

# Kana Kares



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Term 4 - Week 4

4 November 2011

KANAHOOKA HIGH SCHOOL IS A PROUD MEMBER OF THE DAPTO LEARNING COMMUNITY



## Year 7/8 Technology (Textiles)

Year 7 have been involved in tie dyeing. This is a traditional process used to colour fabrics which has been resurrected in the latest fashions.

Congratulations to all students for attempting to create original designs. We look forward to seeing some 'lairy' boxer shorts in the next weeks.

Miss Middlebrook & Mrs Powell



## Max Potential Program

During the last few months a group of Year 11 students took part in the Max Potential program. This was run to help students from the area to help improve their skills in dealing with the public and different organisations within the community.

On Thursday 27 October, four of our students took part in displaying the work they had done with their mentors at Dapto Leagues Club. I was very proud to see our student's work and witness what they had achieved within our community. It was evident that the program helped them achieve goals and improve themselves in areas that they felt they needed help in.

"The Max Potential program was great, it helped many of us improve our leadership skills. I found that I have since become more confident."

Shauny Salisbury

"Max Potential was a fun and interesting program that allowed me to gain essential life skills. I met a lot of interesting people from different schools, industries and the local community".

Cara Horsley

Ms S Abarcia, Yr 11 Adviser



## PBS Update

Kanahooka High School is presently developing lessons to explicitly teach the schools values of Respect, Fairness, Excellence and Responsibility to its students.

It is proven through many studies that positive behaviours are far more likely to be adopted by people if they are explicitly modelled and taught.

These lessons are anticipated to start next year. With Year 7 and 8 focussing on bullying and harassment, Year 9 and 10 on attendance and completion of work, Year 11 and 12 on attendance and working to the best of your ability.

PBS has already been successfully adopted into the school playground and these lessons will ensure it is cemented into the whole school ethos.

Mr Banasiak



## Year 12 Formal & Graduation Photos

Limited number of a 2-disc set of photographs taken at the Year 12 Formal and Graduation events are now available from Mr Stewart in Room 402.

A contribution of \$2 is required to cover production costs. Further sets will be produced as required.



## CAREERS CORNER

### HSC Survival Guide

In School A to Z you will find a handy guide for helping the whole family get through this often stressful time. Get tips on how to provide a relaxing and supportive home environment that will best support your studying teen. Go to: [www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/tips-for-surviving-the-hsc](http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/tips-for-surviving-the-hsc)

For more advice, go to NSW HSC online: [www.hsc.csu.edu.au](http://www.hsc.csu.edu.au) which has a special section for parents and carers.

## UPCOMING EVENTS

### Monday 7 November

- School Certificate Exams commence until 12 November

### Tuesday 8 November

- St Vincents de Paul Boys Day Out

### Friday 11 November

- Brooks Creek Clean Up Day

### Tuesday 15 November

- Merit Morning Tea
- Year 6 Extra Visits - High Needs Transition 9.30am

### Wednesday 16 November

- Year 7 Immunisation Day

### Tuesday 6 December

- Citizenship Award trip to Jamberoo Recreational Park

### Wednesday 7 December

- P&C Meeting - 7.00pm

### Wednesday 14 December

- School Presentation Day

### Friday 16 December

- Year 10 Graduation



## Li'l Angels

### School Uniforms

Skirts	\$24.00
Shorts	\$18.00

Buy 2 or more for free postage  
Or pick up

[www.lilangels.net.au](http://www.lilangels.net.au)  
Email: [sue@lilangels.net.au](mailto:sue@lilangels.net.au)

78 Huxley Drive, Horsley  
PH : 42 60 8869  
Mobile : 0403 171 032

Kanahooka High School







## Surviving Exam Stress

You may have heard the saying that "parents are only as happy as their least happiest child". If this is indeed the case, then exam time is a time of significant stress and challenges for both parents and their children. The key to survival during this time, is therefore in parents supporting their child/ren to manage their stress and in managing the contagious effects of this stress on the rest of the family system.

This information sheet is designed to give parents some survival tips and strategies for supporting children and young people during exam time.

- Maintain perspective: Success in exams is wonderful and can lead to further success and confidence in children and young people. At the same time, success in exams, at the expense of a young person's mental health or their relationship with their parents may not be worthwhile.
- Tune into what your child wants to achieve. This may be completely different to the goals that you hold for your adolescent.
- Help your child to think about goal setting – knowing what goals they want to achieve is an important first step in planning for the future. Then they can research what is needed to reach their goals.
- Support your child to find a level of balance in their life of study, socialising, and recreation that is appropriate to the goals that they wish to achieve.
- Notice and praise your child's efforts at developing and maintaining a study plan. If necessary and appropriate, help them to develop the plan, manage their time and to avoid other distractions e.g. accessing social networking sites, phone calls etc.
- Ensure that child has an appropriate environment for study. They should have a dedicated, quiet space that is comfortable, has adequate lighting and is free of clutter.
- Provide emotional support: Acknowledge the challenges and perseverance it takes to stay focused on studying. Be there for them, be supportive and encouraging. Praise them for all of their achievements.
- Be supportive by giving your child space and leeway as they go through a very stressful time in their life. Try to have realistic expectations about what you can expect of your child in terms of helping around the house and try to avoid nagging them about minor issues.
- If your child feels unprepared and anxious, don't panic with them or make things worse with "I told you so's". Reassure them that they can only do their best and help them to develop and apply relaxation and time-management techniques.

Lastly, and very importantly, prepare yourself for the exam results. This can be a very emotional time for families either in celebration of a great achievement or problem solving after a disappointing result. Either way it is good to allow your child to have the feelings that come with the result. If it is a disappointing one, it is good to name the feelings (eg. disappointment, shame and jealousy) and to help your child manage this intense new feeling and to eventually move on to look at other options that are available as well as what they can learn about themselves in the process. Often just being able to sit with your child's despair creates closeness and a sense of support. Adults usually want to move away from those feelings and start problem solving too quickly. Of course we know there are a number of ways forward after a disappointing result, but it is important for us to be there with our child through this challenge and give them time to feel, to heal and then move on with problem solving.

If you want to talk about how you are managing parenting a HSC or School Certificate student with one of our professional counsellors, call 1300 1300 52 or visit our website [www.parentline.org.au](http://www.parentline.org.au) for tips sheets and parenting stories.



## Dapto Community Annual

# Trivia Challenge

CareWays Community Inc. is sending out challenge to all Trivia Buffs !!!  
Come and have a Fun night for friends and family.  
Great Prizes To Be Won!

When: Friday 18th November 2011

Where: Heining House  
Dapto Ribbonwood Centre

Cost: \$5 per contestant

Doors open 7.00pm for 7.30pm START

BYO Basket of Munchies & Drinks



For more information or to make a booking ring Verica on 42621918  
or call in at Dapto Neighbourhood Centre



## If your child is absent from school

If your child has to be absent from school for any reason, please contact the school and send a signed note explaining the reason for the absence within **seven days**.



## The Little School Pre School

The Little School Pre School has vacancies for 3 to 5 year olds for the 2012 school year.

Operates from 8.30am to 3.30pm Monday to Friday.

If you are interested in reserving a place for your child call Sandra on (02) 4261 6566, or drop in and meet our experienced and friendly staff.

The Little School Pre School is located at 150 Sheaffes Rd, Dapto West NSW 2530

PROFESSIONAL BULL RIDERS®

# INTEGRITY/PUMPS & ENGINEERING

*Presents*

## 5th NOV

### Dapto Showgrounds

Gates Open 4pm - Action Starts 7pm

CHILD (5-15years)	\$15ea
ADULT	\$25ea
FAMILY - 2A/2C	\$70

Pro-sale Tickets Available From  
GLORIA JEAN'S COFFEES  
Upper Level Dapto Mall  
TICKETS ALSO AVAILABLE AT THE GATE!

**LIVE BAND & BAR OPEN TILL LATE**

NO ALCOHOL PERMITTED INTO GROUNDS. AVAILABLE AT BAR ON PREMISES.

PROUDLY SUPPORTED BY

Special Thanks to Uncle Skippy

[www.pbaustralia.com](http://www.pbaustralia.com)