

The SASY Scoop

Issue No. 11 | Term 3 September 2022



On the 9th of August members of SASY's Ice Factor team, the SASY Assassins were invited to reception at Governor's house. Find all the information on page #9 L to R: Kasey, Alia, Josh G, and Ash.

In this issue

Page two

- A note from our Chief Executive
- SALA Exhibition

Page three - ProActiv People at SASY

Page four - Gym Opening

Page five - Kitchen Opening

Page six - Highlighting our Team

Page seven

- Pixel Tournament
- Pixel Junk Magazine

Page eight - Operation Flinders

Page nine

- SASY's Ice Factor team at Governor's house
- Make a Move Today

Page ten - Our Formal 2022



SALA Exhibition, Page 2

A note from our Chief Executive

Hello SASY community,

Term 3 is now complete, and we have exciting news to update you regarding developments within SASY.

Firstly, we opened our kitchen and hired a chef. Healthy and exciting breakfasts and lunches are being cooked for students each day. This is a direct outcome of our holistic approach to learning, which aims to nourish one's learning, well-being, and health. So far, we have had tacos, pad Thai, hash browns, pulled pork, and more. This is just the beginning, watch this space for more delish treats. This is an extension of our community and an act of welcome, plus students are loving it!

Secondly, we have formally opened our onsite gym. Thanks to donations from SA Power Networks and the State Government, we have refurbished the basement in #30 Chesser St and added a range of onsite gym equipment. Again, this is underpinned by our holistic learning strategy.

These exciting developments are great, but as always, our main focus is to engage young people who need a place to feel safe, reconnected, and have a learning journey to their future dreams.

We welcome all the new SASY students, parents, and carers who have joined us in Term 3 of 2022, and the new staff who have joined us on this journey.

You are all welcome at SASY, a unique place, that does things differently, to heal and grow Adelaide's young people.

Kind Regards,
David Wild
Chief Executive



SALA exhibition

SALA has come and gone for 2022, and I'd like to acknowledge the huge effort that our amazing young artists put into creating some of the most awesome artworks we have seen here at SASY.

As this was our first year participating in the SALA Festival, we planned a low-key two-day exhibition in the Art Room, and it was well attended by visitors whose comments in the guest book were so complimentary!

'Amazing, so much talent!'

'Great work guys! your artwork looks amazing- you should be so proud of your hard work!'

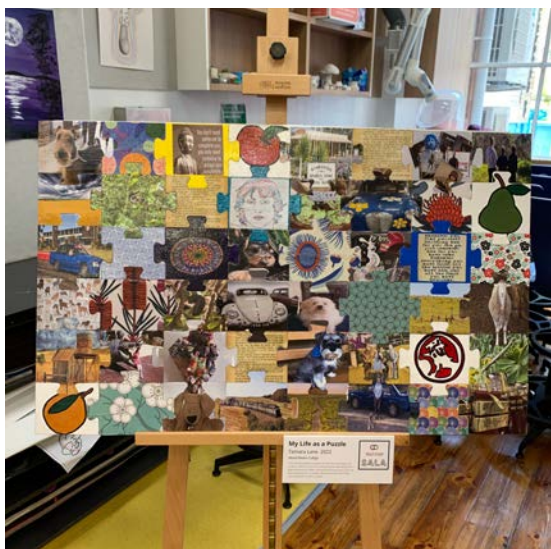
'Wow, some very talented artists! Loved it :)'

'So great that artworks are channelling such important journeys and the development of people who will have so much to give the world'

Huge thanks to everyone who helped make our first SALA Exhibition a reality this year. It truly takes a strong and caring community to build the confidence of our young people to the point where they feel they can show their art to the public.

We are already planning the 2023 SALA SASY Exhibition and hope to take it off-site into a Gallery or CBD location.... watch this space!

Written by Joanne Hickingbotham, SASY Teacher



SALA Exhibition



ProActiv People Disability Employment Service at SASY

Recently we had the opportunity to partner with 'ProActiv People', a Disability Employment Services (DES) provider and a registered NDIS provider.

On Monday 8th August a representative visited SASY and spoke to young people who are looking at finishing school this year or would like to get a part-time job while still attending SASY.

They discussed the opportunities available and quite a few of SASY's students have signed up with a job plan.

This agency has been a well-received service from our student's point of view as they feel like 'they get it', and that they are genuinely interested in supporting them to enter the workforce.

ProActiv. will return on Tuesday 13th September to link our students with real employment opportunities.

We will keep you posted.....!!

More information: <https://proactivpeople.com.au/>

GYM OPENING



OFFICIALLY OPENED BY SA POWER NETWORKS CEO ROB STOBBE



DAVID WILD

On September 12, SASY opened its gym doors to our students and staff. We are proud to have the opportunity to open a space for our SASY Community to engage in healthy physical activity in our building #30, where they are safe and protected by our staff.

A special thanks to the members of SA Power Networks and the Government of South Australia; who contributed to the creation of the gym; without your support, the realization of this project would not have been possible.

Why should we exercise?

Beneficial factors produced from exercises are called Brain-Derived Neurotrophic factors or BDNF. It promotes the growth of new neurons. BDNF plays a very important role in neuroplasticity, which is the ability of the brain to remodel and reorganize itself. Which will lead to greater learning and memory function.

Neuroplasticity is disrupted in depression and other psychological disorders. Stress and other factors can reduce BDNF, whereas exercise consistently increases BDNF.



PETER CORNISH & DANIELLA FELTRIN FROM
DEPARTMENT OF EDUCATION



KITCHEN OPENING



Our Chef, Zach has now started at SASY, he spent his first weeks, stocking up the kitchen by buying pots/pans and food.

He has now started making tasty and nutritious breakfasts and lunches for our students. Zach is making some great food (including making fresh bread daily) to suit all dietary needs, and the students who have tried his food are loving it.

Breakfasts consist of an assortment of cereals, along with bacon and egg sandwiches, assorted muffins, chia puddings, frittata and tortillas.

Lunches include wraps, sandwiches, sushi, zucchini fritters, homemade sausage rolls, butter chicken and pad Thai.

Zach is encouraging our cohort to give him feedback on what they'd like him to cook. Breakfast and Lunch are available to all our students and if we have any leftover meals, we are encouraging our young people to take them home (we hate waste).



Highlighting our SASY Team



Congratulations to **Jayden Norsworthy** who has won the position of Engagement Teacher



Congratulations to **Nathan Dalziel** who is the new Team Leader in Inspire



Congratulations to **Harvey Watson** who has moved over to Connect as a Senior Teacher



Congratulations to **Scott Dirix** who is the new Head of Student Outcomes



Congratulations to **Jessica Eckermann** who is the new teacher in Ignite



Congratulation to **Zach Curnow** who is our new chef



Congratulations to **Dylan Scully** who is the new Aboriginal Engagement Youth Worker



Congratulations to **Curtis Woods** who is the new teacher in Inspire

Pixel tournament



Held once a month at the SASY 'Pixel', the tournament is an opportunity to enjoy a day of festivities and discover what Esport looks like in real life.

The objectives of Pixel the tournament are to:

- Create a connection between staff and students
- Provide fun and social form of entertainment
- Increase social skills
- Provide points of common interest

The first tournament was a great success, and we look forward to seeing the event go from strength to strength.



Written by Sofiann Saidi, SASY Youth Worker

'Pixel Junk' Magazine



We are delighted to announce the release of the first edition of 'PIXEL JUNK': The mag. A magazine about video games.

After all the hard work, our amazing students have published a physical games magazine in pocket format. Each hub will receive 10 exemplars of the magazine and 10 will be sent to our colleagues of Youth Inc. who also have a program about digital entertainment.

This magazine is part of the larger Pixel project, which involves programs under the same umbrella, each with different objectives and intentions.

"Pixel Junk" the mag. Every Monday. "Out" session.

A magazine about video game reviews. Every Monday afternoon, the students can play video games, recent or retro. We play, we talk about the games, and we help write reviews, with the support of a scaffolded template created especially for the program.

The objectives of Pixel Junk, is to develop:

- English writing
- Creative thinking
- A coherent sense of criticism and judgement
- Connections

"Pixel" we play! Every Thursday morning. "On" session.

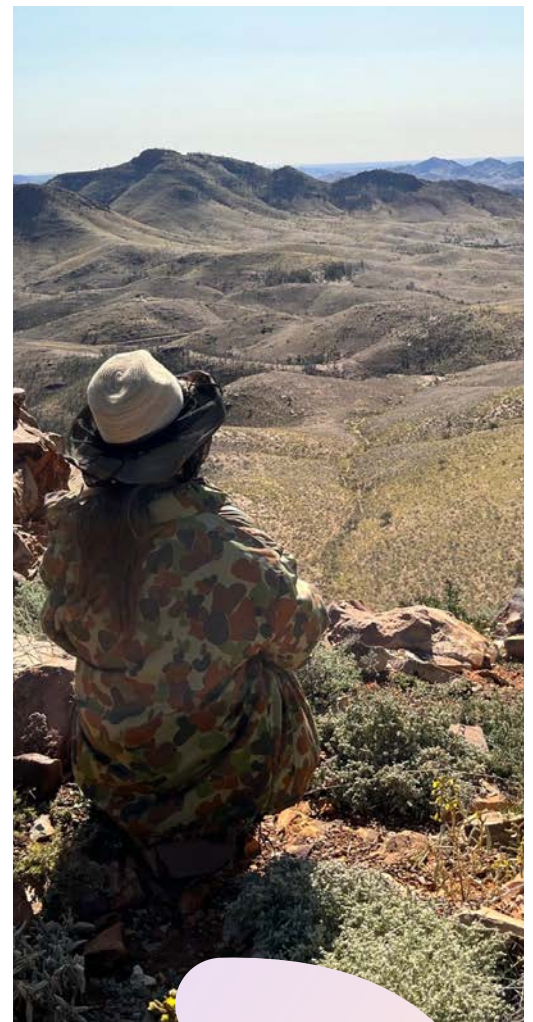
Yes, online gaming is not too bad, but playing together with friends and staff, is the best! We choose a game with a strong spotlight on cooperation or healthy competition. We play the game for a cycle of 4 weeks. And then we change the game.

The objectives of Pixel We Play, is to develop:

- Socialisation / The "Play Together" mentality.
- Encourage teamwork and cooperation when playing with others.
- Increase students' self-confidence and self-esteem as they master games
- Encourage participation in related offline activities
- Increase resilience

Again, this is underpinned by our holistic learning strategy.

Operation Flinders



Six senior students participated in an 8-day exercise program in far north South Australia, Gammon Ranges hosted by Operation Flinders.

The exercise saw young people cooking, carrying their own packs, putting together their tents, and hiking through beautiful and challenging landscapes.

We are so very proud of how courageous, respectful, and supportive our young people were throughout the program.

They have done themselves proud and SASY is incredibly impressed by their incredible personal and physical achievements.



SASY's Ice Factor team at Governor's house



On the 9th of August members of SASY's Ice Factor team, the SASY Assassins were invited to reception at Governor's house.

At this event, they were introduced to His Excellency The Lieutenant Governor Dr James Muecke AM. Some highlights included the wonderful catering, getting to explore the historic premises, and hearing Ice Factor participants, including SASY's own Ash Krause speak about their experiences of this program.

Ash was also presented with a leadership award, a great recognition of his ongoing commitment and support of the program as SASY's inaugural captain.

Make a move today!



SASY staff are once again participating in the Make a Move fundraiser.

Staff will dedicate 24, 48 or 72 minutes every day throughout October to move their body, improve their mental state (or a combination of both).

As part of this, they will be making a positive move for their own well-being as they raise funds for ReachOut Australia.

If you would like to donate to the SASY team, or even join, please check out <https://www.makeamove.com.au/fundraisers/gracewilson/make-a-move>.



Our Formal 2022



The SASY Formal is undoubtedly the most glamorous night of the year.

After two consecutive years without being able to celebrate; our 2022 committee created a stunning event themed 'Carnaval'.

The whole night was a single carnival; our students danced, ate, laughed and were very happy all night. Every detail was perfect.

SASY staff and students came together to sing, dance, and enjoy themselves in a place free from worries and duties, thanks to everyone who was part of this event.



OUR FORMAL

Upcoming events

SASY has several events coming up in Term 4 2022!

- Term 4 starts - Tues 18th October 2022
- Alumni Evening Event - Tue 15th November 2022
- Pupil Free - Wed 16th November 2022
- Parents Night - Wed 7th December 2022
- End of Term 4 - Thu 15th December 2022