

Volume 25, Number 12

October 3rd to October 16th, 2020

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# Birdwood High School

By Kendrea Rhodes

There's a vibe at Birdwood High School, one of pride and excitement-of belonging, community, and opportunity. Students go about their day with books in hand and heads held high due to remarkable improvements at the School. These were implemented in collaboration with students, staff, community, and the School's principal, Heather Makris.

Ms Makris is in her fourth year as principal and has facilitated many changes over the past three years. These include initiating a contemporary curriculum structure following the Australian Curriculum guidelines and providing diverse pathway opportunities for the students. Ms Makris is adamant that



running smaller classes creates equity and that as a teaching team, with belief in a growth mindset, school transformational for

everyone.

Student leaders said the curriculum framework, system and school life has improved immensely.

Principal and student leaders in the new amphitheatre garden: Mikayla Witter, Emma Mamerow, Jarvis Neaves, Heather Makris (principal), Jorjina Whitehead and Michaela Bain.

**CONTINUED ON PAGE 5** 





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"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves" (Phil. 2:3NIV).

Marshall Segal, at desiringGod.org, points out that: "Pride slowly, subtly, and quite surely endears us to ourselves... if we want to think rightly, soberly, humbly about ourselves, we might begin by thinking more highly of others-by searching diligently and expectantly for the grace of God in someone else."

CS Lewis points out some dangers of pride: "One of the dangers of having a lot of money is that you may be quite satisfied with the kinds of happiness money can give, and so fail to realize your need for God... If you have sound nerves and intelligence and health and popularity and a good upbringing, you are

likely to be guite satisfied with your character as it is... You are quite likely to believe that all this niceness is your own doing, and you may easily not feel the need for any better kind of goodness. Often people who have all these natural kinds of goodness cannot be brought to recognize their need for Christ at all until one day, the natural goodness lets them down, and their self-satisfaction is shattered."

Proverbs 4:6(NIV) exhorts us: "Do not forsake wisdom, and she will protect you; love her, and she will watch over you." And JA Medders gives the

following insight in the website 'Jesus is our Wisdom': "Wisdom Is A "Who" More Than A "What" - The wise life is to have the proverbial righteousness of Christ play out to every edge of life... Wisdom is not smarts or morality. It's not knowledge to win trivial pursuit. If we want to know what perfect wisdom looks like, there is one place to look. The Son of God. The Son of Man. Jesus... Wisdom is Christempowered skill to live for the glory of God... We cannot live wisely without him. His cross, his resurrection, his Holy Spirit empowering us is the only way we can be biblically wise.

If we want wisdom, if we want the Christempowered life, we must hear from him in the Scriptures. "Hear, for I will speak noble things, and from my lips will come what is right" (Prov. 8:6). We must take his counsel. "Take my instruction instead of silver, and knowledge rather than choice gold" (Prov. 8:10).

We must listen to ourselves far less, and listen to him far more... Wisdom isn't a nebulous concept, or ancient advice for life. Wisdom is draped in Nazarene flesh. Wisdom is the Ancient of Days. And now, by the gospel of grace, Jesus is our wisdom, and our righteousness, and our sanctification... Jesus is our wisdom. And in his grace, he freely offers it to us." Will you accept this wisdom? You matter to Jesus.

#### DEADLINE

For next issue, ads & editorial Tuesday, October 13th, 2020

Paper out: Saturday, October 17th, 2020



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## Lions Update



A few weeks ago Torrens Valley Lions Club members cooked and served a free BBQ for those attending the free plant giveaway at

Kersbrook. The plants and other garden items had been donated to SA Bushfire Garden Revival. for those that are rebuilding their gardens after the bushfires earlier vear. Another plant giveaway will be held on 4th October. and again our Club

will be cooking and serving a free BBQ.

We have continued to cook Dinner for the BlazeAid volunteers. who continue to do an excellent job of erecting new fencing in the bushfire affected area.

Plans are underway for the 2nd Happy Paws Fun Dog Show to be held on November 29th at the 5th Gumeracha Sunday Market.

Our 5c & 10c Drive continues - keep a look out for our donation boxes!

Christmas is only 82 days away!

Our Club has the delicious Australian made Lions Christmas cakes and puddings for sale. Cakes come in 1.5kg, 1kg and single serve, puddings are 900g.

The proceeds of your purchase funds medical research into children's cancer, mobility aids for kids with a disability, blindness prevention, and emergency relief for people in need of Lions support. Even better - because it's a Lions project, we make every cent count!

To purchase one (or more!) please contact a club member -Dave 0417 821 107, Phil 0419 830 754 or Pauline 0411 420 223.



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# Birdwood High School

**CONTINUED FROM PAGE 1** 

Michaela Bain said that having structured lessons with specialist teachers and easy access to help has made a big difference. Mikayla Witter and Emma Mamerow appreciate the wide range of subjects available to them now, allowing them to keep their options broad and open for university and post secondary school pathways.

The School also provides Vocational Education and Training (VET) courses as a member school of the Adelaide Hills Student Pathways (AHSP). The list of courses covers trades and technology, hospitality, baking, hair and beauty, community services and health, agriculture and horticulture, animal care, and creative courses. Most of these courses are accredited to the student's South Australian Certificate of Education (SACE). For more information please visit the AHSP website, ahsps.com.au, phone Birdwood High School on 8568 5100

Ms Makris said that

the system at Birdwood High School is working for the students. This is evident in the significant increase in numbers of students completing SACE.

It's not just the curriculum that has the students humming, the buildings and grounds have been renovated and improved too, adding to a general sense of wellbeing. Student leader, Jorjina Whitehead said that it used to be asphalt everywhere but now it's green. 'The grounds, gardens and refurbishments are really professional, and it makes you want to sit down and work!'

The School's STEM facilities (science, technology. engineering, mathematics) have undergone a \$2.5 million upgrade and, as recently announced, will undergo further upgrades. There will also be refurbishments to the gymnasium and other areas to accommodate incoming Year 7s to high school in 2022.

students In July. and staff at Birdwood High School decided to



Year 11 students during Donate Life week: Jasmine Laurie, Jordan Allman, Charlotte Max-Storr and Nathan Weinhengst.

support Donate Life, sue (donation and transevents that ran like

The Amazing Race on Channel 7. Student leader and Donate Life ambassador. Jarvis Neaves, said that it was a really fun week. While the focus was to raise awareness of the importance of organ donation, registering to donate and telling family of your intentions, there was an unexpected bonus. The event also raised

money! The students decided to donate all the funds raised towards new machinery at Flinders Hospital.

Ms Makris said, 'After a challenging year of bushfires and covid-19, it was a relief to see joy. More than half the School's students were involved in 22 teams racing around the school and having fun.'

Those moments will stay with me forever,' she said. 'The students inspire me to come to work and I want to give them every opportunity in life. knowing they will embrace them. I want them to believe in themselves and flour-

Birdwood High School will be taking in year 7 students in 2022, and in planning for this exciting time of change, the School will hold several community forums for the wider community in 2021. Please email dl.0770.info@schools. sa.edu.au to register for the mailing list. For more information please visit their website: www.birdwoodhs. sa.edu.au or phone them on 8568 5100.





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Creepy, slimy, wriggling bugs and slugs! There are big ones and tiny ones, coloured, shiny or furry ones. All are fascinating and essential to our ecosystems. Why do we cringe or run away from them?

Children and their parents can get close up to a variety of critters at the BugsnSlugs school holiday program at the Hills Environment Centre (HEC)) on Wednesday October 7<sup>th</sup> from 10.-11 am. The cost is \$5 per child.

Kristen from BugsnSlugs will talk about the diversity of the invertebrates she brings along and why they are important so that you will learn to appreciate them. This event is suitable for children aged 5-12 years, who must be accompanied by a parent.

"Some children are brave enough to have bugs walk up their arms but everyone enjoys the snail races" said Val Hunt, Coordinator of HEC. "The exhibits are exciting. The children can get really close to properly observe each species".

To book, email valhunt@ahnrc.org with the names and ages of the children plus your contact details. BugsnSlugs School Holiday Fun will be held at Hills Environment Centre, 4 Crescent Drive, Norton Summit.





## Who will you nominate?

Help us shine a light on our community heroes through our Citizen of the Year Awards 2021

- · Citizen of the Year
- Young Citizen of the Year (16-30yrs)
- Community Event of the Year
- Civic Award

Don't pass up this chance to tell someone how amazing they are.



Nominate by 5pm, 20 November 2020 citizenoftheyear.com.au/nominate

# **Billion Steps Challenge** Launches in SA

South Australians are being encouraged to come together and make their health and wellbeing a priority this October by collectively walking a billion steps.

Wellbeing SA Chief Executive, Lyn Dean, said for first Billion time, the Steps Challenge will run in South Australia with the aim of increasing the physical activity and step counts of the entire state.

"The physical, emotional, and finanimpacts

COVID-19 have resulted in a challenging year for everyone and now more than ever, it's important we focus on improving both our physical and mental health and wellbeing," Ms Dean said.

"As restrictions ease and spring is in the air, it's the perfect time to foster a sense of community by connecting South Australia's as one team so why not challenge yourself, friends, or workmates to get involved and achieve a daily step goal.

"One billion steps approximately 8,000,000 kilometers - or the equivalent of travelling to the moon and back.

"The more people we have joining this initiative, the quicker we can reach our collective goal of walking a billion steps."

The Billion Steps Challenge launches today, with participants able to register for free through the Open Your World website. providing access to a customized. interactive dashboard. where

they can log their steps or other forms of physical activity.

Each person will have their steps automatically added to South Australia's total. A live tally count of how the state is tracking will be available on the Open Your World website.

Ms Dean said people who are physically active can live longer and have lower risk for chronic diseases.

"Walking for an average of 30 minutes or more a day can lower than risk of

heart disease and stroke by 35 per cent and Type 2 Diabetes by 40 per cent.

"Walking is a simple, easy and accessible way to stay active and it's not just your body that benefits, but also the way you think and feel changes too. It doesn't matter how far or how fast - just three, minute walks each day can have you on track."

To register for the Billion Steps Challenge visit: www. openyourworld.sa.gov. au/billionsteps.



# **SA's oldest National Park is celebrated** during Park of the Month this October

The birthplace of the national parks system in South Australia has long been a favourite for generations of South Australians.

Proclaimed in 1891, Belair National Park became the first national park to be established in SA and the second national park in Australia.

This October, Belair National Park is National Parks and Wildlife Service South Australia's Park of the Month (POTM).

Set in beautiful natural bushland. Belair National Park is just 25 minutes from the centre of Adelaide, making it the ideal place to get active in

the great outdoors.

There are woodlands and lakes to explore, walking and mountain biking trails to suit all levels of fitness, plus tennis courts, pavilions. picnic grounds and ovals available for hire.

The park remains one of the few relatively undisturbed areas of native vegetation in the Adelaide Hills region, making it an important refuge for native plants and animals.

Belair National Park has important natural, cultural, historical and recreational values. As the state's oldest national park, it has significant heritage buildings, with the most prominent being

Government House.

State Flora, SA's oldest plant nursery, is also located in the park and is still going strong today as one of the state's leading Australian native plant nurseries.

A jam-packed program of events and activities have been organised throughout the month for the public to and discover enjoy more about the park. With both indoor and outdoor events scheduled, there's something for everyone. Events include: Forest bathing. Nature weaving community art project, Welcome to Country, smoking ceremony and guided walk, Guided

ranger walks, Twilight bird walks, Guided walks and bushcare activities with the Friends of Belair, Introduction to mountain biking skills sessions, Introduction to smartphone orienteering,

Come and try trail running and Yoga in the park.

For more information about these and other events or to book a place at an event visit: www.parks.sa.gov. au/park-of-the-month

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## **Kersbrook Cemetery gets** much needed additions



For the last couple of years, the Kersbrook cemetery has been running out of space.

Thankfully the Adelaide Hills council has recently provided an additional 144 plots, at a cost of over \$100,000, which should last a further 20-25 years.

In addition, a new cemetery shelter has also been erected in case of inclement weather.

Pictured left to right are Kersbrook residents, Joan Playford, Cl Malcolm Herrmann, John Warner, Pam Warner, David Stevenson, Kevin Brealey, Rudi Allan and Baz Renshaw.

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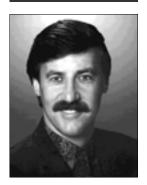
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