background for the text. It features three rows of information, each separated by a dashed line. The first row shows a blue circular icon with a play button and the text 'Daymap Parent Portal'. The second row shows a green speech bubble icon and the text 'SMS: 0438 647 988'. The third row shows a blue telephone handset icon and the text '24 hour absence hotline: 8329 7242'. In the bottom right corner, there are two overlapping yellow speech bubble icons. The background of the infographic has a pattern of small white dots on a dark blue background.

Reporting Absences

- Daymap Parent Portal
- SMS: 0438 647 988
- 24 hour absence hotline: 8329 7242

VISITORS TO SITE

We understand that parents may occasionally need to drop off items or relay a message to their child. Please remember to check in at the front office upon arrival.



COME AND TRY!

Come join the Don's!

A family friendly club playing in the Southern Hills Netball Association on Saturdays throughout winter

Looking for extra 9&U, 13&U & Inter players

TRAINING NIGHTS

- Tuesday Nights - 11&U
- Wednesday Nights - Inters
- Thursday Nights - 13&U; 9&U



Scan the QR code to register your interest

Please contact Troy 0400410186
clubjuniorcoach@clarendonnetballclub.com.au



BE A PART OF SOMETHING GREAT

Morphett Vale Football Club
Est 1895

JOIN THE NEST

SUB JUNIORS

U7's 1/1/2018 - 31/12/2018
U9's 1/1/2016 - 31/12/2017
U11's 1/1/2014 - 31/12/2015

JUNIOR GIRLS

U11's 1/1/2014 - 31/12/2016
U14's 1/1/2011 - 31/12/2013
U17's 1/1/2008 - 31/12/2010

JUNIOR BOYS

U13's 1/1/2012 - 31/12/2013
U15's 1/1/2010 - 31/12/2011
U17.5's 1/7/2007 - 31/12/2009



AUSKICK

Term 1 & 2 2025
Mixed sessions & Girls only sessions on offer

GIVE US A CALL

☎ 0412 480 666

Michelle - President

☎ 0409 800 792

Kat - Secretary

QR CODE TO REGISTER



SCAN ME

#emustrivein25

www.morphettvalefc.com.au

facebook.com/mvfcemus

MVFCPresident1895@gmail.com





Canteen Menu

Making healthy choices for Australian schools

Metro Home Cooked Onsite Meals - On Weekly Rotation

✔ Classic Butter Chicken - 500ml \$6.80

Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice

✔ Japanese Teriyaki Chicken - 500ml \$6.80

Juicy grilled chicken, marinated in Teriyaki sauce with steamed white rice.

✔ Stir Fry - 500ml \$6.80

A vibrant mix of fresh seasonal vegetables, tender cuts of protein, and fragrant herbs tossed in a savory-sweet sauce with a hint of garlic and ginger. Served over a bed of jasmine rice or noodles for a satisfying, wholesome meal

✔ Chicken Yiros \$6.80

Lean marinated tender chicken pieces with tomato, lettuce and of course finished off with garlic sauce

🟡 Gourmet Jacket Potato [V] \$6.80

A crispy, oven-baked potato piled high with melted cheddar and low fat sour cream. Perfectly seasoned and packed with flavor in every bite

✔ Lasagne - 500ml \$6.80

Layers of rich meat sauce, creamy béchamel, and perfectly cooked pasta sheets, topped with melted mozzarella and Parmesan. Baked to golden perfection.

✔ Beef Bolognese - 500ml \$6.80

Slow-cooked ground beef simmered in a rich tomato sauce with hints of garlic and fresh basil. Served over al dente pasta and finished with a sprinkle of Parmesan for an authentic Italian comfort dish.

✔ Green Foods 🟡 Amber Foods
[DF] Dairy Free | [V] Vegetarian | [VG] Vegan



Metro Delicious Salads

✔ Garden Salad [V] [VG] \$6.80
Lightly dressed lettuce with tomato, cucumber, red onion, and seasonal greens. (Add chicken or falafel)

✔ Tangy tomato pasta salad \$6.80
Al dente pasta tossed with diced capsicum, red onion, basil, and a zesty tomato vinaigrette. Finished with a sprinkle of Parmesan.

✔ Pesto Chicken Pasta Salad \$6.80
Pesto marinated chicken, penne pasta, creamy mayo, cherry tomatoes and baby rocket

✔ Metro Crunch Bowl \$6.80
Baked pieces of chicken fillet on a bed of fresh slaw and light corn chips and a dollop of lite mayo, super crunchy and super tasty

✔ Vietnamese Noodle Salad \$6.80
A refreshing mix of rice noodles, crisp vegetables, and fresh herbs tossed in a zesty lime dressing. A light yet flavorful dish with a perfect balance of sweet, sour, and savory

✔ Fresh Fruit Salad [V] [VG] [DF] \$5.50
Selection of diced fresh in season fruits

Oven Baked Hot Foods

🟡 Home Made Garlic Herb Bread [V] \$2.00

🟡 Hot Chip Scoop [V] \$4.00

🟡 Mini Nachos [V] \$5.50

🟡 Chicken Nuggets [DF] \$1.00

✔ Wedges with Sour Cream & Sweet Chilli \$5.00

🟡 Aranchini balls with metro dipping sauce \$5.00





Canteen Menu

Making healthy choices for Australian schools

Gourmet Burgers

- ✔ **Chicken Burger** \$6.50
 Chicken breast crumbed and baked with lettuce & mayonnaise
- ✔ **Beef Cheeseburger** \$6.50
 Lean homemade beef pattie with cheese and homemade burger sauce
- ✔ **Vegetarian Burger [V]** \$6.50
 Mixed vegetable pattie lightly crumbed with lettuce and mayonnaise
- ✔ **Chicken Cordon Bleu** \$6.50
 Chicken breast crumbed with lite ham, swiss cheese, lettuce and mayonnaise
- ✔ **The Metro** \$6.50
 Lean home made beef pattie with crispy bacon, caramelised onion, swiss cheese, lettuce and special made burger sauce
- ✔ **The Spicy Burger** \$6.50
 Spicy crumbed chicken with swiss cheese, lettuce and our special chilli sauce

Metro Healthy Flat breads

- ✔ **Chicken, cheese & light mayo** \$6.50
- ✔ **BLT (Bacon, lettuce & tomato)** \$6.50
- ✔ **Salami, tomato, cheese & lettuce** \$6.50

Hot Dogs

- ✔ **Plain or with Sauce** \$5.00
- ✔ **Cheese & Sauce** \$5.50
- ✔ **Loaded (Ham, cheese, sauce)** \$6.00



Mega Metro Toasted Subs 8"

- ✔ **Grilled Chicken & Mayo** \$6.50
- ✔ **Sweet Chilli Chicken** \$6.50
- ✔ **Meatball** \$6.50

Metro Bento Boxes

- ✔ **Mexican** \$7.00
 -Corn chips, salsa, caesar salad and a half chicken & cheese wrap
- ✔ **Mediterranean** \$7.00
 -Salami, tomato and cheese half wrap, tangy tomato pasta salad, and souvlaki pita bread
- ✔ **Asian** \$7.00
 -Teriyaki chicken half wrap, Vietnamese noodle salad, cold roll and soy sauce
- ✔ **Vegetarian** \$7.00
 -Garden salad, cheese and salad half wrap, seasonal fruit and yogurt

Home Made Pastries

- ✔ **Classic Large Beef Pie** \$5.80
 Slow cooked lean chunks of beef with onion and an array of spices
- ✔ **Gourmet Sausage Roll** \$5.50
 Lean sausage mince with an array of spices with added finely chopped carrot and zucchini
- ✔ **Classic Large Pasties [V]** \$5.80
 Potato, carrot, pumpkin, onion and an array of spices
- ✔ **Classic Chicken & Veg Pie** \$5.80
 Slow cooked lean chunks of chicken with onion, corn, carrots and a creamy white sauce
- ✔ **Spinach and Ricotta Pastry [V]** \$5.80





Canteen Menu

Making healthy choices for Australian schools

Sandwiches, Rolls & Wraps

Please note: Sandwiches, rolls, wraps and salads can be made fresh to order. Please have orders into the canteen by 9:30am to be ready for 1:00pm.

- ✔ Cheese & Vegemite Sandwich [V] \$4.00
- ✔ Ham & Cheese Sandwich \$4.50
- ✔ Chicken, Lettuce & Lite Mayo Sandwich \$4.80
- ✔ Cheese & Salad Sandwich [V] \$4.50
- Sandwiches (White/Wholemeal) \$5.80
- Rolls \$6.50
- Wraps \$6.50

✔ Ham, Cheese with Honey Mustard
Smoked ham, swiss cheese and honey mustard

✔ Roast Chicken, Bacon & Avo
Roast chicken breast, crispy bacon, swiss cheese, lettuce, onion and mayo

✔ Green Goddess Tuna Salad
Tuna mixed with lite mayo, red onion and lettuce

✔ Italian Salami
Salami, cheddar cheese, tomato with lettuce and creamy Italian dressing

✔ Classic Roast Beef
Roast beef, onion, sun-dried tomato, cheddar cheese, lettuce and mustard

✔ Chicken Schnitzel
Chicken breast schnitzel, coleslaw, cheese and lite mayo

Pizza Huge Range of Various Toppings/Flavours
✔ Freshly Made Pizza \$2.50



Krazy Krush Slushies 99% Fruit Juice

✔ Small - 250ml \$2.50

Drinks

- ✔ 600ml Spring Water \$2.80
- ✔ 250ml Flavoured Milk (Nippy's) \$3.50
- ✔ Up and Go \$3.50
- ✔ 250ml Fruit Juice (Unsweetened) \$3.00
- ✔ 475ml Flavoured Mineral Water Lite \$4.00
- ✔ 355ml Bare- Sparkling Water \$4.00
- ✔ 249ml Iced Tea (suger free) \$3.50

Snacks

- ✔ Seasonal Fresh Fruit \$1.50
- ✔ Mixed Berry Yoghurt Cup [V] \$4.50
- ✔ Home Made Cookies \$2.50
- ✔ Home Made Fruit Muffins \$4.00
- ✔ Broccoli and Cheese Bites \$3.00
- ✔ Nippy's Frozen Fruit Cup [V] [VG] [DF] \$2.00
- ✔ Fruit Salad [V] [VG] [DF] \$5.50
- ✔ Various Sushi & Cold Rolls From \$5.50
- ✔ Jelly Cups [V] [DF] \$3.00

DON'T FORGET! Don't forget you can place a custom lunch order of your choice before 8.30am!

Metropolitan Canteens menu has been certified and approved as fully Rite Bite compliant by the Food, Nutrition & Wellbeing Unit of the SA Department for Education.

Metropolitan Canteens SA uses local suppliers where possible and is committed to the 'Right Bite' Government initiative. No menu items rated Red are included in our menu.

EFTPOS & CASH AVAILABLE

For any assistance with online ordering, please call our office on (08) 8445 2100

