

PRINCIPALS NEWS

TERM 1 WEEK 8



NAPLAN has been completed for another year! I am really proud of the way all our students tested over the last two weeks and have been particularly impressed with students giving it their best. Our Literacy and Numeracy team have been working alongside our year nine students over the last two years and with year seven students during the beginning of this year. I know our team, along with the rest of our staff, are looking forward to seeing the areas of growth for each student when results are released next term.

Last week, our senior leaders were provided with a fantastic opportunity to visit Parliament House, meeting some of our key leaders within government and demonstrating some of their own leadership skills throughout the day. These are great opportunities afforded to our student leaders and we will continue to build these skills amongst our students over the course of 2025 with two leadership camps running for identified students in Stage 5.

On Sat 8th March, Maddison Mcconachy attended the Arndell Interschools Combined Training Event at Hawkesbury Showground in Clarendon. Combined training is 1 dressage test and 1 round of Showjumping. Maddison was competing in the 80cm CT where she completed a lovely eventing dressage test to start and then a clear round of Showjumping to secure a 3rd place in her division. Maddison placed 7th overall from all divisions. This was a great result for her and Picton High. Well done Maddison!

During the course of Term 1, we have been navigating some staffing changes and planning for the year ahead. Some of these changes with staff will mean there will be some adjustments to Year 7 and 8 classes, along with some Year 11 and 12 classes. For year 7 we are looking at reducing one class which will mean the students in this class will be distributed amongst the existing classes. We will be working hard to ensure we get the combinations right to ensure continuity of learning. Once we have finalised this we will communicate the changes to both students and parents. For Year 11 and 12, the impact may only be on English and Mathematics courses where student numbers are low in particular classes allowing us to merge. These changes will mean increased consistency with learning in the classroom and also will ensure extracurricular opportunities continue to be offered and enjoyed by our students.

THE WEEK AHEAD

MON 24/3 – YR 12 HALOGEN THE NATIONAL YOUNG LEADERS DAY 2025

TUES 25/3 – OPEN NIGHT YR 5 & 6 2026

WED 26/3 – YR 10 OUTDOOR EDUCATION – GLENROCK RESERVE

THURS 27/3 – U15 GIRLS BILL TURNER CUP

FRI 28/3 – YR 11 SPORTS COACHING - BUXTON PRIMARY SCHOOL CARNIVAL



LUKE FARTHING PRINCIPAL

PICTON HIGH SCHOOL

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Please be reminded that this week coming we are holding our Year 5 and 6 information night for students commencing Year 7 in 2026 and 2027. If you have younger children in one of the local Primary Schools, please join us on Tuesday the 25th from 5pm to gain the relevant information for next year and beyond.

What's happening in the PDHPE classrooms? (please see relevant year group to your children)

Year 7- PDHPE

Positive Relationships (Theory)

Students are currently exploring the essential components of positive relationships, focusing on respect, communication, empathy, and support. Students will learn about various forms of bullying and discrimination, develop skills to navigate interpersonal relationships, and understand how to foster a safe and inclusive environment for themselves and others.

Rhythmic Movement (Practical)

This six-week unit focuses on developing students' rhythmic movement skills through dance, gymnastics, and creative movement activities. Students will explore space, force, and flow in different movement contexts, identifying similarities in bases of support and movement transitions.

Year 8- PDHPE

Eat Right Live Strong (Theory)

This unit explores the interrelationship between nutrition, physical activity, and mental health, emphasizing informed decision-making for lifelong well-being. Students will investigate the Australian dietary guidelines, food choices, and contextual factors influencing health behaviours.

Leisure and Rec (Practical)

This practical unit introduces students to a variety of leisure and recreational activities that promote lifelong physical activity. Students will engage in yoga, golf, lawn bowls, pilates, cornhole and Finska, focusing on skill development, relaxation techniques, coordination, and strategic play.

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Education

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Year 9- Physical Activity and Sports Studies (PASS)

This term students explore the ways technology can be embedded into sports. Furthermore, they will be able to identify the benefits and disadvantages of using technology in sport. Students experience the differences that technology has made on the materials used for sports equipment and how this has enhanced performance.

Year 9-Outdoor Education

This semester students are exploring the benefits of the natural environment, and its importance to personal growth, skill development and overall wellbeing for themselves and the community. They are also gaining a greater understanding of features of the environment and how to best interact with local flora and fauna.

Year 10-Outdoor Education

This semester students explored the human impact on the environment and ways that we can conserve the environment. Through experiential learning in local environments, students also explored the connection with nature and the impact that this can have on mental health and wellbeing of individuals and the community.

Year 10- PDHPE

Beyond the Buzz (Theory)

This unit explores risk-taking behaviours and decision-making, focusing on their impact on health, safety, and well-being. Students examine influences such as marketing, peer pressure, and social norms related to alcohol, drug use, and personal safety. They develop critical thinking skills to assess health information and services, formulate safety strategies, and explore government initiatives on harm reduction.

Athletics

Students will participate in a range of movement skills in the context of Athletic activities. They will adapt, improvise and perform creative movements, appraise and justify choices and actions in solving complex movement challenges, enact interpersonal skills to build and maintain respectful and inclusive relationships and demonstrate sequential combinations of movement skills to perform innovative and task related movement sequences in a range of athletic events.

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Year 10- Physical Activity and Sports Studies (PASS)

This semester students are exploring the roles and contributions of body systems on efficient movement, and the energy required for these systems to work effectively. Students have the opportunity to put their understanding of the human body to practise while looking at the effect of physical fitness on health, and the importance of understanding the fundamentals of movement.

Year 11- Community and Family Studies (CAFS)

Year 11 Community and Family Studies students are currently completing a research methodology task. This unit of work requires students to create a questionnaire, outlining and analysing data trends on the topic of gender relationships and wellbeing. This is a large module that takes up a great portion of course time.

Year 11- Health and Movement Science (HMS)

This semester students will be exploring the Body and Mind in Motion focussing on movement and the interrelationship between the systems of the body. Students have the opportunity to research and apply their understanding of movement efficiency across numerous sporting contexts.

Year 11- Sport, Lifestyle & Recreation (SLR)

Topic- Social Perspective of Games and Sports

This unit examines the dynamic nature of health and the contextual factors that influence attitudes and behaviours towards health and wellbeing. Students review the Australian Government dietary guidelines and evaluate the influence of nutritional value and sustainability on personal food choices.

Year 11- Sports Coaching

Year 11 sports coaching students are currently looking at OHS and WHS policies and procedures. Once gaining a better understanding of such policies and procedures they need to look at creating a detailed sporting event to cater for such topics.

Year 12- Personal Development, Health and Physical Education Health Priorities in Australia (HPIA)

Students are currently completing a mandatory module which looks at examining the health status of Australians. The set unit investigates, in depth, the current health priority issues in Australia. Students are learning to identify and justify the choice of priority issues and examine the roles that the health system and health promotion play in achieving better health for all Australians.

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Year 12- Community and Family Studies Groups in context-

Students are currently studying the unit on groups in context. The groups that have been covered include people living with a disability, rural and remote communities, LGBTQI+ and youth. They are exploring many areas in reference to these groups including, their specific needs and the associated support networks available to help and assist those in need.

Year 12- Sports, Lifestyle & Recreation.

Resistance Training

In this module students are developing the knowledge and skills necessary to plan and implement safe and effective resistance training programs. Students will investigate the various forms and uses of muscle training and will design resistance programs incorporating overload techniques.

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