

# KANAHOOKA

## HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

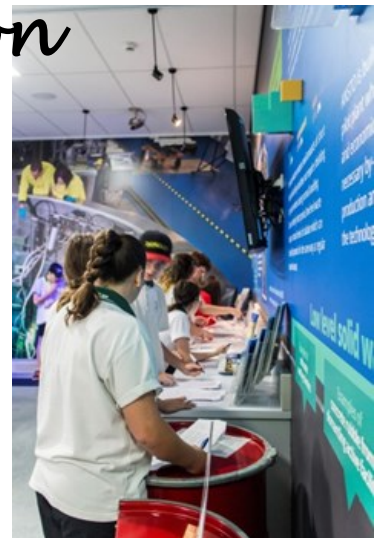
# Newsletter

ISSUE No. 18

9 December 2016



## *Year 9 ANSTO Excursion*



Robert Street, Dapto 2530  
Telephone: 4261 4011

# PRINCIPAL'S REPORT

Another fantastic year comes to an end at Kanahooka High and hasn't it gone quickly! I would like to congratulate all our staff and students for giving their absolute best to make our school even better than last year. It is their dedication to improvement and their determination that makes our school a great place.

You may have noticed the school buildings have had a makeover. It is so wonderful to hear the students tell me how great it looks and how proud they are to have a school environment that feels safe and clean. Some students have simply said "Thanks Miss". This means so much to staff when I tell them how happy the students feel by having school buildings that say, we value education, we care about our educational environment.

School finishes for students on Friday 16 December and for staff on Tuesday 20 December. Staff will be working on the planning for 2017.

Staff return on Friday 27 January 2017. Students in Years 7, 8, 11 and 12 return on Monday 30 January and Tuesday 30 January for students in Years 9 and 10.

On behalf of the staff we wish you a Merry Christmas and an even better and brighter 2017. We thank you for continuing to strengthen our partnerships in ensuring your child has the best possible outcomes to help them achieve their goals for the future.

*Ms C Toohey  
Principal*



## Attendance in Term 1 2017

To assist the school to plan appropriately we would appreciate families of students who are not returning in 2017 to please notify the school in writing as soon as possible. If families are planning an extended holiday, and will not return to school at the start of the term, we also need this information before the end of the year. An **Application for Extended Leave** can be collected from the front office.

## Attendance Achievements

Kanahooka High School has worked consistently over the years to improve the overall attendance of our students. We would like to acknowledge the following students for attending school everyday in 2016.

Year 8 - Belinda B

Year 9 - Hayley A

Year 10 - Keegan A and Samuel C

Year 11 - Lilli C, Alyssa L and Emily R

A special mention of Alyssa L and Hayley A. Both of these students have had 100% attendance for three years in a row. We are also very proud of the 106 students who have zero unjustified absences and the 148 students who have achieved an attendance rate of above 95% for the year. To achieve 95% attendance in a year means a student has missed no more than 9 school days. This is an outstanding effort.





# MATHS NEWS

The final Maths Newsletter article for 2016! Who can believe it - the year is almost over and what a fantastic year it has been for the Mathematics Faculty at Kanahooka High School.

Firstly, I would like to thank my fabulous Mathematics team of teachers - Mrs Bennett, Mrs Hood, Mrs Sammut, Mr Walton and Mr Ursino. They have worked tirelessly each day to ensure all Kanahooka High students have the best learning outcomes and make Mathematics “real” for their students. Next year, we will welcome Mr Harvey to this team to replace Mrs O’Neil, who has accepted a transfer to another school. I wish both success in their new adventures in 2017.

Some highlights are listed below –

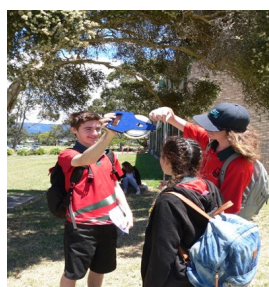
## **9W learning about measurement and applying it to Trigonometry**

The unit of Trigonometry posed a lot of practical opportunities for 9W Maths to hone their measurement skills and work out the heights of several prominent structures in the school grounds – the Flagpole, 900 block and the football goal posts to name a few.

Below are several 9W students using measurement tools.



Chantelle C, Tyler D, Brayden C and William M



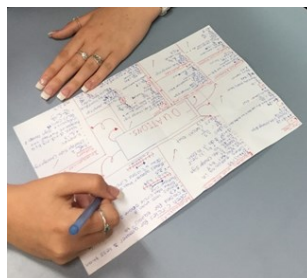
Lucas B, Jacob M and Bianca M

*Mrs K Lewis  
Head Teacher Mathematics*

Both my 9S and 8S Maths classes have been busy all year completing tasks on the school’s Moodle page. Students can complete the activities online and use the questions as a revision guide as well.

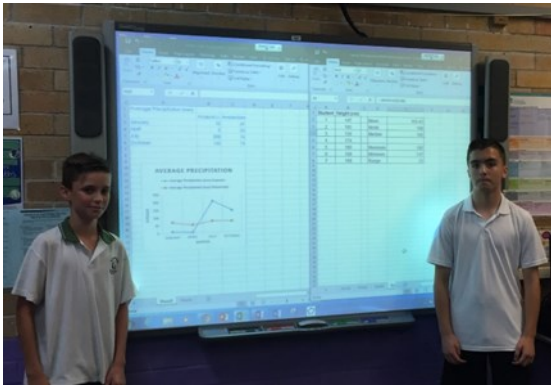


Students in 9S also concentrated on summarising the topics using a mind map. Some students began to make their own summaries to assist them with revising the work for their topic assessments.

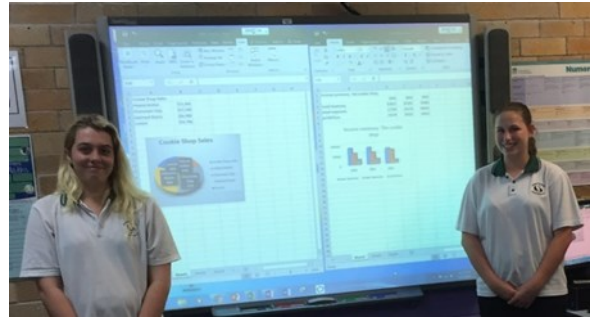




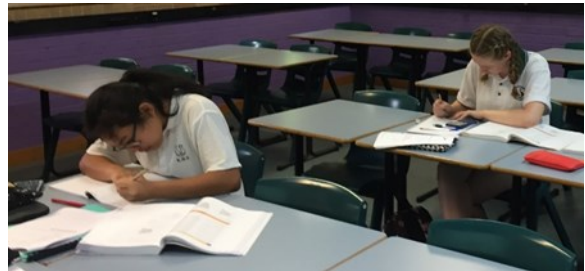
## MATHS NEWS cont...



8S Maths class have recently completed an assignment learning how to use an excel spreadsheet to draw graphs and analyse data.



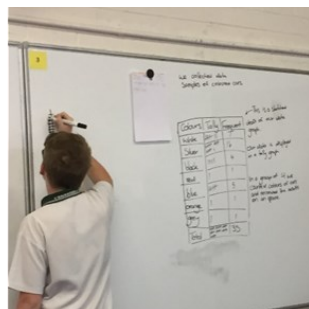
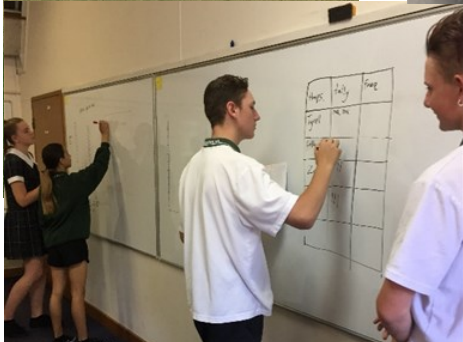
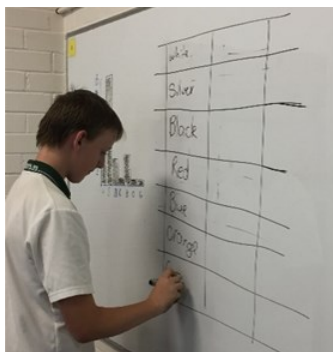
Year 12 Mathematics class have just completed their first formal assessment task. They have found their first term of being in Year 12 has gone very fast.



Mrs A Hood



Here are 8MATW during their *Data Collection and Representation* unit this term. Students chose either an object or activity to collect sample data and display their findings in frequency tables and graphs. What a great opportunity to enjoy some fresh air and exercise! Well done 8W!





## MATHS NEWS cont....



Year 12 General 1 Mathematics relished a game of chance during their introduction to *Probability*. Eager to win a Mentos for their efforts, students formulated the total possible outcomes when rolling the difference between two dice. Questioning the class about the variances, they noticed between theoretical results and what happened practically was a bit of a challenge. Nevertheless, they rose to the challenge and enjoyed their rewards! My reward was having a bit of fun in the process as well!

Congratulations to both Year 8 and Year 12 for an adventuresome week in Mathematics!

Mrs K Sammut



## Bike Riding and Maths

Bike Riding is back on the streets, trails and terrain parks in Dapto and our riders follow the rules of the road. We talk in distances and directions and solve complicated time problems that allow us to always be back at school on time. Ride safely over the break and think mathematically.

Mr D Ursino





# SCIENCE NEWS

## Hair-Raising New Science Equipment

The Science Faculty has just taken possession of the new Van Der Graaf electrostatic generator. It comes with a higher generating capacity than the existing models that the faculty own.

Sparks of 5-6 centimetres have been seen by students in the classes where it has been demonstrated. For electricity to jump that far requires many thousands of volts. It is not uncommon to experience similar static shocks when stepping out of a vehicle.

When suitably insulated and the right weather conditions, this equipment will literally make your hair stand on end!



## Year 9 ANSTO Excursion

On Wednesday, 23 November, thirty-nine students from Year 9 attended an excursion to the new nuclear research reactor at Lucas Heights on the southern outskirts of Sydney. The Australian Nuclear Science and Technology Organisation or ANSTO has been conducting nuclear research on the site since 1955.

Students first attended the Discovery Centre, where they were told about the work of ANSTO, which is to provide medical isotopes for hospitals around Australia, a world leader in Nuclear Medicine. They also irradiate silicon blocks for the electronics industry, developing SYNROC as a way to safely store nuclear waste and use nuclear imaging techniques to test jet engine turbine blades as well as other metals under extreme conditions. After the initial introduction, students did some “hands-on” projects to help reinforce the introductory information, which had all students intrigued. One of the popular exhibits involved a Geiger counter and some “everyday” substances that have high radioactive counts.



After lunch in the ANSTO Café, students were transported into the high security area of the new OPAL reactor. They were able to look at the research area where neutron beams are fired at various targets and then via CCTV they were able to look into the Open Pool Australian Lightwater (OPAL) reactor itself. At the end of the day students had gained a greater appreciation for the peaceful use of atomic energy.

*Mrs C Cohen*

*Head Teacher Science*





## Year 7 Technology 4



Year 7 Technology 4 have been busy this semester in the textiles room, this term the students are finishing off making boxer shorts and have learnt how to use the sewing machine and overlocker to complete their project.

Here is Lilly-Marie J and Zoe M modelling their work. Well done class!

*Mrs C Powell and Mrs A Haines*

## Year 7 Technology 3

Year 7 Technology 3 students completed a practical application - testing the strength of plastic bags. Zip-lock bags were used (made out of polymers LDPE) filled with water and pencils inserted from one side of the plastic bag full of water out through to the other. The challenge was to see how many pencils you could insert through the bag before there was a leak. The students inserted over 30 pencils to gain the honour of their photo. This provided a great discussion on the structure of plastic molecules and water density.



## Year 9 Food Technology

Year 9 Food Technology classes have been planning and producing their own 'birthday cakes' for the unit on "Food for Special Occasions". Students also had to design their own 'Invitations' for the event. This has provided a range of entertainment and challenges for both the students and their teachers. Many students worked tirelessly to display their unique skills being encouraged and inspired by Ms Coogan and Mrs Haines with some wonderful results for us to share.

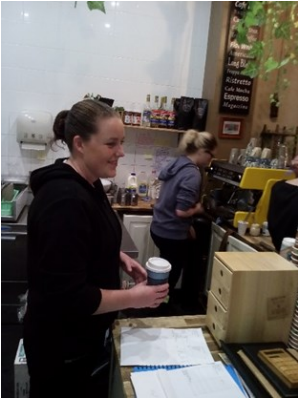
*Ms P Middlebrook  
Head Teacher TAS*





## VET Hospitality

Most of Year 12 Hospitality students have completed the mandatory 70 hours of work placement this year. The students were successful in their work placement and the positive feedback from host employers was exceptional. The students worked in a variety of establishments from 4 star hotels (Novotel Wollongong), first class restaurants (Lagoon Seafood), local clubs (Dapto Leagues), local cafes (Alexanders) and retirement villages (Warilla Aged Care). Work placement is an important part of completing VET Hospitality as it gives them real life experiences and employability skills. It also gives the students the opportunity to put into practice what they have learnt in school.



Hospitality students have been participating in Milkshake Tuesday at recess, serving students a variety of cold drinks. This is on a volunteering basis and the students are honing their skills on taking orders, handling cash, making beverages and working as a team. A big thank you to all the students who have participated this year. It is your dedication and effort that has made this successful.

The students have been running the Kana Kafe for teachers in practical lessons. The students run the café with a variety of hot and cold beverages, a variety of toasties and a special of the day. The students have gained experience of working in a team, communicating in both front of house and back of house, order taking and cash handling. Milkshake Tuesday and Kana Kafe goes towards their competencies in Hospitality.

A big thank you to all the staff and students supporting the Hospitality students to gain the skills to work in the industry.

The students have participated in catering events during the year. The students catered for 300+ people in both the Year 12 Graduation and Presentation Day. The students were professional in preparing and serving food and they should be proud of their efforts.

Have a safe holiday.



Ms P Coogan





# YEAR 7 PERFECT PETZ INTEREST ELECTIVE

What fun was had by my Perfect Petz class last Friday!

Dave Glover brought in his pets – the Bearded Dragons. He told us lots of interesting facts about their lifespan, what they eat, how to care for them but best of all we could touch them! Go to <http://www.thebeardeddragon.org> for more information.



Emma C and Taylor M pat a lizard whilst Rhiana C looks on

Macie D and Taylor M



“I want one!”  
Emma C

“I’m not so sure about this!”



Some more student comments:

“They had a weird feeling to the skin” Rhiana C

“Very cute and didn’t bite” Taylor M

“They had a soft skin” Macie D

Making toys for our pets was a great activity and lots of fun too!



Rhiana C, Kayla I, Jacinta P and Taylor M

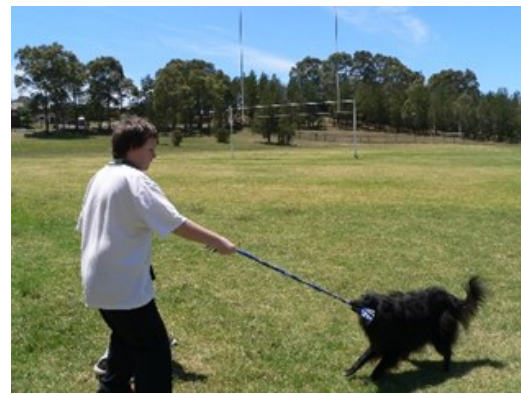
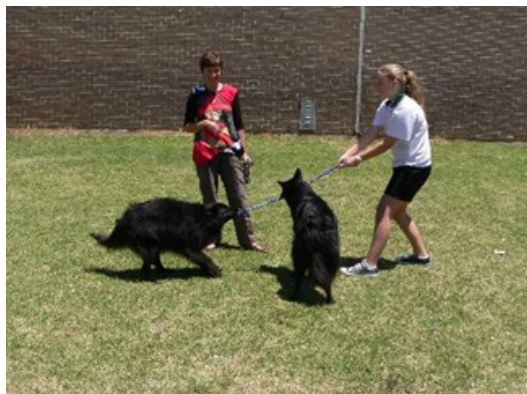


Taneesha K,  
Shania A and  
Kayla I



## YEAR 7 PERFECT PETZ INTEREST ELECTIVE cont...

The proof is in the play – Seven & B'Elanna playing with tug Emma C, Rhiana C and Kane P



More comments:

"They were fun to make" Taneesha K

"They were soft" Taylor M

"Seven loved her toy" Mrs Lowis

It's been a wonderful year taking the Perfect Petz interest elective - we raised over \$250 for the RSPCA from our Cupcake Day in August, visited the local Vet & RSPCA, had informative talks from WIRES and went to the movies to see "The Secret Life of Pets" plus learning how to become responsible pet owners.

*Mrs K Lowis  
Pet Enthusiast*

## STAGE 6 DEPUTY PRINCIPAL'S REPORT

As we close in on the end of the school year, Stage 6 continue their path towards the HSC.

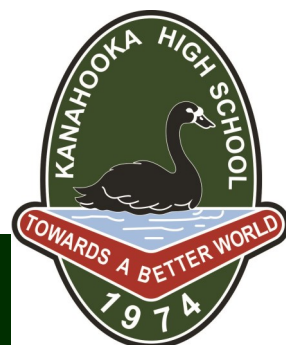
Last Tuesday the 2017, Year 12 cohort completed stage one of our Career Planning session. This program is designed to assist students to look ahead and begin preparations for life after High School. Working in conjunction with the Careers Adviser, Ms Phelan, all students will have the opportunity to develop an individual career plan, identifying areas of need as well as potential career options.

On Monday 12 and Tuesday 13 December our current Year 10 cohort will complete two days of Year 11 classes. These taster sessions will allow the students to "try out" their selected classes for 2017, while also giving staff the opportunity to outline what their course program and expectations are for next year.

Next week sees the HSC results for 2016 issued by BOSTES, and we will be having the Results BBQ on Thursday December 15 starting at 7.30am. All students who completed their HSC this year are welcome to attend.

As this is the last Newsletter for the year may I take the opportunity to wish everyone a safe and happy Christmas. Enjoy the break and come back refreshed and ready to achieve your goals in 2017.

*Mr T Panecasio  
Stage 6 Deputy Principal*





# BOYS FITNESS GROUP

On the afternoon of Thursday 24 November I took twelve boys from my Boys Fitness group to the Lakeside Leisure Centre for a fitness session with an instructor. This was a reward for effort and enthusiasm at our school venue.

The boys and I walked to the Leisure Centre from school and we assembled at the gym. The instructor met the group, introduced herself and explained to the boys what the workout was going to be.

We began with a vigorous warm up that consisted of a cross between 'step' and a jog. The boys loved it and it was a real challenge for them as well as something different. All the boys, myself included, participated in the exercise. We then went upstairs where we were put through a fitness circuit that was both gruelling and fun. Next was a solid ab workout where the instructor taught the boys how to really work their abs without necessarily having someone else to watch or spot them. To finish the afternoon off we all went through a relaxing stretch session.



When the workout was over the instructor commented on what a wonderful group of boys they were. She has groups from a lot of different schools both public and private, yet the boys from our school were the most willing to be engaged in their workout that she has encountered. She was also very impressed with their manners and general behaviour.

I was very proud of all the boys. We had an excellent afternoon where the boys were able to use various fitness apparatus and ask questions on nutrition and wellbeing. It was a win-win for everyone.

*Mr R Clout  
Boys Fitness Instructor*

## COLOUR RUN



Whilst the Colour Run has been postponed till Friday 5 May 2017, the Adidas Fundraising Campaign has finished. Congratulations go to Ryan M of Year 10 who raised \$275.00 for Kanahooka High School. For his efforts he won an Outstanding Achievement Medallion and remote control Quadcopter.

Congratulations Ryan!



# Advantage Driving School

"Want to learn how to drive and prepare for a driving test from a former examiner from the RTA?"

I've had 18 years experience with the RTA and want to assist you to become a safe, competent driver and make your driving test experience as stress free as possible.

- ✓ Friendly, calm, professional and reliable.
- ✓ Individual lessons tailored to your needs from beginners, to intermediate, to test preparation.
- ✓ Pick up from home, school or work
- ✓ Discounts apply for package bookings

Call Tony on 0404 834 122

Email [ads575@hotmail.com](mailto:ads575@hotmail.com)

Find us on Facebook @advantagedrivingschoolNSW



## Share the TAFE NSW Credit Transfer news with your students

Now available: a one-stop shop listing  
TAFE NSW pathways to higher education  
to help you advise your students!

With over 1,500 pathways available, the TAFE NSW  
Credit Transfer Database helps students tailor their study  
journey and enhance their career prospects by combining  
a TAFE NSW qualification with a degree.

Visit [CreditTransfer.tafensw.edu.au](http://CreditTransfer.tafensw.edu.au) now to find out  
how many Credit Points a TAFE NSW qualification can  
give you to start a degree with TAFE NSW or with a top  
Australian university.

Want to know more? Email us at  
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## Thunderstorm asthma

It seems reasonable to think that rain would relieve allergic rhinitis (hay fever) and asthma triggered by pollen, by washing pollen out of the air. However, rain from some thunderstorms can make some people's symptoms worse. Epidemics of thunderstorm asthma in Australia have occurred in Melbourne and Wagga Wagga.

### Around 1 in 4 people with allergic rhinitis also have asthma

It is important to recognize that pollen can trigger asthma as well as hay fever symptoms. Many people with hay fever due to grass pollen allergy can get wheeze or chest tightness in the spring and summer season when they also have hay fever. This is likely to be asthma triggered by grass pollen allergy.

### Grass pollen can be wind-blown for long distances

Grasses rely on the wind to distribute their pollen. A single hectare of ryegrass pasture, for example, will release hundreds of kilograms of pollen per season. The concentration of pollen will be highest nearest its source, but high speed winds can distribute pollen grains over long distances.

Intact pollen grains (generally 12-60 micrometre diameter) are usually trapped in the upper airways and do not reach the lungs. Other allergen carrying particles including atmospheric pollutants (as small as 0.1 micrometre diameter) can carry grass and tree pollen allergens. Unlike intact pollen, these smaller particles are capable of reaching the small airways of the lung and triggering asthma attacks.

### Thunderstorms and weather changes can trigger asthma attacks

Thunderstorm asthma is thought to be triggered by massive loads of small pollen allergen particles being released into the air during some thunderstorms that have rapid changes in wind, temperature and humidity.

A single pollen grain contains up to 700 starch granules and some grass pollen allergens are located in these starch granules. When it rains or is humid, pollen grains can absorb moisture and burst open, releasing hundreds of small pollen allergen particles that can penetrate deep into the small airways of the lung.

Not everyone affected by Australian thunderstorm asthma epidemics has had thunderstorm asthma before. However, they have usually had severe hay fever and have been found to be allergic to ryegrass pollen.

It is important to note that:

- Not all thunderstorms, even on days with high pollen counts, trigger thunderstorm asthma
- Other weather factors are involved in thunderstorm asthma
- It is not only people with pollen allergy who may be affected by thunderstorm asthma
- Other allergens such as fungal spores, massive humidity and temperature changes over a short period can also affect some people with asthma and other respiratory diseases during a thunderstorm

### Pollen asthma can be treated effectively

If you wheeze during Spring or have severe hay fever, see your doctor for appropriate advice.

**Disclaimer:** ASCIA information is reviewed by ASCIA members and represents the available published literature at the time of review. The content of this document is not intended to replace professional medical advice and any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner.

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## ASCIA INFORMATION FOR PATIENTS, CONSUMERS AND CARERS

If your asthma is triggered by pollens, and is worse in the spring and summer when hay fever is active, then it is important that you have a current asthma action plan and that you regularly use a preventer medication, especially during this time.

Allergen immunotherapy (desensitisation) reduces pollen allergy and has been shown to be beneficial for hay fever (allergic rhinitis) and allergic asthma.

### What can I do to protect myself from thunderstorm asthma?

Firstly see your doctor to make sure that your hay fever due to grass pollen is well treated. Regular use of nasal corticosteroid sprays is more effective than antihistamine tablets for severe hay fever, and both treatments can be used together.

If you experience any symptoms of asthma such as chest tightness, wheeze, shortness of breath, cough, waking with breathing symptoms then see your doctor for assessment and get a plan to manage asthma.

You should have access to a preventer medication and make sure to use it every day, particularly if high pollen counts and or thunderstorms are predicted.

Thunderstorms are common in spring so if you have bad hay fever try to avoid being outside on high pollen days, particularly during windy days and thunderstorms.

### Further information

Allergic Rhinitis: <http://allergy.org.au/patients/allergic-rhinitis-hay-fever-and-sinusitis>  
AusPollen pollen monitoring network: [www.pollenforecast.com.au](http://www.pollenforecast.com.au)

Sydney, Melbourne, Canberra and Brisbane pollen count websites and apps are available at:

[www.sydneypollen.com.au](http://www.sydneypollen.com.au)  
[www.melbournepollen.com.au](http://www.melbournepollen.com.au)  
[www.canberrapollen.com.au](http://www.canberrapollen.com.au)  
[www.brisbanepollen.com.au](http://www.brisbanepollen.com.au)

Asthma Australia: [www.asthmaaustralia.org.au/](http://www.asthmaaustralia.org.au/)  
National Asthma Council: [www.nationalasthma.org.au](http://www.nationalasthma.org.au)

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The Australasian Society of Clinical Immunology and Allergy (ASCIA) is the peak professional body of clinical immunology and allergy specialists in Australia and New Zealand.

Website: [www.allergy.org.au](http://www.allergy.org.au)

Email: [info@allergy.org.au](mailto:info@allergy.org.au)

Postal address: PO Box 450 Balgowlah NSW 2093 Australia

### Disclaimer

This document has been developed and peer reviewed by ASCIA members and is based on expert opinion and the available published literature at the time of review. Information contained in this document is not intended to replace medical advice and any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner. The development of this document is not funded by any commercial sources and is not influenced by commercial organisations.

Content last updated December 2016



**FREE WORKSHOPS**  
to help you cycle confidently and safely this summer!  
**CYCLING SAFETY AND SKILLS**

Presented by **Rideability**  
CYCLE EDUCATION

**Get the skills to ride anywhere!**  
Join a fun session to improve cycle skills, learn about bike safety & improve rider confidence.

- **26th October 2016,**  
5:30 - 6:30pm Lang Park (Adults)
- **5th November 2016,**  
9:00 - 10:00am Southern End of Stuart Park (Adults)
- **18th January 2017,**  
10:00 - 11:00am Lang Park (Family - Adults and Children)

**What you need to know**

- Participants must wear a correctly fitted helmet & be able to ride a bike without a training aid
- Participants can either bring their own bike (in good working order) or hire a bike
- Bookings are essential as places are limited

For bookings or more details contact  
Wollongong City Council's Road Safety Officer  
on 4227 7111 or [rsos@wollongong.nsw.gov.au](mailto:rsos@wollongong.nsw.gov.au) or  
visit [www.wollongong.nsw.gov.au/roadsafety](http://www.wollongong.nsw.gov.au/roadsafety)

**wollongong**  
city of innovation

**FREE BIKE MAINTENANCE and SAFETY WORKSHOP**

- Presented by **STEER N' RTH**

As Steer North undertakes a 4,000 km cycling journey from Melbourne to Cairns, they will be stopping in each community they pass through to promote cycling as a means for active and healthy living. Join the Steer North riders as they pass through Wollongong to learn more about living actively through safe cycling whilst looking after your bike. Get inspired by their 45-day journey and learn bike maintenance skills such as changing a tyre, oiling a chain, cleaning a bike and much more.

**14th December 2016,**  
**2:00-3:00pm Southern end of Stuart Park**

**What you need to know**

- All ages welcome and will receive free cycling resources
- Participants can bring their own bike to receive bike specific advice
- Bookings are welcomed but NOT essential



For bookings or more details contact  
Wollongong City Council's Road Safety Officer  
on 4227 7111 or [rsos@wollongong.nsw.gov.au](mailto:rsos@wollongong.nsw.gov.au) or  
visit [www.wollongong.nsw.gov.au/roadsafety](http://www.wollongong.nsw.gov.au/roadsafety)

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**As the end of the year approaches please make arrangements to pay any outstanding fees. EFTPOS is available at the school office or you can pay over the phone via credit card or you can POP online via the school website.**

## P&C NEWS

On behalf of KHS P&C we wish to extend our appreciation to all of the volunteers and staff who contribute to our school community.

Our Annual General Meeting will be held on Wednesday 1 March 2017 starting at 6.30pm, this will be followed by our Term 1 meeting in the Planning Room.

Wishing all a happy and safe festive season and looking forward to a great 2017.

*Kanahooka High School P&C Committee*





# SOMETHING TO DO THESE SCHOOL HOLIDAYS

3-25 JANUARY 2017

## GIRLS CAFE

Learn café style cooking and eat what you make for lunch!  
Bookings essential.

**TUESDAYS**  
11-1PM

## CREATIVE DEN

A space to learn, share and create all things arty, painting, screen printing, craft, lino print & more...

**WEDNESDAYS**  
2-4PM

## DJ WORKSHOPS

Learn the art of writing vocals, melodies, baselines, song structure & DJing. No experience required. Bookings essential.

**THURSDAYS**  
3-6PM

## ON STAGE

Live performances by local musicians. Get along & support the local music scene!

**THURSDAYS**  
6-7.30PM

## THE WORLD OF TIM BURTON

Screening:  
Miss Peregrine's Home for  
Peculiar Children  
with pizza & popcorn.

**FRIDAY 6 JAN**  
6-9PM

## SCREAMER WATER SLIDE

Get the adrenaline pumping as you scream down the 9m high & 20m long water slide. Bring your towel!

**FRIDAY 13 JAN**  
1-4PM

## SPORTS SPECTACULAR

Street soccer, volleyball,  
dodgeball, basketball, cricket &  
more...

**FRIDAY 20 JAN**  
1-4PM

## HANG OUT

Basketball, pool, table tennis, air hockey, TV, foosball, chill out room & more...

**TUESDAYS 1-5PM**  
**THURSDAYS 3-8PM**  
**SATURDAYS 12-4PM**

**ALL ACTIVITIES & EVENTS ARE FREE & ARE FOR YOUNG PEOPLE 12-24 YEARS**



To make a booking or to find out more information  
CONTACT THE YOUTH SERVICES TEAM  
P: 4227 8222 E: [youthservices@wollongong.nsw.gov.au](mailto:youthservices@wollongong.nsw.gov.au)





## Information for parents, guardians and students

Our school has partnered with Transport for NSW to use the new online process for you to submit school travel applications.

This means we will be able to process your applications online, making it easier and faster for parents, guardians and students to apply for school travel.

Applications for school travel in 2017 are now open, including for travel to Mascot and Green Square station and for private ferries. Parents, guardians and students are encouraged to apply as soon as they are able via:

**Applications for 2017 school travel are now open via**  
**[www.transportnsw.info/school-students](http://www.transportnsw.info/school-students)**

A new application is required when:

- applying for a School Opal card or travel pass for the first time,
- enrolling in Kindergarten, or
- requesting an additional entitlement as a result of a shared parental responsibility situation.

You will need to do an update application if the student has a current school travel pass and:

- is progressing from Year 2 to Year 3,
- is progressing from Year 6 to Year 7, or
- changes address, or
- changes school or campus.

Already have a School Opal card or travel pass?

- When you've updated, and you are eligible for free school travel next year, Transport for NSW will send you an email confirmation once your application has been processed. For travel in rural or regional NSW, we'll also inform your nominated transport operator(s).
- If you already have a School Opal card that does not need updating, or you've successfully re-applied, the Opal card will automatically be updated for travel next year. Do not throw it out as you'll be able to use it when the school year starts in 2017.
- If you currently have a printed travel pass provided by your transport operator, a new pass will be ready at the beginning of the new school year.



# Supporting your young person during the holidays



## Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

### 1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

### 2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

### 3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

### 4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

### 5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

### 6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

## UPCOMING EVENTS

### Monday & Tuesday 12 & 13 December

- Year 10 into 11 Taster Day

### Thursday 15 December

- HSC Results BBQ 7.30am

### Friday 16 December

- Last day Term 4 for students

### Tuesday 20 December

- Last day Term 4 for staff

### Friday 27 January 2017

- First day Term 1 for staff

### Monday 30 January 2017

- First day Term 1 2017 for Years 7, 8, 11 & 12

### Tuesday 31 January 2017

- First day Term 1 2017 for Years 9 and 10

### Tuesday 7 February 2017

- Year 7 Immunisations

### Thursday 9 February 2017

- Swimming Carnival

### Tuesday 14 February 2017

- Year 7 ID Photos
- Year 7 2018 Information Night

### Monday 20 to Friday 24 February 2017

- Year 12 Semester 1 Exams

### Wednesday 22 February 2017

- Zone Swimming Carnival



## COMMUNITY COOKBOOK

Our school is in the process of creating a Community Cookbook and we need your

recipes! If you and your family

have some great family favourites, please send them in to the office or email them to the school - [kanahooka-h.school@det.nsw.edu.au](mailto:kanahooka-h.school@det.nsw.edu.au)

## CANTEEN NEWS

The canteen will be open on  
**Friday 27 January 2017**  
from 7.30am to 1.30pm  
for all your uniform needs.

### CANTEEN UNIFORM PRICES

Blouse (White with emblem)	\$20.00
Cardigan (Black with emblem)	\$40.00
Girls Long Pants (Black)	\$31.00
Girls Shorts (Black)	\$28.00
Girls Skirt	\$25.00
Girls Tunic	\$50.00
Polo Shirts (with emblem)	\$20.00
Sloppy Joe (Green and Red)	\$20.00
Sports Shirt	\$32.00
Unisex Jacket (Black)	\$40.00
Unisex Long Pants (Black)	\$28.00
Unisex Shorts (Black)	\$20.00
Unisex Sport Shorts	\$22.00
Stockings	\$5.00

Uniform Sales available from  
Canteen between 7.30am and 12pm

Merry  
Christmas

