

ARA WILTJANYAT JARA

Wiltja Secondary College Newsletter

Wiltja Secondary College

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Principal's Report



Community visits - In week 9 of term 2, I will be visiting Yalata and Oak Valley. This will be the first time I've been out to Oak Valley and I'm looking forward to seeing the staff, students and families in the community.

Sports - Wiltja students are involved in many sports through Woodville High School and Windsor Gardens B-12. This term, Wiltja students at Woodville have been involved in:

'Zone' sports - This is a Wednesday afternoon competition against other schools in the area. Year 8, 9 and 10 Wiltja students have been playing football (fellas) and netball (kungkas).

AusTag (tag rugby) - Year 8 and 9 fellas played in a full-day carnival.

WillPOWER Cup - Selected year 8 and 9 Wiltja students went to Alice Springs to compete in the football carnival with the APY schools.

Aboriginal Power Cup - The year 10 fellas were a part of the Woodville

Power Cup squad. This was a Stage 1 SACE subject that included a 2-day football carnival run by Port Power at Alberton Oval.

McLeod Challenge - Year 8 and 9 fellas and kungkas played with other Woodville students in this football carnival run by the Adelaide Crows at AAMI Stadium. The fellas team made the grand final, playing at Adelaide Oval before the Crows versus Dockers game.

Short Term visits - In term 2, we had the following schools bring a group to Wiltja for a 1-week Short Term visit:

Murputja with Josh and Joseph

Indulkana with Leo and Lindy

Ernabella with Dominic and Heather

We think they all had a great time and hope to see many of these students return for a 2-week Transition visit in the near future.

Alice Springs Conference - Almost all of the Wiltja staff will be heading to Alice Springs in week 10 for the Anangu Lands Partnership Conference. This is a great opportunity to connect and work with teachers and AEWs from Anangu Lands schools, and to do some great learning about how to support Anangu students.

Sorry Day at Wiltja Boarding

On May the 26th Sorry Day was commemorated at the Wiltja Boarding Residence. The ceremony was opened with a Kurna welcome to country and song. Wiltja Senior Student Peshwah Fielding delivered a speech about the importance of reflecting on the past as well as moving forward towards Reconciliation. The ceremony continued with Windsor Gardens B-12 student Amelia Shinks joining Wiltja student Elisha Umuhuri in performing an original song. The afternoon was completed with a shared dinner of roo tail cooked on the fire pit.



Cooking

For a number of years, Wiltja Boarding has offered a cooking program for students to participate in. A small group of students have been providing supper for the rest of the student group. Through this experience, students have had the opportunity to develop skills and knowledge in team work, food hygiene, food safety, and following a recipe.

At the beginning of this term, as an alternative to providing supper, students began cooking a small meal for themselves and our cooking instructor Bev. This was designed so that students could increase their knowledge about different ingredients and meals. This has been a huge success. After preparing and cooking their meals, the students sit down together and have discussions around pre-prepared topics associated with food. Some of the topics include:

- Elements of a complete meal (entrée, main course, dessert)
- Amount of sugar in the food we eat
- Analysing food labels
- Flavour profiles (sweet, salty, spicy, bitter, sour)
- Reflections about the term and ingredients used during the term
- Reflection about the healthiness of bush foods that students consume.

All of these activities and discussions are designed to encourage students to think critically about the foods they are eating. These activities also allow students to increase their knowledge about a variety of topics associated with food that they may not regularly think about. The discussions have been informal, and the instructor has notes prepared to lead the discussion. Students have been actively engaged in the discussions and there have been positive learning outcomes achieved through this process. The hours students spend in the kitchen contribute to their Duke of Edinburgh award and this experience may develop into food and hospitality pathways at Windsor Gardens Secondary College.



Ronald McDonald House

Ronald McDonald House is a suburban residential program supporting the families of children and adults accessing the Women's & Children's Hospital.

This is our first year of partnership with this organisation and we have engaged a small group of students to prepare recipes in our commercial kitchen at Wiltja Boarding. The meals are for Ronald McDonald's emergency meals program and are often a staple of families who find themselves relocated to this accommodation service and confronting a medical emergency.

After cooking and packing the meals, students label and deliver them to the service. Visiting the service gives students an opportunity to see the facility, meet families staying there, and see how their valuable work is appreciated.

Ronald McDonald House primarily houses regional families who are accessing treatment in Adelaide, including Anangu families. This program helps students understand the health support options available for people living in remote communities.

In the future we hope to build on the positivity of this program by becoming involved in the family dinner program, cooking alongside and eating with the families.

This program contributes to the students' Duke of Edinburgh Awards and SACE, as well as delivering independent living skills on a personal level. The responses from students to this program have been positive and enthusiastic and we look forward to growing its potential in the future.



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Windsor Gardens Music Night

On the 29th May Windsor Gardens School B-12 held their Music night. This was a really successful evening with many people attending. Elisha Umuhuri (Year 11, Indulkana) played bass guitar with the Stage Band and for many other songs too.

Stage Band is a band that is formed using the best musicians in the music department. The evening was a part of a selection process to play at the College's esteemed Cheltenham exchange program. Elisha had the opportunity to perform two of his original songs called 'Ready to Fly' and 'On and On'. These songs were enjoyed by the audience. Elisha has been playing guitar for a long time and he is constantly improving. Some of the senior students, a youth worker and Wiltja teachers attended the evening. Overall, it was a hugely successful evening, well done to Elisha on a great performance. We can't wait to see you perform at Cheltenham.

*'Walking in two worlds is the key,
Talking in language is an opportunity'*

Quote from Elisha's song.



Aboriginal AFL Academy - Melbourne Trip

Wiltja student Rueben Williams (Hermannsburg) is part of the SSASTA Aboriginal AFL Academy. The Academy is run one day a week at the Port Adelaide Football Club. The team members undertake a Cert 3 in Fitness and learn various leadership skills.

In week 4 this term Rueben travelled to Melbourne to take part in an educational and football camp. The team participated in a series of activities related to career choice and sports at Energy Australia and Collingwood Football Club.

The highlight of the trip was playing the curtain raiser against Geelong Grammar for the AFL Indigenous round (Geelong V Port Adelaide).



Planting Seeds in CLM

Our Year 10s have been working hard towards completing Units of Competency for their Certificate I and/or II in Conservation and Land Management.

We have learned many new plant propagation techniques. This means we have been growing lots of new plants from seeds, cuttings and division.

First, we visited the nursery at the Arid Lands Botanic Gardens and saw many sorts of plants that grow in the arid places of Australia. We learned how different plants grow differently and so need different propagation methods.

Back at school we started to propagate our own plants. We propagated many of the seeds collected by the CLM class last year. Some grasses we spread into a garden bed. This is called direct sowing. Other seeds were sown into trays, punnets, small pots or seedling tubes. Some seeds needed pretreatment like soaking in hot, cold or smoked water to pretend there was a good rain or a bushfire. Other seeds needed to be put in the oven or rubbed with sand paper (abrasion) to pretend it had been out the hot sun and wind or maybe even eaten by an animal or bird.

When the seeds germinated and had two real leaves, they were thinned or pricked out (transplanted) into other pots so there was only one plant per pot.

Sometimes plants are very hard to grow using seeds, so we learned other ways of propagating like root, softwood and hardwood cuttings, layering and division. We experimented using honey and other products to help the cuttings grow roots.

We also learned about the SEEDs program on an excursion to the Adelaide Botanic Gardens. This program is run by plant scientists who are trying to collect and preserve seeds from every plant growing in South Australia. We saw how they check that a seed is alive using an xray. We used 3D glasses to look at photos of tiny seeds taken with a 3D microscope.

We saw where they dried the seeds and then stored them in freezers so they could be saved to grow in the future. The Botanic Gardens gave us seeds from some plants

that grow near Anangu communities. We germinated them and have planted the seedlings around the school. In the future, we hope to collect more seeds from those plants so we can grow even more. Find out more at:

<http://www.botanic.sa.edu.au/index.php/seeds>



Yidaki Exhibition

Year 9 students visited the YIDAKI exhibition at the SA Museum. It was an excellent display about the importance and history of the Didjeridu. The exhibition was in collaboration with the Yolngu people.



The Sports Report - Handball Footy

Each term Wiltja staff from the school and boarding house take on the students in a sports match. Students vote for the sport, and this term's winner was 'handball footy'. This game works much the same as AFL, but players aren't allowed to kick the ball.

It was a hard-fought game, with flashes of brilliance on both sides (okay, mainly just the students' side). The staff made use of their SANFL recruit Josh Wittwer to move the ball confidently into the attacking half. Principal Daniel Lasscock worked off some stress with a strong performance through the middle of the ground, but was closely tagged by a number of year 10 fellas keen to repay some questionable uniform decisions throughout the second term. Wiltja Boarding representatives Anique Renwood, Petra Eder and Andrew Alderson were valuable contributors at both ends of the field.

Clifton Finlay (Yalata) was a standout for the students, spinning and weaving fluidly around the hapless aging defenders, while Jasmine Smith (Fregon) and Isabella Koko (Yalata) were rock-solid in defence.

In the end there can only be one winner, and on this occasion it was the Staff team. The final score was 3-2, although questions remain about the quality of the refereeing. Regardless of the outcome, the match presented a positive opportunity for staff and students to interact outside of the classroom, and exceptional fairness and teamwork was displayed by all involved.

Dan Bleby

Deputy Principal/Referee/Centre Half Backwards Forwards



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