

# Life in the Wilderness

Term 3 Issue #4 | Friday 16 September, 2022

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FROM THE PRINCIPAL

## A Place to Belong

[Belinda Arnfield, Principal](#)

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Caring for each other, in particular our girls, is core to our purpose at Wilderness School. We have always been a community where unlimited kindness and respectful relationships are fundamental.

Late this term, I have had great pleasure in hosting Year 12 House lunches in The Chrysalis, which are one of the special occasions that we hold to celebrate and mark the conclusion of the girls' time at school. These events provide our Year 12 girls with the opportunity to gather in their five houses with their Heads of House, Form teachers, Head of Senior School and I to celebrate their journey and achievements as a cohort.

It is also an opportunity to witness how relationships, and a House family in particular, have been key to each girl's sense of belonging. Through morning Form time, House Days, sport carnivals and Glee competitions, I have watched each of these girls grow, celebrate each other's successes and work towards common goals while building relationships across all year levels and with staff.

With the end of Term 3 approaching, the girls may be feeling the demands of school assessments, their co-curricular schedules or other personal commitments. During these periods of extra pressure, I am pleased that House is a constant space where

support is readily available, whether it be from a Head of House, a Form teacher, a House Captain, peer or a 'big sister' buddy.

It is connections like these that matter every day of the year. When they need support, I hope girls continue to turn to the friendships they have forged through their time in House, and likewise, that they will be a listening ear for others.

As our Year 12s edge closer to valedictory, we know there will be a great sense of pride for each girl to graduate alongside the girls in her House, and we hope that for the rest of their lives, when these girls hear the words 'Amaryllis', 'Antholiza', 'Carob', 'Cedar' and 'Sparaxis', they will be reminded of happy memories and the feeling of true, unconditional belonging.





EARLY LEARNING

## Fun on Father's Day

[Rebecca Williamson, Assistant Head of Junior School – Early Years](#)

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On Tuesday 6 September, we held our Father's Day Breakfast in the glorious sunshine. This bright, sunny day was made even better by the presence of our Wildy dads, some grandfathers, special friends and a lovely group of mums. The morning commenced with the girls giving their dads handmade gifts and cards and concluded with a special breakfast in the gardens of the Early Learning Centre and Lower Junior School.

It was very clear to see how proud and pleased the girls were to have their dads at school with them, but this was nothing compared to the pride and joy on the dads' faces. Thank you to everyone for helping to make this event happen. As with every event, we know what it takes as a family to make it happen (especially when it is an early start) and we appreciate it.

This special day was closely followed by Early Childhood Educators' Day on Wednesday 7 September. Within school, we celebrated and thanked our teachers and co-educators for their dedication and excellence, but it was the messages we received from families that really made the day amazing. The time that families took to share such kind, heartfelt words really meant so much. Thank you!

After much celebration and sharing of gratitude for our families and educators, it seems perfectly timed to conclude with the national message of 'R U OK?' Day on Thursday 8 September. We are more than a place of education; we are a community of families. Please look out for each other and after each other. We are all in this together.











JUNIOR SCHOOL

## Taste Testing at the Adelaide Central Market

[Liz McCarthy, Head of Junior School](#)

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On Tuesday 6 September, Year 3 students went on an excursion to the Adelaide Central Market. Our tour guides were Amelia and Cheryl and they took us around the market, teaching us about the history of the market and giving us the opportunity to taste test many new and interesting foods. We tasted things like bananas and tomatoes and had to try to identify the organic one. We had fresh sourdough, rich berry yoghurt, Turkish delight, Korean pancakes, tasty cheddar cheese and organic honey from Kangaroo Island.

We went to many different stalls, including 'Something Wild' where we tried different Indigenous plants such as ice plant and beach bananas/pig face. Our favourite part of the Central Market excursion was being adventurous and tasting new foods and buying our own item at the end. We went there as part of learning about processed and unprocessed food in Artemis, as well as learning about money in Maths. We all enjoyed our excursion at the Adelaide Central Market and cannot wait to go back with our families!

**Mia Zhou and Sophia Rabah**

Year 3 Students

## Literacy in the Junior School

Providing a quality learning program for our youngest girls that consolidates foundational literacy and numeracy skills is a strong focus in our Junior School. This

year, our teachers have been undertaking a significant body of professional learning in the area of literacy. After completing a review of our literacy scope and sequence from Reception to Year 6, we have made some strategic decisions to ensure the ongoing alignment between our teaching and learning programs and current research and best practice models in this area.

Our Reception, Year 1 and Year 2 teachers, as well as our co-educators, undertook both Certificates 1 and 2 in the Science of Language and Reading through La Trobe University in Semester 1. The purpose of this was to ensure our teachers and professional support staff in these foundation years were upskilled with evidence-based knowledge of how children learn to read, write and spell and how to implement these practices in their respective classrooms. Identifying, planning for and addressing individualised learning needs through gathering rigorous assessment data to inform practice has also been an ongoing focus, thus enabling our teachers to plan effectively for all girls.

Teachers in Years 3-6 have also undertaken training and development with highly skilled Literacy Coach, Felicity Clark in the implementation of an adjusted spelling program for more advanced spellers, aligned with and planned to continue the development of our systematic synthetic phonics approach to learning in the early years. Felicity will continue to work across the Junior School in supporting the resourcing of our literacy programs, ensuring our reading materials are aligned developmentally with our scope and sequence of learning. Many of our teachers have attended professional learning workshops in the Seven Steps Writing program, designed to support students in developing their written communication through genre writing. Students are led through a learning plan that sees them develop a common vocabulary around writing and greater sophistication in sharing their ideas cohesively and creatively. We have seen a marked difference in the quality of the writing our girls are producing as a result of the implementation of this program in our classrooms and look forward to continued growth in this area next term and throughout 2023.

## Year Four Excursion to the Maritime Museum

Our Year Four students attended an excursion to the Maritime Museum on Wednesday this week, with a focus on understanding the region of Port Adelaide, the history of the river as a maritime port and the indigenous history and culture in this area. Students shared the following insights:

Indigenous people would tell their past on stones with different types of material. Without the drawing, we wouldn't be able to uncover as much as we know about Indigenous people. – **Skyler Luong**



It was fascinating to learn that the Port River used to be smaller and only surrounded by nature when the Indigenous people lived in the area. There were no buildings or bridges like today. – **Elizabeth Le**

An Australian flag with a red background is the Australian flag that you put up when sailing and it is called the 'Ensign flag'. – **Isha Wechalekar**

When we went on the ship inside the museum, it was so cool because you could go into the Captain's cabin and a couple of other cabins. – **Adeline Wilson**









MIDDLE SCHOOL

## Bringing Out The Best in One Another

[Rhianon Giles, Acting Head of Middle School](#)

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### Year 8 Camp – Yankalilla

This afternoon, the first group of Year 8 campers, from Core Groups 1 and 2, returned to school following a week of bushwalking, kayaking, high ropes and team building activities.

We thank the Camp Leader, Ms Kate Mitchell, and the Outdoor Education instructors for organising and running a most successful camp. Thank you also to the teachers who supported the girls' wellbeing by attending: Ms Julie Grant, Ms Tansy Chen, Mr Brad Waller, Ms Isabella Cansdell, Ms Angela Sciberass-Xiong and Mr Andrew Mittiga.

### Year 8 Wellbeing Day - Empowered Women Empower Women

Year 8 girls from Core Groups 3 and 4 enjoyed a presentation from yLead this week. Throughout the day, the girls explored how we can EMPOWER others and ourselves to be the best versions of ourselves at school and in the broader community. This presentation will be repeated in Week 10 for the girls who were on camp this week.



## SUBS in Schools

Last week, three Year 9 teams attended the SUBS In Schools State Championship, held at St Peter's College and the Royal Adelaide Show. We started building our ROVs (Remotely Operated Vehicle) at the beginning of Term 1 as a part of the SUBS in Schools subject. The competition required us to consider, design and develop all facets of a race team. We started by reaching out to potential sponsors for support in return for promotion and publicity. Along with the construction of our ROV, we had to learn marketing and graphic design skills through branding and the development of a trade display for the Royal Adelaide Show.

We went to St Peter's College pool on Wednesday 7 September, to compete in the sea trials. All the teams completed the required challenges successfully. Then we went to The Show on Thursday 8 and Friday 9 September to present our trade displays and folios to a panel of judges. The PorPoise Team finished in Fourth Place. KreyFish won two categories (Best Managed Enterprise and Best Manufactured Remotely Operated Vehicle) and finished in third place. Argo-22 won nine categories (Best Team Trade Display, Best Team Marketing, Best Team Verbal Presentation, Best Team Portfolio, Best Graphic Design, Best Engineered, Best Engineered CAD, Outstanding Industry Collaboration, Innovation Award) and was named the 2022 State Champion. Argo-22 will now participate in the National Championships, held in Sydney in March 2023. A major thank you must be extended to all the businesses that supported the teams and helped make the event a success!

**Diya Anup Kumar**

Argo-22 Team Captain

If you are involved in a business that would like to support Argo-22 in the National Championships, please make contact with them via [email](#).

## Tournament of Minds

Tournament of Minds is "an international educational program 'challenging the world' to develop creative problem-solving skills."

Wilderness School was extremely well represented by two teams in the Secondary Division at the annual Tournament of Minds competition held at Adelaide High School on Sunday 11 September. Both teams can be very proud of their efforts in both the Long-Term Challenge and the Spontaneous Challenge. Wilderness Team 1 went on to win the Secondary Language Literature Division and will represent South Australia at the Tournament of Minds International Final in Canberra, on Thursday 13 October to Sunday 16 October.

**Wilderness Team 1:** Language Literature Category – **Madeline Perry, Bella Nguyen, Ava**

Cabot, Bella Pasin, Seraphina Sun, Hannah Elsbury-Sun and Saanvi Khanna (Year 7).

**Wilderness Team 2: The Arts Category – Akshaya Thiru, Eshal Rauf, Manha Abaid, Neha Jacob and Zoe Kahn (Year 7).**

“Alone we do so little; together we can do so much” – Helen Keller

Tournament of Minds was an amazing competition for us Wilderness girls to experience. It is an international challenge that requires a team with a diverse range of talents. It encouraged us to push ourselves out of our comfort zones and allowed us to work in teams of different kinds. We were presented with creative challenges that required us to think outside the box and work together to complete our goals. Our end outcome helped us push ourselves to the limit and strengthened our creative juices. Although it was challenging at first, we managed to work out our differences and work collaboratively. It was not about winning but giving it a go and shooting for the stars. Teams needed to demonstrate a range of skills, including scriptwriting, costume designing, music producing and acting. The Spontaneous Challenge made us think on our feet, coming up with new ideas and concepts while encouraging our communication skills and assets.

Overall, it was a wonderful experience filled with laughs, creativity and fun! Many thanks to the facilitators, Ms Emily Lewis and Mrs Bess Smith, and our parents for their support.

**Saanvi Khanna and Bella Nguyen**

Year 7 Students

















SENIOR SCHOOL

## Learning About and Living Out Responsible Citizenship

[Ben Manifold, Head of Senior School](#)

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Last weekend, the world lost one of the most incredible female leaders of the last century with the passing of Her Majesty, Queen Elizabeth II. The monarch, who reigned for 70 years, provided an incredible example of service, grace, humility and dedication to others.

Service to others through Responsible Citizenship is a key value that underpins Wilderness School. While academic results are important to provide girls with options, what is just as important is what the girls do beyond the gates of Wilderness. I am interested in what girls give back to their community, whether that be at a local, state or national level. Engaging in community service provides girls with the opportunity to become active members of their community and has a lasting, positive impact on society at large.

Over the past fortnight, it has been pleasing to witness a number of examples of service in action. Each Tuesday afternoon, I love seeing the 'Fun in the Wilderness Foster Care program' occurring where Year 11 girls are actively involved in providing a range of activities for foster children with Anglicare.

The Year 11 girls selected to be involved in the SONY Camp in the Term 3 holidays met recently at St Peter's College to undertake training for this program. The camp will provide respite care for 15 students with special needs for three days, to give their families a break from the rigours of 24-hour care. Experiences like the SONY Camp are

life changing for all students and staff involved. Students involved heard from a parent of a previous camper about the impact that the camp had on their son and his family. It is these messages that reinforce the importance of service and a willingness to help those less fortunate.

The newly elected SRC spent Monday with Mrs Belinda Arnfield, myself and their staff mentors planning for 2023. The day focused on their personal leadership journey and the planning of key events for the year ahead. The opportunity to spend time with the outgoing SRC is an important part of this program to ensure that the girls are ready to take over the reins at the start of Term 4. What was stressed to the girls is the importance of service and taking others with them on the journey to make a difference and leave the Wilderness community better because of their actions and endeavours.

In the afternoon, the incoming and outgoing SRC Executive attended an Alliance of Girls' Schools presentation titled 'Women and Politics: Why Women Need to Step Up and Speak Out'. This session provided the girls with the opportunity to hear from South Australian women involved in politics – including the Hon. Heidi Girolamo MLC, Cr Hannah Evans, Olivia Savvas MP, Andrea Michaels MP and Amy Ralfs – about their journeys and the importance of women in politics and serving their constituents.

## Australian Brain Bee Challenge

The Australian Brain Bee Challenge (ABBC) is a competition for Year 10 students to learn about the brain and its functions, the current research in neuroscience, careers in neuroscience and to dispel misconceptions about neurological and mental illnesses.

Congratulations to Thisagi Jayasekara, Victoria Phan, Alaya Aquino and Livia Podreka who proudly represented Wilderness School this year and came second in the team challenge.

The Brain Bee is not just a competition where you study 24/7 and hope for the best. It is more than that. Throughout the past few months, I have learned a lot of things that I feel I would never have learned anywhere else. I have been extended to this whole other world of neuroscience, and I do not regret one bit of it.

Not only does this competition teach you about the elements of the brain, but it also provides you with skills that I think are critical in the real world. I have learned the importance of commitment; not procrastinating and leaving your study until the last minute. I have also learned about teamwork; placing trust in your teammates and maintaining



communication between each other, and I have learned that neuroscience is not as boring as one may think. The brain is fascinating and I am so happy I was able to be a part of this experience. Perhaps a highlight of it all was being able to visit Flinders University and see first-hand equipment like VR and EEGs. The entire experience was amazing! Sure, it was stressful at times, but if you, like me, are in love with this topic, it is all worth it in the end!

Thank you to Ms Emily Lewis and Mrs Bess Smith for their support. -

**Thisagi Jayasekara**





BOARDING

## Fashion Parade Surpasses Fundraising Target

[Renee Coventry, Head of Boarding](#)

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I am pleased to share that we successfully raised \$9,000 through our annual Boarders' Fashion Parade—well in excess of our \$6,500 goal. This is an outstanding fundraising effort that would not have been possible without the generous support from our community. For those who gave generously or attended the event and purchased items, we thank you again for your wholehearted support.

Thanks to our staff:

- Chris Hill and Michelle Dinning for managing garments for the girls backstage
- Mary Smith and Abbey Hants for managing the bar for the evening
- Zoe Hampshire and Sophie Smith for managing the raffle and auction items
- Jina Chen for assisting with make-up
- Cass Marousopoulos for managing the “Green Room”
- Mary Evans for settling the girls in for the night
- Bronwen Pluck for her administrative support, planning and organisation.

Thanks to our backstage teams:

- **Emily Robertson** (Year 9), **Sachi Syme** (Year 12) and **Poppy Dawes** (Year 7) for assisting girls with hair styling
- **Roxy Alvarez** (Year 12), **Lyla Speed** (Year 12) and **Emmi Hodgson** (Year 9) for assisting girls with make-up
- **Susannah Bhutia** (Year 10) and **Emily Robertson** (Year 9) for assisting with sound and lighting
- Year 11s **Jing Jing (Angela) Liang**, **Sixuan (May) Bian**, **Xiu Qi (Ava) Li**, **Xi Yuan (Queenie) Lin**, **Si Jia (Ella) Ji**, **Lucy Mildwaters** and **Lok Tung (Adabelle) Tse** for assisting with garments backstage.

For those unable to join us on the night, we hope the snapshot of images below gives you an insight into the event.

## Spring has Sprung

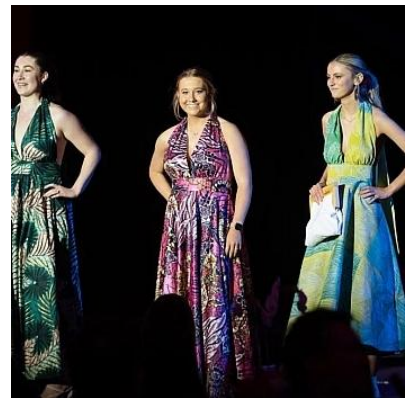
Despite the cooler weather, it feels like spring around the Boarding House. Over the exeat weekend, pinboards and common areas were given a refresh, and with a selection of fresh pot plants and paintings around the house, the uplifting impact of colour and calm can be felt throughout the building.

On return from the exeat, girls were also gifted with a special boarders Frank Green keep cup. Uniquely designed by **Meg Lowe** (Year 12) with a fresh blue paw print, each girl has their initials engraved into the cup to easily identify.

## Mooncake Festival

Saturday 10 September marked the Mid-Autumn Festival, or "Mooncake Festival". This significant festival in the Chinese calendar is a celebration of the harvest and of the Autumn season at the time of the full moon. Typically, during this festival in China, families gather for meals and the sharing of mooncakes. Last weekend, our international girls marked the occasion by gathering to make their own mooncakes and enjoyed a special meal and some games with boarding staff Vivian Han and Jina Chen.















SPORT

## Grand Finals Galore

[Jon Trovas, Director of Sport and Recreation](#)

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Last week, we celebrated the culmination of the Winter IGSSA season with an impressive five Wilderness teams qualifying for a Grand Final by finishing in the top two teams in the minor rounds.

To kick the week of finals off, we had our Premier League and Division 1 Soccer playing against Scotch and Seymour respectively. Our Premier League girls played an exceptionally competitive match away at Scotch against the undefeated Scotch team. Our girls kept the pressure on Scotch throughout the match but were unable to score against an outstanding keeper, with Scotch taking the match 1-0.

Our Division 1 girls, having lost only once in the minor rounds against Seymour, were set for a rematch in the Grand Final. Wilderness were up for the challenge and played an excellent game, scoring two goals to take out the Division 1 Shield 2-0. This is the third year in a row that our Division 1 Soccer (formerly Senior B) has won the IGSSA shield! Congratulations to our Soccer girls and coaches for another fantastic season; it is a significant achievement to have Wilderness represented in both shield finals.

Our Senior A AFL girls were up for their first Grand Final appearance in IGSSA AFL. Wilderness opened with purpose, goaling soon after the first whistle and kept their momentum to lead at the half time break. Rain made the third quarter a slog with minimal scoring chances for either team. Scotch found their feet in the final quarter and hit the lead for the first time, managing to hold off the late pressure from Wilderness.

The final score was Scotch 2.4.16 and Wilderness 2.2.14. It was an outstanding match and an amazing season for Wilderness AFL.

Saturday saw Wilderness represented in both shield matches for the Senior A and Senior B Badminton teams matching up against Pembroke. Wilderness was the underdog going into the Senior A final with Pembroke having not lost throughout the regular season. Our girls played well, challenging the opposition and forcing Pembroke to work for every point. In the end, Pembroke were the victor with the final scores at 4÷7÷128 to 2÷3÷128.

In the Senior B match, Wilderness were looking to continue their run of success from the minor rounds. Pembroke turned up to play and put our girls under significant pressure, playing their best match of the season. Wilderness showed their resilience and held their nerve to take out the Senior B shield with the final scores 4÷7÷149 to 2÷4÷136.

Wilderness has now held the Senior B shield for the fifth year straight!

## U15 Lacrosse Grand Final

Congratulations to our U15 Lacrosse team who finished their season in second place following their hard fought loss on Saturday against Glenelg Lacrosse Club. For this group of players, it was their first Grand Final berth after beating rivals Burnside and Brighton to secure their place.

Wilderness was the only team outside of the Glenelg/Brighton stranglehold to make a Grand Final in any Women's grade this year, which is a huge achievement.

During the match, **Isabel Jackson** (Year 9) piled on an additional five goals to her record-breaking season total, while **Lucia Andrae** (Year 9) tallied three. Unfortunately, Glenelg were just too strong, taking out the win 17-8.

Congratulations to all players, it has been an incredible season and the growth of this team has been remarkable. Lacrosse is well and truly alive at Wilderness.

**Rebecca Keller**

Lacrosse Coordinator











CREATIVE INDUSTRIES

## The Return of the Artist in Residence

**Brooke Porter, Head of Art**

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The annual Artist in Residence program continued last week, with Adelaide-based painter, Hamish Fleming returning to work directly with a range of our art students.

Junior School students involved in the program engaged in activities that encouraged creative and critical thinking, developing their visual literacy skills. Students in the Middle School Art courses were led through the process of arts analysis with Hamish, drawing connections between his work and the work of artists who influence his practice.

Hamish led our Year 10 students in a painting workshop, where they began an underpainting, applying a preliminary drawing using charcoal and oil paint to create the illusion of form to represent a still life.

Similarly, Hamish shared his current work in progress with Year 11 and 12 students, engaging them in a discussion and sharing aspects of the creative process, as they too progress with their own artworks this semester.

Hamish is again exhibiting a new body of work, displayed in our Art Centre gallery, which is used to enrich students' Art learning this term. Therefore, on display will be some of the students' responses from their interactions with Hamish. This exhibition will remain in the gallery for viewing for the remainder of the term.



## Annual Showcase of Music – ‘Pop Through The Ages’

On Tuesday 6 September, the Gym was transformed into a funky performance venue, complete with cabaret-style seating and a massive stage for all of our musicians to take to.

After many cancelled events earlier in the year, for many of our ensembles, this was their first opportunity to perform in 2022! The Senior Choir opened the concert with Australia’s first pop tune, ‘Waltzing Matilda’ featuring our Acknowledgement of Country, complete with Indigenous language of the nature around us.

The night went on to feature 22 of our school’s ensembles (which is, amazingly, not all of them!) and highlights included the Dream Girls’ rendition of Madonna’s, ‘Vogue’; an incredible performance from the Piano Trio with Queen’s ‘Don’t Stop Me Now’; the Rock Band’s Beyoncé hit ‘Crazy In Love’ – complete with the rap by Year 12 student **Olivia Kyriacou** – and Big Band 2’s MJ take of ‘Thriller’, featuring two drum kits onstage.

But the absolute highlight of the night was undoubtedly when over 220 of our students came together to perform pop icon Dua Lipa’s hit ‘Love Again’, which featured our String Orchestra, two Concert Bands and all three of the School’s core choral ensembles. Only rehearsed twice beforehand, our resilient and clever girls showed what they are capable of and connected as one to conclude a wonderful evening of music.

A huge thank you goes to all the Music staff and ensemble directors for their tireless work throughout the year in preparing our girls to such a high standard, and to the countless others who assisted in bringing this event to life – my heartfelt thanks.

**Anna Lenartowicz**

Head of Music

## Year 12 Drama Production

On the evenings of Wednesday 31 August and Thursday 1 September, Aspect Theatre presented a moving and dynamic selection of scenes from *Top Girls* by Caryl Churchill. Set in the UK and written in 1982, this renowned feminist play examines the roles available to women in old society, and what it means or takes for a woman to succeed. By underlining the emotional and social cost faced by women, the play challenges the fact that women have had to mimic the excesses of male behaviour in order to acquire a degree of power and agency. The play is emotionally charged, funny and clever.

Viewed in its entirety, *Top Girls* depicts the lifestyle and life choices of its central character, Marlene. She is a successful career woman, who has just received a major promotion and has unequivocally fought her way to the top. The play is nonlinear in its structure, highlighting the different sides of being a thriving career woman in the 1980s. As the play moves on, it becomes clear that Marlene’s professional success has

irreparably damaged her personal life. Her relationship with her sister, Joyce, is strained and distant, while Joyce's daughter, Angie, does not realise that Marlene is actually her mother. Leaping back and forth in time, Marlene attempts to make sense of her life and come to terms with the mistakes she has made in the past.

Aspect Theatre aims to 'provide a perspective on the reality and imaginations of young people'. Therefore, our ensemble of Year 12 students centred their adaptation of the play around the young, lesser character of Angie. In doing so, they shifted the audience's focus to the experience and perspective of a young teenager who is living with the legacy of feminism during the 70s and 80s in Great Britain.

The performers delved into accent work for the performance, each crafting specific accents to communicate social status and character origin. As a piece of theatrical realism, the play required each girl to access their imagination and connect themselves emotionally to their character's journey in order to access the moment to moment reality of the world they were inhabiting. They applied specific techniques and approaches to the text in order to achieve this. The resulting performance was strong and moving. The audience was taken to another time and place entirely and went along an emotional journey with Angie, coming to understand how and why she was full of the opposing feelings that fuelled her actions. The show was a brilliant achievement and the girls are commended for their performances.

**Jessica Foster**

Acting Head of Drama











CAREERS CORNER

## Careers Corner

Caroline Palmer, Careers Counsellor

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### Year 12 Key Dates

#### Friday 30 September:

Final closing date for Medicine (including Bonded Medical Program), Dental Surgery, Oral Health and Veterinary Bioscience at The University of Adelaide. Late applications are not accepted. Fee increases for applications submitted after this date: \$150 extra on top of the \$50 application fee.

#### Monday 28 November:

Final closing date for Creative Arts (Drama) at Flinders University. Late applications are not accepted.

Equal consideration closing date for all Semester 1 courses, excluding those with final closing dates. New applications after this date are not guaranteed equal consideration for selection.

#### Thursday 1 December:

Final closing date for Clinical Sciences/Doctor of Medicine at Flinders University. Late applications are not accepted.

Closing date for Clinical Sciences, Midwifery, Nursing and Paramedics at Charles Darwin University. These courses may close at short notice after this date. Late applications may not be accepted.

#### Wednesday 4 January:

Change of preference deadline for Semester 1 courses.

**Thursday 12 January:**

Main offer round. Offers will be emailed by 5.00pm.

**Wednesday 25 January:**

Second January offer round. Offers will be emailed by 5.00pm.

**Thursday 2 February:**

Further offer rounds emailed every Tuesday and Thursday until **Thursday 9 March**.

## Psychiatrists and Psychologists: What's the Difference?

According to the Your Health in Mind website, there are three main differences between psychiatrists and psychologists:

- Psychiatrists are medical doctors, psychologists are not
- Psychiatrists prescribe medication, psychologists cannot
- Psychiatrists diagnose illness, manage treatment and provide a range of therapies for complex and serious mental illness. Psychologists focus on providing psychotherapy (talk therapy) to help patients.

Both psychiatrists and psychologists understand how the brain works, our emotions, feelings and thoughts. Both can treat mental illness with psychological treatments (talking therapies). However, psychiatrists attend medical school and become medical doctors before doing specialist training in mental health. Because they are doctors, psychiatrists understand the links between mental and physical problems.

## Career as an Organisational Psychologist

The Australian Psychological Society (APS) states that an Organisational Psychologist has knowledge in a range of areas including:

- Recruitment and selection of employees
- Learning and development of staff
- Leadership and talent management within a company
- Coaching, mentoring and career development of employees



- Measuring employee opinions and other workplace research
- Wellbeing, stress and work-life balance of employees.

Companies, government and other employers engage organisational psychologists to help them assess potential employees and their fitness for their role. There are many courses being offered to students to study psychology, and it is important to choose a psychology degree that is accredited by the Australian Psychology Accreditation Council (APAC), as only graduates of APAC-accredited courses are eligible to register to practice as a psychologist.

## What is a Sports Physiotherapist?

The Health Times website indicates that sports physiotherapy is a specialised branch of physiotherapy, and sports physiotherapists provide advice on how to avoid sports injuries, treat injuries and help with recovery for those playing recreational sport right through to elite sport.

A sports physiotherapist is a registered physiotherapist who has achieved further study after completing a physiotherapy degree. Students gain an understanding of the physical, structural and physiological aspects of human form and movement.

To become a sports physiotherapist, one will first need to complete a four-year bachelor's degree in Physiotherapy. Alternatively, students can complete an associated bachelor's degree, such as Exercise Physiology, followed by a postgraduate qualification in Physiotherapy.

## LinkedIn Profile

An important tip for school leavers as they search for a job is to create a [LinkedIn](#) profile. LinkedIn is a professional online account where they can blog, comment on professional discussions and build a professional portfolio that aligns with their resume. This needs to be developed over a period of years before graduating from university, so it is a good idea to start early and continue to work on it during their studies.

## Top Tips by Former Head of LinkedIn, Cliff Rosenberg

- **Photo:** pick a professional shot – putting a face to a name makes their profile 21 times more likely to be viewed, but first impressions last. Make sure the profile picture is professional.

- **Include a summary:** here, they should clearly outline their professional story; what their aspirations are and what qualifications they have to offer that others do not. This is an opportunity to demonstrate how their unique qualities make them a perfect candidate for their dream role. This is their “elevator pitch”.
- **Buzzwords are buzzkill:** are they motivated, creative and/or passionate? Great – so is everyone else on LinkedIn. Replace any buzzwords with keywords.
- **Highlight experiences:** Illustrate their unique professional story and achievements by adding pictures, compelling videos and innovative presentations to the experience section. If your daughter is just graduating, she should include her school history—including her years at Wilderness School.
- **Showcase skills:** maintaining a relevant list of at least five skills on her profile will help others understand her strengths and match her with the right opportunities. Also add other certificates that highlight important skills.
- **Stay active:** she should share content that excites her, such as a gripping video, a well-written news story or a particularly impressive presentation through status updates.

## University Snapshot: The University of Newcastle

The University of Newcastle takes applications through the Universities Admission Centre (UAC).

**Quick links:** [100+ Degrees](#), [Scholarships](#), [Campus Life](#) and [Student Life \(video\)](#).

## Paddock to Platter Night at Prince Alfred College (PAC)

We were lucky to be invited to attend a “Plate to Platter” AgriBusiness event hosted by PAC at the Royal Coach Inn on Monday 12 September. There were guest speakers from a range of industries and institutions including: Ag Career Start; Matthew O’Toole, Head of Marketing at Marcus Oldham; Donna Winfield, Development Officer at Longerenong College Horsham; Professor Jason Able, Head of School of Agriculture, Food and Wine, The University of Adelaide; and Luciano Mesiti, CEO of Primary Industries Education Foundation (ACT).

These organisations offer opportunities not only throughout the Australian

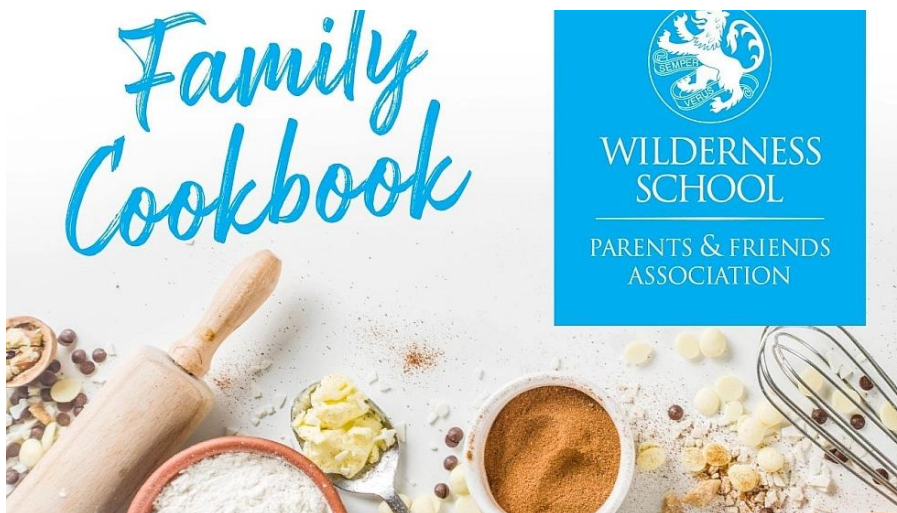
agriculture industry, but the world's. Ag Career Start offers 10-12-month-long gap year paid placements across every state and territory of Australia, and Marcus Oldham provides placement and learning opportunities throughout this country, Canada and America.

The institutions presenting all have expansive facilities. Graduates complete their learning with a superior level of understanding about the industry they enter, whether this be in the field or city, throughout all the diverse, emerging careers within agriculture, as technology expands with the growing population to find ways to feed it.

The knowledge gained from the seminar extended my knowledge on the subjects and opportunities, from those present currently to those that will emerge in the future. The presenting colleges have some of the highest job acquisition rates out of school, with recent studies finding that for every agriculture graduate, there are six jobs waiting for them. This night expanded my mind on the different careers both in the field and city, and the variety of courses that can take me there. - **Emily Venning** (Year 11)







COMMUNITY

## A Wilderness Family Cookbook

[Jen Guest, President of the Parents and Friends Association](#)

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The Parents and Friends Association needs 50 more recipes to reach our target for the Wilderness Family Cookbook.

Submissions will stay open over the weekend, for current Wilderness School families to share their family's favourite recipe.

To ensure your recipe is included in this amazing cookbook project, upload your recipe via [Published Authors](#).

If you have a photo of your meal or baked treat that you would like to have published alongside your recipe, please [submit your photos](#) using the link below. We also welcome drawings of it created by your daughter(s).

Don't forget to pre-order your copy for \$29.95 now through [flexischools](#) (under The Uniform Shop, Parents and Friends tab) to receive it by the end of the school year.

