



**Kanahooka High School**  
**PO BOX 302 DAPTO 2530**

**Phone: 4261 4011 Fax: 4261 4700**

**Email: [kanahooka-h.school@det.nsw.edu.au](mailto:kanahooka-h.school@det.nsw.edu.au)**

**Web: <http://www.kanahooka-h.schools.nsw.edu.au>**

**Term 4 – Week 7**  
**4<sup>th</sup> December 2009**

## COMING EVENTS

**Friday 11<sup>th</sup> December**  
Year 10 Graduation Ceremony

**Tuesday 15<sup>th</sup> December**  
School Presentation Day at Dapto  
Ribbonwood Centre

*Parents and students need to be aware that the last two days of the 2009 school year are for teacher professional learning. This means the official last day of the student year is Wednesday 16<sup>th</sup> December.*



## *More Kids! More Active! More Often!*

Students from all schools within the Dapto Learning Community assembled at Kanahooka High School on Monday 30<sup>th</sup> November, to participate in a *Learning to Lead Day* as part of the NSW Premier's Sporting Challenge. The students participated in a range of activities including Cricket, League Tag, Tennis, Walla Rugby, Basketball, Polo Hockey and Basic Sport Skills.



The day was successfully co-ordinated by our own PE Head Teacher, Mr Kipp.



All students enjoyed the day and I would like to thank all the staff/coaches who made themselves available to ensure the day was a great success. League Tag (ARL), Cricket NSW, Tennis NSW and the Australian Rugby Union also support the program which will have a follow up training day for the students in 2010.

*Peter K Jones*

## PEER SUPPORT & YEAR 6 ORIENTATION

Peer Support is a great program that really helps the Year 10 Peer Support Leaders know how to make the new Year 6 students feel more comfortable and relaxed. When they arrive to commence high school next year they will already know someone, which makes their first day less daunting.

Year 10 recently attended a day at the Ribbonwood Centre where we played all sorts of fun games that helped us get to know others better, and this also taught us how much we have in common with others.

Our Orientation Day was held on Thursday this week, which allowed us to use the tools and games we were taught to help the Year 6 students meet new people and make new friends.



Orientation Day is a great, fun day for everyone and we love seeing the Year 6 students leaving with a smile on their face and being excited about attending Kanahooka High School next year.

Well done Year 6 students. Enjoy the rest of your primary school days and your Christmas holiday break. We all look forward to seeing you next year.

*Tahlia Gersbach*  
**SRC Representative**

## KANACONCERT 2009

The annual KanaConcert was held on Tuesday night, last week in the School Hall. Drama students and Music students from Years 7-10 performed the songs and plays they had been rehearsing for many weeks. These included plays written by the students themselves, as well as scenes from "Monty Python" episodes, an abbreviated "Austin Powers" play, an Australian Bushranger Melodrama and a skeletal performance of "Remains of the Day". There were a number of solo and group songs by singers and musicians, so many that the concert ran from 7.00pm to 9:45pm, a testament to the enthusiasm and commitment of these our artistes. See you again next year.

### Performers in our KanaConcert:

Tyler Kelly, Courtney Maylin, Lucy Gladden, Louise Allison, Cyrus Villanueva, Kayla Peppoloni, Rianna Le, James Kearton, Taylah Wicks, Noah Zderic, Teagan Armstrong, Nicole Gentle, Cameran McBride, Chelsea Morris, Sarah Boyle, Chantelle Leon, Courtney Jones, Chantelle Elm, Tori Vincent, Taleah Holm, Jayden Stolk, Tara Frost, Rachel Bush, Carly Robinson, Shakira Martin, Jacob O'Connor, Travis Taylor, Jade Puckeridge, Phillip Thomson, Adam Trandafilu, Britney Aikman and Danielle Aikman.

### The Crew at our KanaConcert were:

Benjamin Kelly, Mitchell McArdle, Jack Parkes, Dean Pender and Matthew Gencevski

### Cheer Leaders at our KanaConcert were:

Rachael Edler, Courtney Childs, Emma Gilly, Ammena Burgess-Pantas.

Congratulations and well done to all our participants. What a fantastic night.

*Mr T Baker & Mrs S Dedini*

## TIPS FOR KEEPING YOUR COOL

With temperatures already having hit record highs, here are some tips to stay cool and comfortable this summer:

- Include frozen drinks, plenty of water and fruit in your child's lunchbox
- Ensure they wear factor 30 sunscreen, a hat and light cotton clothing
- Plan your day to stay out of the heat
- Stay indoors or in the shade during the hottest part of the day. (10am – 2pm)
- If you can't avoid strenuous activity like sport, home improvements or gardening, keep it for the cooler parts of the day such as early morning or evening
- If you must go out, stay in the shade. Wear a hat and light-coloured, loose-fitting clothes, preferably made of natural fibres. Wear sunglasses and apply sunscreen with a sun protection factor of 30 to exposed skin. If you will be outside for some time, take plenty of water with you
- Ensure your pets are also well hydrated and have plenty of shade when they are outside

NSW Health has fact sheets on heat-related illnesses such as heat exhaustion and heat stroke. Go to: [www.health.nsw.gov.au/factsheets/environmental/heat\\_related\\_illness.html](http://www.health.nsw.gov.au/factsheets/environmental/heat_related_illness.html)

## OUTSTANDING FEES

As the school year is quickly drawing to an end, we would be pleased if you would ensure all outstanding school fees and subject fees are paid at your earliest convenience.

*Mrs J Roddan*

## YEAR 10 FORMAL

We still have a number of students who have not collected their deposit. Please arrange for this to be collected from the front office at your earliest convenience.

*Mrs J Roddan*

## SURFERS HELPING SURFERS

Help out at our 17<sup>th</sup> Annual Thirroul "Hands on Day" run by the South Coast Branch of the Disabled Surfers Association for the South Coast region's disabled participants.

**When: 5<sup>th</sup> December 2009 - 9am – 1pm**  
BBQ lunch provided **free** for all attendees

**Where: Thirroul Beach – meet at the Thirroul SLSC on the park side**

**Cost: FREE to all volunteers and carers – \$10 to all non DSA member participants – bring your boardies**

*Made up of mainly surfers, but non surfers can significantly contribute as well. The DSA is an independent and voluntary organisation, helping people with all types of disabilities to enjoy a safe surfing experience for the past 23 years. Now, in 2009, there are 13 active branches across Australia and 1 in New Zealand.*

**For more information contact Ian on 0421 601 222**

*Appreciation certificates issued on the day!!*

Also check out: [www.disabledsurfers.org](http://www.disabledsurfers.org)

## LENOVO PC OFFER

Lenovo is the supplier of netbook PCs to NSW Government schools and has now launched its Personal Purchase Program to school staff, students and their families with significant discounts across the full range of Lenovo PCs and accessories. To celebrate our launch, we are offering an s10-e Netbook with 2GB memory for only \$479 (a saving of \$170 on the recommended retail price). Full details of this offer and other Christmas specials can be found on: [www.lenovo.com.au/nswschools](http://www.lenovo.com.au/nswschools)

## DAPTO NETBALL CLUB

Registration days for 2010:

**When:** Saturdays 6 & 13 February 2010

**Time:** 10.00am till 2.00pm

**Where:** Dapto Ribbonwood Centre

Contacts:

Bill Sargeson 0425 279 222

Sharon Atkins 0417 658 722

Jackie Johnson 0430 479 883