### Life in the Wilderness

Term 1 Issue #1 | Friday 10 February, 2023



FROM THE PRINCIPAL

# The Pathway to Success

Belinda Arnfield, Principal

Last Friday, our School had a special opportunity to celebrate our highest achieving student of the Class of 2022— which is an impressive achievement, considering the calibre of all our students' hard-earned results.

After attaining an ATAR of 99.95, six subject merits, The Governor of South Australia Commendation Excellence Award for Meritorious Achievement and the Tennyson Medal (awarded to the top student for English Studies in the SACE graduating class), there is no denying that throughout her time at Wilderness, our 2022 Dux, Olivia Tallent, demonstrated a genuine passion for learning.

Beyond her academic results, one of the most wonderful things about Olivia is that service to the community was a foundation stone for her. She has a strong moral compass and a genuine care for others.

I have included some of Olivia's words below, as I believe both students and parents can benefit from her wisdom and practical tips about how to navigate the Senior School years while maintaining a balance between academic success, personal growth and generous service to the community.

"Firstly, Embrace SACE! This is going to sound cliché, but perhaps the strongest piece of

"My second piece of advice is to embrace a balanced lifestyle. No doubt there are many of you here today thinking, 'Dang! I have to give up everything in Year 12 and study all night to get a good ATAR.' Girls, I am here to tell you that you don't. I didn't stay up late, and I kept up my sport, my music, a part time job and a social life. These were the things that I loved, and it was important to have fun. I can tell you, after finishing a tough Maths test, it felt awesome to let loose at Friday night footy.

"I will say this though... to do these extra activities, it did mean that I had to be organised and I couldn't procrastinate. I had to set time limits and focus on the task at hand if I wanted to then do brunch with friends. I relied on a timetable each term that detailed everything, and I mean everything—even time for my favourite TV shows! By knowing that all my tasks were properly factored into my timetable for the coming term, it meant that I knew I could get everything done and this eliminated anxiety. This allowed me to enjoy all of the exciting events that happen in Year 12. One little side tip: I also set my own deadlines for tasks a few days ahead of my teachers' deadlines and I made sure I treated my drafts like I was handing in my final version. This allowed me to cope with unexpected interruptions and saved time down the track when it came to finalising my submissions.

"Finally, I just want to say that success in Year 12 will be defined by your ability to maintain those good habits that you have mastered over the years. I cannot begin to tell you how many folder arrangements, timetabling apps, types of pens and trips to Officeworks I went through before I finally found what worked for me. Every experience before Year 12 is an opportunity to practise, adjust and try again until you get it right."

I was also incredibly proud to hear Olivia's affirmation of the Wilderness teaching staff, whom she praised as our students' loudest cheerleaders. I wholeheartedly agree with her, and I know that with these exceptional teachers by their side, our girls are equipped to take on the SACED—Dand their lives beyondD—Dwith great success.









EARLY LEARNING

# Making New Friends

Rebecca Williamson, Assistant Head of Junior School - Early Years

We have had a terrific start to 2023. We have thoroughly enjoyed getting to know your girls and settling them into their new routines and ELC houses. Thank you parents, for the wonderful way you have prepared your daughters for this commencement and for each day.

As you have already had so much to read and learn since commencing, it seems fitting that for this edition, we share the photographs of your competent and capable little girls to tell the story of their beginning.

We cannot wait to see our learning projects unfold as your daughters lead the way.





























JUNIOR SCHOOL

# Instilling Leadership in the Junior School

Liz McCarthy, Head of Junior School

It has been a wonderful start to the 2023 school year in our Junior School, with both girls and staff deserving commendation for the positive, settled and focussed second week of the term.

As always, the commencement of our Reception girls was a time of great excitement for girls, families and staff alike as this enormous milestone was reached. Our littlest school girls settled beautifully on their first and subsequent mornings and we thoroughly enjoyed spending some time with their parents at our Reception Parents Morning Tea last Wednesday.

Our Parent Information Night, held on Monday this week, was very well-attended across all year levels. Teachers were able to share their classroom routines, planned learning opportunities and news of upcoming events such as camps and excursions.

We enjoyed being able to welcome our Receptions and new girls across the Junior School at our assembly this Thursday, our first gathering of the new year. We were joined by our Principal, Mrs Belinda Arnfield as well as Allegra Kleinig, Jessica Craig and Georgia Brown – our Year 12 SRC Executive – as we presented our Semester 1 Junior School SRC with their leadership badges and certificates. This is always a wonderful celebration. This group of Year 6 girls will lead the Junior School across a broad range of areas, including executive leadership; their Citizenship, Library, Media, Peer Support, Student Foundation, Performing Arts, Sport and Environment committees; as House Captains and

as Year Level Representatives. Elected by their peers into these roles, the girls carefully

considered their personal qualities as well as the areas within which they wished to grow

when nominating themselves. I am pleased to share with you that our Semester 1 Junior

School SRC is as follows:

Executive

• President: Hazel Newman

• Vice President: Siena Parker

• Secretary: Mishka Sanghavi

Committee Leaders

• Citizenship Representative: Ivy Dowd

• Environment Representative: Annabel Ryder

• Library Representatives: Menuki Fernando and Ariana Ng

• Media Representatives: Emma Gatt and Adelaide Grosser

• Peer Support Representatives: Katie Fong and Isla Kozicki

• Performing Arts Representatives: Lana Huynh and Lara Wu

• Sport Representative: Angelique Whittaker

• Student Foundation Representative: Helini Wisna

• Year 2 Representatives: Tara Adams-Goel and Ayda Oddy

• Year 3 Representative: Amelie Abayaratna

• Year 4 Representative: Harriet Snelgrove

• Year 5 Representatives: Hedy Zhou and Dora Li

**House Captains** 

• Amaryllis: Aayla Walker and Zoe Chappell

• Antholiza: Carla Librandi and Zara Davuluru

• Carob: Eloise Callus and Ruby Sabou

• Cedar: Sage Heywood-Smith and Serena Yao

• Sparaxis: Chloe Thompson and Imogen MacLeod

The Junior School staff and I very much look forward to working with and supporting these girls in their leadership journey throughout the coming semester.

While Parent Teacher Interviews are scheduled for Week 8 of this term, I would like to remind you that you do not need to wait for this time should you wish to speak with your daughter's class teacher. Please don't hesitate to email, phone or come into the classroom to make a time should you have a question or concern. We are here to work in partnership with you and we will always do out very best to support and help you and your daughters.

Wishing you a wonderful week ahead and I look forward to seeing many of you at the Parents and Friends Drinks this evening.

### 2022 Governor's Civics Awards

The Governor's Civics Awards for Schools program provides the opportunity for young South Australians to develop their capacity and awareness in the area of active and informed citizenship in a multicultural and democratic society. The awards are to be conducted in Department for Education, Catholic Education and Independent schools and managed by the Department for Education with guidance from Government House and the Governor's Civics Awards for Schools Reference Group.

Congratulations to the following Junior School Merit and Award winners.

#### Award

- Hazel Newman (2022 Year 5)
- Grace Tully (2022 Year 5)

#### Merit

• Imogen Dreosti (2022 Year 5)

### 2023 Class Contact Lists

2023 Class Contact lists are now available on the SEQTA Engage Parent Portal. The lists have been collated using the most recent consent from parents via Consent2Go. It requires parents to 'opt in' to share their information with other members of their daughter's class. If your contact details are not included on the list and you would like for them to be added, please click here to update your preferences. Please note to have both parents' details listed, each parent will need to 'opt in'.

### **Class Representatives**

Nominations for Class Representatives are now open, if you think this is a role you would enjoy, please complete the Nomination Form by Friday 24 February and a P&F representative will be in touch with you shortly after the closing date.







































MIDDLE SCHOOL

# Many Achievements in the Middle School

Rhiannon Giles, Head of Middle School

### 2022 Governor's Civics Awards

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Congratulations to the following Middle School Merit and Award winners.

#### Award:

- Asha Dan [2022 Year 6]
- Evangeline Lee (2022 Year 6)
- Nidhi Sinhal (2022 Year 6)
- Manha Abaid (2022 Year 7)
- Sarah Mah (2022 Year 7)

#### Merit:

- Matilda Burns (2022 Year 6)
- Edie Lydeamore (2022 Year 6)

Award winners were all invited to attend the Proclamation Day Ceremony at the Old Gum Tree. **Sarah Mah** was available to collect her certificate and medallion by Her Excellency the Honourable Frances Adamson in person. The other award winners have attended alternative presentations.

Details of the 2023 Governor's Awards will be shared with schools soon and we hope that Wilderness girls will consider submitting entries this year.

### Young Citizens of The Year 2023

Congratulations to Amber Trappel (Year 7), who has joined the Wilderness community this year, and her younger sister, Penny Trappel, on being named the City of Burnside's Young Citizens of The Year 2023. They were presented trophies in recognition of their service during the Australia Day Awards Ceremony by the Her Worship the Mayor of Burnside, Anne Monceaux.

### **Chess Achievements**

Congratulations to Athena-Malar Retnaraja (Year 9). Following a national competition in the holidays, she is now placed third among the U16 Girls for Classic Class and was a Silver Medallist for U18 Girls Blitz. She was also the 2022 SA State Champion for both the Open and Girls groups.

Athena is currently participating in the South Australian Candidates 2023 Tournament. It was at this tournament last year where she played – and won against – the late Mr Gavin Haydn (who found out after their game that they were at the same school). Best wishes to Athena for the remaining weeks of this tournament and we look forward to hearing the results of the competition.

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SENIOR SCHOOL

### Secret Garden Formal

Ben Manifold, Head of Senior School

It has been fantastic to have all girls back on campus for the start of the 2023 academic year. The girls are settling into their classes and wide range of cocurricular activities. It was wonderful to conclude the first week with the Secret Garden-themed School Formal at the Wine Centre. The Year 11 and 12 girls and their partners enjoyed the evening—particularly the opportunity to hit the dance floor without COVID-19 restrictions. The organising committee, headed by Mariah Zikos (Year 12), are thanked for their efforts in ensuring the night was a great success.

I look forward to the Year 12 Camp this weekend (which was an initiative that the 2022 SRC tried to get off the ground last year before COVID-19 prevented the camp from taking place). This will be a great opportunity for all girls to work together and set a strong foundation for the year ahead.

As we head into Week 3, I remind all girls to ensure that they are on top of their assessment requirements by regularly checking the Assessment Planner that they received a link to at the start of this week. Time management, planning and sleep are key skills required for success in the Senior School. Studies have shown that students who effectively manage their time and prioritise sleep tend to perform better in school and experience less stress.

Time management is essential for all girls as they balance their workload and commitments. Girls should start by creating a schedule, which should include

homework, assignments and leisure activities. It is also important for girls to break down larger assignments into smaller, manageable chunks, and to prioritise their tasks based on their level of difficulty and the due date.

In addition to time management, sleep is also crucial for academic success. Students who get adequate sleep tend to have better grades and are less likely to experience symptoms of depression and anxiety. It is recommended that all girls aim for 8-10 hours of sleep per night, and to establish a consistent sleep schedule.

### Gold Duke of Edinburgh Adventurous Journey

During December, a group of our Gold Duke of Edinburgh Award participants travelled to Tasmania and spent five nights and six days walking through The Walls of Jerusalem National Park, located in the Tasmanian Wilderness World Heritage Area.

It is a wild and inspiring alpine park with highland lakes, craggy mountains and elegant pure pencil pine forests. The girls were prepared for all types of weather, but were pleasantly surprised with glorious sunshine for their Adventurous Journey.

### **Futurist Visits Wilderness**

On Thursday, our Senior students had the opportunity to hear an engaging presentation from Dr Noah Raford. Dr Raford is a globally respected futurist who specialises in public policy, delivering difficult projects and creative ideas.

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BOARDING

## Formal Frenzy

### Renee Coventry, Head of Boarding

It was wonderful to welcome so many of our Year 11 and 12 boarders, families and partners on Friday afternoon prior to the Wilderness 2023 Formal. Our boarders looked stunning as they set off for the evening celebrations.



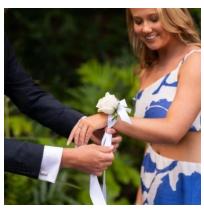


























SPORT

# Rowing Recap

**Eleanor Trovas, Director of Rowing** 

### **Rowing Camp**

The annual January rowing camp looked different this year—Inot because of COVID-19, but because of the significant flooding in the Riverland region. All schools were forced to look for alternatives with limited options when in search of accessible lakes and rivers.

It was essential for our Senior group to keep the residential camp component, allowing for off-water review and meeting (which we do not always have time for during term). After considering options, and with the help of several Wilderness staff, we planned our camp to be based at the Wilderness School Boarding House. The catering was handled by our wonderful school staff and it was by far the best camp food we have ever had! A highlight was walking into the Dining Room after every training session. A big thank you goes to all the parents who signed up and volunteered their time on the BBQ, cooking breakfast down at West Lakes. This was crucial in aiding the girls' recovery and giving them more time on the water. By having our camp in Adelaide, we had more activities at our fingertips to keep the girls entertained, with varying activities and experiences lined up throughout the week such as Project Break smash rooms and axe throwing, hearing from a sports psychologist and sports nutritionist, Laser Tag, Sprout cooking school and Plunger Recovery centre.

On the Saturday evening, our Rowing Parent Committee hosted a Weber Night that

created a wonderful summer evening. Thank you to Jock Gosse, Vit Rinaldi, Nic Cox, Jack Dowling and Darren Lainge for their superb skills on the Weber, and to Sascha Detmold and Nic Cox for organising and running the quiz! It was also a special evening as our Principal Belinda Arnfield unveiled the name of the two new boats joining our fleet. The new Sykes pair/double scull was named after Jen Guest and the Sykes bow coxed racing four/quadruple scull after Ben Manifold. Having a boat named after you is an honour and a way for us to show our appreciation for those who support the rowing program and girls.

A big thank you must go to our Director of Boarding, Renee Coventry; Chef Manager, Davide Carapella; Property and Facilities Manager, Ian Wilson; Head of Senior School, Ben Manifold; our Wilderness Rowing coaches and Head Coach and Head of Fleet Logistics Jon Trovas for their assistance in making the camp an overwhelming success. The girls are well prepared and ready to take on racing in Term 1.

### **Schools Premiership Series 2**

At the end of Term 4, our girls raced in the Schools Premiership Series Regatta (SPS) for the 2022/23 Season. These regattas are important as they seed crews into A or B finals for Head of the River, and also earn us premiership points towards the overall winning school. Wilderness had an excellent start in SPS 1, finishing at the top of the table for points and for the first time ever, our Second VIII placed second in the final! The First VIII had an impressive start, with a 8.9 second margin on the rest of the field.

Two months on, the second SPS regatta was held last weekend and was a highly anticipated event following each school's January camp and selection trials. It is always exciting to see where crews start back after the long 'break'.

Our Learn To Row (LTR) squad had a cracker of a regatta, with wins across A, C and D races and a tight second place in the B race. This was a huge improvement on where they finished up after SPS 1, and with very limited chances to race in the lead up, we were very proud of our LTR squad.

Our Junior squads all raced their heats exceptionally well, and are still working towards fine tuning the start and finish of the race. Our Intermediates also had a visible improvement across the board, with each Inter crew finishing in third place, except the D crew who won their race. I firmly believe that we have more up our sleeve to claw our way up later in the season.

Our Second VIII have battled through injuries, illness and inconsistent training, with only one row as a crew since camp before competing in the regatta. The girls fought bravely and finished in fourth place, only a canvas behind Scotch College, who were still in contact with the rest of the field. With some consistency in training, we are looking forward to seeing the girls improve quickly before SPS 3.

The First VIII were feeling the expectation following an undefeated run in the Term 4 races. Despite the nerves, our girls executed their race plan well and delivered a high-quality performance, improving their time in slower conditions than when they raced at SPS 1.

Our Senior group must be congratulated on their maturity in managing their performances and still enjoying their Formal the night before racing. These girls have worked incredibly hard and are excited to continue to work hard and compete for the final five weeks leading into the Head of the River Regatta. We are so proud of their achievements and grateful to our community for supporting them every step of the way.

















MUSIC

# Up Close with the Adelaide Symphony Orchestra

Anna Lenartowicz, Head of Music

### Instrumental and Vocal Lessons

Instrumental and Vocal lessons have started for the year and students should have been contacted by their tutors directly with information about lesson days and times (which will be displayed on their SEQTA timetables as per usual, with most rotating weekly). A reminder to please contact your instrumental tutor directly, before 8.30am, if your daughter is going to be absent on the day of her lesson. Please advise the Music department in advance of potential absences.

If you have any questions or concerns in regards to the Instrumental/Vocal program, please contact Mrs Vanessa Abela via email or the Music Office.

### **Ensemble Rehearsals**

All Middle and Senior Ensembles commenced this week, and our Junior Ensembles will commence in Week 3. The rehearsal timetables for Junior Music and Middle/Senior Music can be accessed now; please make sure that you email the ensemble director or Music Office in advance if your daughter is unable to attend any rehearsals or if you have any questions.

If your daughter is interested in joining any of our ensembles, we warmly invite you to

contact us in the Music Office. There are many opportunities for all girls at Wilderness to take part in one of our vibrant and exciting aspects of cocurricular music life, and we would love to see new faces in 2023.

We have some exciting events planned later in the year, and our music dates can be accessed here.

### Up Close With the ASO - First Music Excursion in Three Years

On Thursday 9 February, our Year 9, 10 and 11 Music students travelled to the home of the Adelaide Symphony Orchestra (ASO) – Grainger Studios in Hindley Street – where they were treated to watch one of the final rehearsals before the ASO plays their first concert of the year, Orchestra Unwrapped: The Magic Of the Orchestra (playing at the Festival Theatre on Friday 10 and Saturday 11 February).

Our girls sat up close and almost within the orchestra. The experience of hearing a full orchestra rehearse and play some of the most famous orchestral pieces was just wonderful. It was also a real treat to hear one of our Wilderness Music Staff – the amazing Ms Katrina Reynolds (tutor of Piano) – play on Celeste and Piano.



CAREERS CORNER

### Careers Corner

Caroline Palmer, Careers Counsellor

### Term 1 University Guest Speakers and Important Dates

### Wednesday 15 February

ANU (Australian National University Canberra) (Year 12s considering applying for early entry to ANU based on Year 11 results are strongly encouraged to attend)
8.15am to 9.00am

The Chrysalis

### Wednesday 1 March

ANU Early Applications and Tuckwell Scholarship Applications Open

### Wednesday 1 March

**UCAT** Registrations Open

### Wednesday 15 March

### Adelaide University Medicine Information Session

1.05pm to 1.50pm

М7

### Wednesday 22 March

Year 10 Work Experience Preparation Day at Wilderness School

### Tuesday 28 March

### Adelaide University Scholarship Preparation (Year 11/12)

1.05pm to 1.50pm

М7

### Sunday 2 April

### Career Expo

4.00pm

Adelaide Convention Centre - free entry

### Monday 3 April

### **ANU Presentation 2**

1.05pm to 1.50pm

М7

### Tuesday 4 April

University of New South Wales

8.00am to 9.00am

The Chrysalis

### Tuesday 4 April

### **Bond University**

1.05pm to 1.50pm

M7

### **University of Sydney**

Follow the link to view In Conversations about the following degrees:

- Bachelor of Arts and Bachelor of Advanced Studies
- Bachelor of Visual Arts and Bachelor of Advanced Studies
- Message from the Dean of the Faculty of Arts and Social Sciences
- Bachelor of Education (Secondary)
- In Conversation: Why Study Economics at the University of Sydney?
- Pathways in Global Literacy.

The following webinars are being hosted in February and March:

- Wednesday 15 February: Architecture and the Built Environment
- Wednesday 22 February: Life of a Data Scientist
- Wednesday 22 February: Learn a Language: Make it Arabic!

- Wednesday 1 March: Why Study Project Management?
- Wednesday 1 March: Putin, History, and the Ukraine War
- Wednesday 8 March: Pathways to Study Law
- Wednesday 15 March: Bachelor of Commerce Internships and Work-ready Learning Experiences
- Wednesday 22 March: Life of a Health Scientist
- Wednesday 22 March: How a History Degree Prepares You to Work with Big Data
- Wednesday 19 March: Interaction Design at Sydney.

Use this link to discover the Sydney Scholarship Tool.

### Young ICT Explorers Competition

This nationwide, competition, created by SAP and supported by the CSIRO Digital Careers is open now until **Friday 14 July**. This is your daughter's chance to use her creativity and innovation to solve real-world problems using technology. Entries can be anything created in class or at home, by herself or in teams of four. Find all the details and see previous winners here.

### 100 Jobs of the Future Quiz

Could your daughter be a robot ethicist? An off-world habitat designer? A personal brand manager? A biofilm plumber? A smart dust wrangler? Or one of the 95 other jobs of the future... The 100 Jobs of the Future Quiz is a fun way to find out! She can find this quiz under these tabs on the Wilderness school careers website: For Students  $\rightarrow$  Jobs and Career Information  $\rightarrow$  100 Jobs of the Future (Quiz).

### International Science School

From Sunday 2 July to Saturday 15 July, 100 Year 11 and 12 students from across Australia and the globe will gather at the University of Sydney for the Prof Harry Messel International Science School. If your daughter is mad about science and is in Year 11 or 12 in 2023, encourage her to apply now! Successful applicants enjoy free travel, accommodation and meals which are funded by the Physics Foundation at the University of Sydney. The International Science School events includes:

- A packed social program
- Tours of cutting-edge research facilities
- Amazing hands-on workshops and activities
- Inspiring talks from world-renowned scientists.

### Fleet Space Technologies Work Experience Program

Fleet Space has launched its week-long STEM Work Experience Program, suitable for students in Years 10-12 in either March, June, August or November. The Program will include:

- An introduction to the workplace and its environment, taking them through Fleet Space's daily routine, tools, real issues and achievements
- Personal insight into the space industry, with the opportunity to shadow employees
  and collaborate with them on a wide range of activities across all areas of the
  business including engineering, cyber security, space law, design and
  manufacturing, robotics and data analysis, finance, marketing and sales, and many
  others
- The opportunity to explore a potential career in Space, developing essential skills and understandings of the workplace and space industry-related competencies.

To apply or find out more, fill in our contact form on our website (and put STEM as the industry).

# University of Tasmania Scholarships for Marine Biology Discovery Competition

This is a five-day field trip from Monday 17 April to Sunday 23 April available to Year 11 or 12 students based on the picturesque Maria Island on the Tasmanian East Coast. Led by Marine Biologist, Dr Scott Bennett, students will be doing field work and experiencing the sights and sounds of climate change, invasive species, pollution, debris and the associated economic and social impacts. There are 24 places available, 14 of which are scholarship places. Scholarships will cover flights, accommodation, catering, local transport costs, equipment hire, tuition costs and survey gear. Successful students will receive credit towards their future University of Tasmania degree. To enter, students are to complete an online application and submit a 300-word pitch on the topic: Why I wish to

study the marine biology of Maria Island.

Apply here by midnight (AEST) on Monday 20 February, 2023.

Click here to read the Terms and Conditions.

### MyFuture Website Free Webinar for Parents

### Wednesday 8 March

1.00pm to 2.00pm

### Register Now

This webinar will be an introduction/refresher to the myfuture career information service. The presenter will demonstrate how the platform can be a useful tool in career and transition planning, highlighting resources that are most relevant to your child/ren. This will include references to myfuture's psychometric career interest test (My career profile), the occupation and course information, videos, pathway infographics, and resources mapped to the Australian Curriculum Work Studies sub-strands. This webinar aims to provide attendees with confidence to support their child/ren with their career exploration.