



KANAHOOKA

HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

Newsletter

ISSUE No. 18

17 November 2017

Year 12 Gift to School

Late last term the Year 12 students decided on their parting gift to the school. They thought that a defibrillator would be a very valuable resource for our school to have.

After fundraising through a cake stall and a lolly guessing competition, they were still quite a bit short with their funds, so then went about approaching different organisations for financial assistance. They were very appreciative of assistance offered from the Dapto Rotary Club and Stephen Jones MP. In particular they would like to acknowledge their major sponsor, Westfund.

The Here for Hearts Defibrillator program is a partnership between Westfund Health Insurance and the Defibshop. The program aims to bring greater awareness of the importance of easier access to Automatic External Defibrillators (AEDs) in our communities, particularly in regional and rural areas. The partnership also means the cost of AEDs can be subsidised through discounting and matching contributions from Westfund Health Insurance.

The Defibshop was founded in 2008 by Carpet Hughes and Dr Jason Bendall, both Intensive Care Paramedics with a background treating many victims of Sudden Cardiac Arrest (SCA). It was a passion for saving lives that motivated Carpet and Jason to open the Defibshop. Knowing defibrillators do save lives gave them the drive to get defibrillators into communities throughout Australia.

On Wednesday, 1 November our defibrillator was hand delivered by Lence Naumovski from Westfund Health Insurance and Carpet Hughes from the Defibshop, who then demonstrated and showed us the features of this wonderful machine.



**AUTOMATED
EXTERNAL
DEFIBRILLATOR**

"Tony Panecasio being presented with the defibrillator by Lence Naumovski (Westfund Health Insurance) and Carpet Hughes (Defibshop)."

**Robert Street, Dapto 2530
Telephone: 4261 4011**

Year 12

On Monday 13 November, after the completion of the HSC examinations, our School Captains and Vice Captains, Alyssa L, William D, Tamarah-Jayde W and Kiana E came to our morning assembly and very proudly presented the defibrillator to the students and staff at our school.



The staff and students of Kanahooka High School are very grateful to our Year 12 students for this magnificent gift and also wish to acknowledge the assistance given by the Defibshop and Westfund Health Insurance.

Deputy Principal's Stage 6 Report

The HSC has finished and the class of 2017 can now look to life after school. It has been an eventful 6 years and we wish them well in their future endeavours. Last Wednesday was the Year 12 Formal, which was the last official school function. Our thanks to Mrs Nyman for all her organisation and efforts in getting this event ready.

Our partnership with the University of Wollongong continues to grow. Over the Christmas holidays, the University runs a series of Master Classes across a number of faculties. The normal cost of the program is \$400, however the ten Kanahooka HS students enrolled in the program have all gained sponsored places. This is a great initiative and we look forward to our students excelling in the different fields.

Last week we had a small ceremony to announce our new School Captains for 2018. Congratulations to Sophia P, Georgia L, Lauren A and Jacob H. The ceremony, including parents, was brought forward so that Sophia P could attend as she has now jetted off to Spain on a three month student exchange program. A full ceremony will be held later.

Our new Year 12 cohort has begun, and the road to the HSC is already down to 34 school weeks. All students are encouraged to seek assistance from staff and the various programs KHS runs to ensure they achieve their potential.

As this is the last Stage 6 report before Christmas, I'd like to wish all a safe holiday season, and look forward to seeing everyone again in 2018.

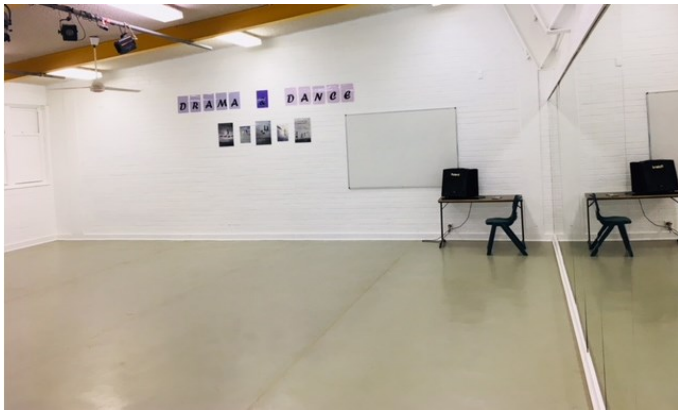


Mr Panecasio
Stage 6 Deputy Principal

Dance/Drama

On Thursday 2 November, our wonderful new Dance/Drama space was officially opened. To celebrate, Kanahooka High School ran a Dance Workshop after school. Many students from our school as well as a number of local primary school students attended, which was fantastic to see. All of the students involved had an absolute blast and really enjoyed learning a lot from our guest choreographer, Teagan McKeen. They were also lucky enough to learn a sequence to a Janet Jackson song and perform for each other, which was a lot of fun.

Now that the performance space is finished, anyone who is interested in coming to have a look is welcome. It would not look so incredible without the help of Mrs Richards, our great GA, Graham and all of the office ladies who helped out with organising everything last week. As promised, here are some pictures of the new space and from the workshop last week. Many exciting things are happening in the CAPA faculty at the moment and plans for more exciting events, such as these are in progress for next year.



Support

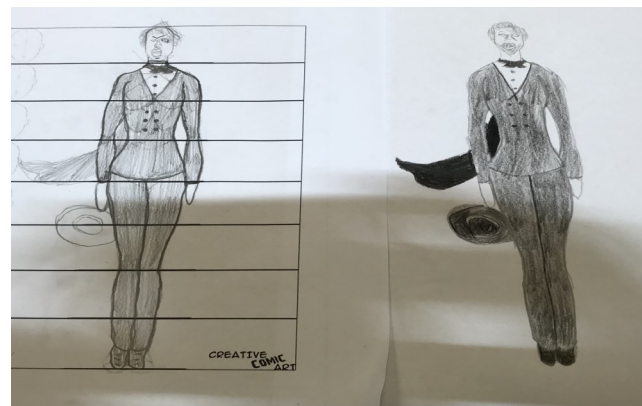
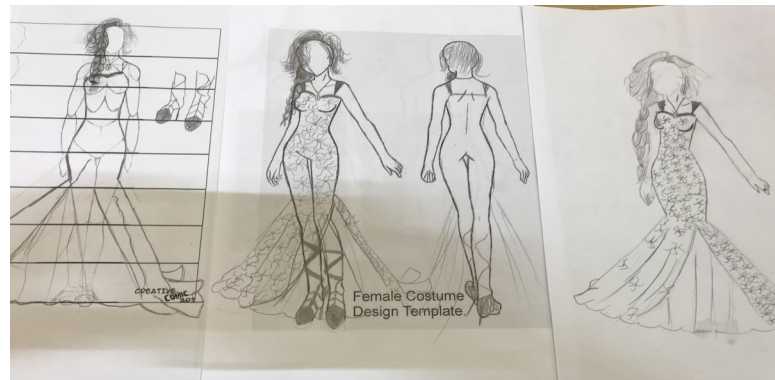
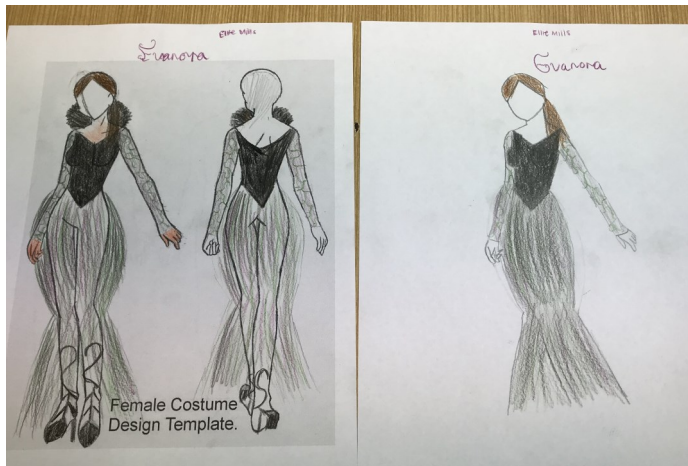
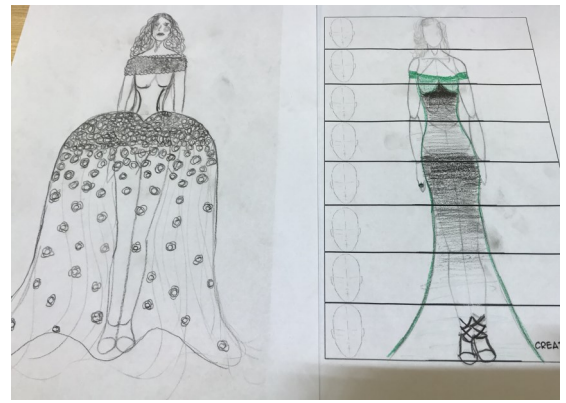
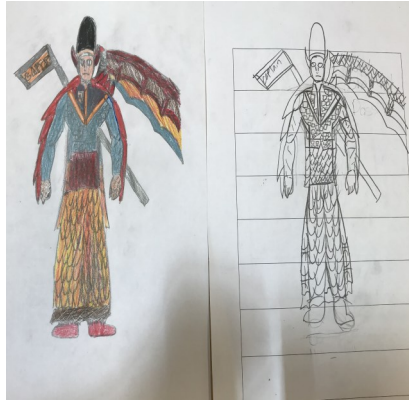
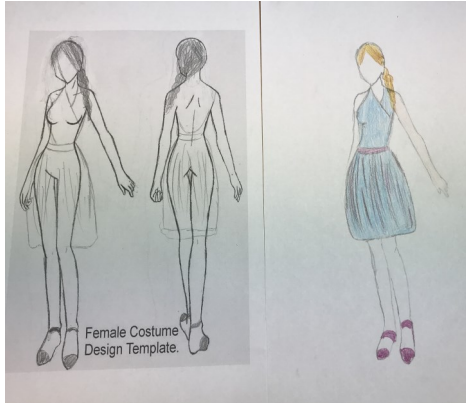
Creative Arts in the Support Unit

At the beginning of Term 3 and continuing into Term 4, the MC2 class in Support began the task of designing, preparing and painting murals to decorate and enhance the corridors of the Support Unit. The murals are Pop Art inspired, where the bold colours and patterns are sure to attract everyone's attention and bring life to the school. The theme of Superheroes were chosen by the students and Adrian, Benjamin, Tyson, Bailey and Dakota have worked tirelessly over this time to produce an outcome of exemplary standards. Even though the murals are still a work in progress, I am outstandingly proud of all the hard work and dedication these students have put into this project. Can't wait to see what these artistically talented students will create next!

Ms Neilsen



Year 7/8 Technology Mandatory: Textiles and Design students watched a movie; Oz the Great and Powerful. After the movie they had to research one of the character's costumes and create a new outfit for the character. It has been fun and challenging learning how to draw the human figure in proportion. The students used templates to help create there outfit designs.



TAS

Year 8 Art have been busy learning about symbols and creating their own ones to use for the “Journey” task. Some good techniques are being used to add texture to the paper. We are looking forward to the final pictures.



Year 9 Food Technology

This term, students have been studying “Food for Special Occasions”. We have been discussing ways in which they celebrate special events with their family and have cooked some delicious meals. Keep up the great work Year 9 Food Technology.



Year 12 Food Technology

Students in Year 12 Food Technology had an interesting practical this week; banana muffins. One group discovered the effects of using too much baking soda in the ingredients. The effects of too much baking soda causes them to rise uncontrollably and taste bitter. Fortunately, the rest turned out fantastic and they shared around the baked goodies.



Mrs Haines & Miss Middlebrook
TAS

Hospitality Class

Students have engaged in preparing and presenting “Mocktails” for their practical experiences.



Interest Elective

Students having fun in the food area.



Food Technology Stage 4

Students have engaged in working with chocolate to create designs for use in icing and decorating their individual cakes.



Miss Middlebrook
TAS

The notice board

Kanahooka High School

P&C

Annual General Meeting

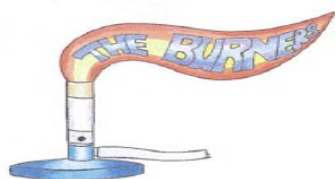
Week 6
7 March 2018
At 6.30 pm
Planning Room



Whole School Mufti Day

Friday 24 November 2017

Gold coin donation



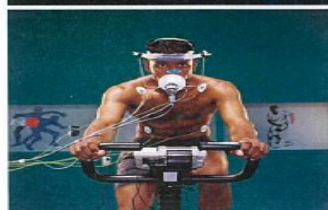
Kanahooka High School

Wednesday 29th
November 2017

- Kanahooka High School
- 3.30pm-4.30pm
- Afternoon Tea Provided
- Topic:

Exercise Science
'Sport and nutrition'

'The Burners'
Enjoy Science? Want to experience High School?
Come and join the team



Come and try
exciting Science
experiments
that you
wouldn't usually
see in a
classroom!

**GUARANTEED TO
'WOW'**

**Prizes and
challenges ☺**

**Grab a friend and
come along**

Kanahooka High School's 2018 Swimming Carnival

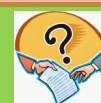
The 2018 Swimming Carnival is a whole school event which everyone is expected to come and watch or participate.

The Carnival will be held on 8 February 2018
at Dapto Pool



So bring your swimmers, towel, hat, sunscreen and enjoy!

Student Invoices



Please be advised that there will be no student invoice reminders sent out this year.
If you are unsure if you have any outstanding balances to pay, please do not hesitate to
contact the office on 4261 4011 to check.

On Stage

Live Music Gig Guide

THURSDAYS @ WOLLONGONG YOUTH CENTRE 6-7.30PM

N O V E M B E R	
2	AGGROE DEEBZ W/ SPECIAL GUESTS
9	THE MILKYWAY MARINERS HEDGE
16	OK HOTEL FINDING LIGHT PUBLICITY STUNT
23	SINCERELY YOURS MIKAIL TAS CALLUM GODDARD
30	ALEX TURNER BRENDAN NEVILLE SEVEN CLIBBORN

This event is FREE & for young people 12-24 years

For more info or to book your spot on stage

P: 4227 8222 E: youthservices@wollongong.nsw.gov.au



Education &
Communities

Public Schools NSW

HEAD LICE TREATMENT OPTIONS

INFORMATION FOR PARENTS AND CARERS

ENGLISH

There are two treatment options for head lice.

1. Mechanical removal (removal with a head lice comb)
2. Chemical removal

Mechanical removal

Mechanical removal involves applying normal hair conditioner to dry hair. After covering all of the hair with the conditioner untangle it using a normal comb and separate the hair into sections. Then use a fine long toothed metal lice comb to comb through the hair in sections. The conditioner doesn't kill the lice but it stuns them for about 20 minutes making it easier to remove them. The lice comb will remove nits (eggs) and the stunned lice. Wipe the comb on a white tissue and check for any lice or nits. Keep combing until no more appear on the tissue. This method should be used every second day until none remain (usually about 7 to 10 days).

This method is the preferred way to treat head lice because it is effective, does not contribute to insecticide resistance in head lice and also has a low risk of skin irritation.

The mechanical removal method also helps manage head lice before they become established on the head. Keep a good head lice comb in the shower and every time your family washes their hair comb through with the lice comb. This makes sure the lice are caught before they lay too many eggs.

If your children are old enough to wash their own hair encourage them to use the comb themselves. Or keep the comb handy to where you wash your children's hair and use it every time you wash their hair.

Chemical removal

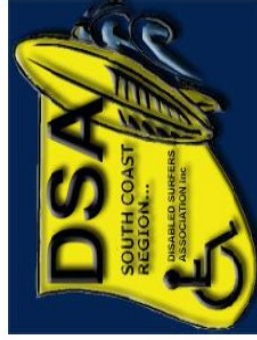
If you choose to use a chemical treatment, remember to follow the instructions carefully. Don't be tempted to re-apply the same chemical treatment if it doesn't appear to be working. Instead change to another treatment that uses a different chemical compound or use the comb and conditioner method. You must repeat the treatment in 7 days to kill any newly hatched eggs. You will also need to use a lice comb to make sure the treatment is working. If you find dead lice the product has worked. If you find live lice, the treatment has not worked.

When your child is free of lice and nits, remember to check regularly with a fine toothed lice comb and conditioner. Early detection and treatment will prevent re-infestation of family members and classmates.

What to do about bedding and clothing

Research suggests that bed linen, hats, clothing and furniture do not harbour or transmit lice or nits and that there is no benefit in washing them as a treatment option. Nits and lice only live on the human head. They quickly dehydrate and die if removed from the head.

*This information is based on information provided on the NSW Health Nitbusters website.



Disabled Surfers

South Coast

Saturday 2nd Dec 2017

Thirroul 'SMILES ON DIALS DAY'

Meet at Thirroul Beach, Just south of the pool



Check-in no later than 9.00am - *Group-care facility participants limit of 6 per facility*

A fun day surfing experience for any person with a disability, no matter how challenging, with complete water supervision.

Registration for Participants is \$10 and all participants receive a bag of goodies,
Thanks to the local participating surf shops and businesses.

Free registration for Volunteer Helpers and for giving up your time you will receive
FREE Sausage Sizzle on the day.

**Last year over 150 people had a great day
check out the video on Face Book!**

<https://www.facebook.com/disabledsurfersassociationssouthcoast>

Or for more information and who to contact view
disabledsurfers.org/nsw/south-coast-branch or www.disabledsurfers.org

DSAA Inc Insurance Covers All Events: both public liability and personal accident



See you there putting
"Smiles on dials"



NEED A TAX FILE NUMBER?

**Visit : ato.gov.au/TFN
Fill in application
Print off form**

**Visit your local Post Office with your form
and two forms of Identification.**

**Identification could include:
Birth Certificate, Medicare card,
Student ID, Passport**

Keep your Tax File Number in a safe place

**Your Tax File Number takes about
28 days to be processed.**



Kids Reach Tall Yoga



HORSLEY COMMUNITY
CENTRE

TUESDAYS 4:15-5:15
\$45/TERM

Contact Carly
carlyp@careways.org.au

Stretching
&
friendship
for kids of
all abilities

FOOD CARE

The food care program runs every Thursday from 9:30am- 2:30pm here in Koonawarra to help families and individuals who may be struggling financially.

It is a program that has been established so that people could buy food items at a reduced rate to save on the overall cost of a normal shop.

See below for details:

SHOP AT FOOD CARE & SAVE



FOOD CARE IS OPEN EVERY THURSDAY

9:30AM - 2:30PM | 35 KURRAWA CRES, KOONAWA

PRE-ORDER YOUR HAMPER: PHONE LOUISE ON 0435 267 961



PCYC POLICE CITIZENS YOUTH CLUBS

SAFER DRIVERS COURSE FOR LEARNER DRIVERS



THE SAFER DRIVERS COURSE INVOLVES TWO MODULES:

MODULE ONE:
A three-hour facilitated group discussion on how to manage risks on the road. This will involve a maximum of 12 participants and will be delivered by a facilitator.

MODULE TWO:
A two-hour, in-vehicle coaching session to develop low-risk driving strategies. This will involve two participants and a coach.

Course cost: \$140

Participants must have completed 50 hours of actual on-road driving experience to be eligible for the course. Credits gained under the 3-for-1 scheme cannot be included.

LEARNER DRIVERS WHO COMPLETE THE COURSE WILL RECEIVE 20 HOURS OFF THEIR LOG BOOK.



ALL PARTICIPANTS MUST:

- Hold a valid NSW Learner Licence
- Be under 25 years of age
- Have completed 50 logbook hours (of actual on road experience and not credits gained under the 3 for 1 professional instruction scheme)

PCYC Lake Illawarra
4296 4448
lakeillawarra@pcycnsw.org.au



Find us on: **facebook**

<https://www.facebook.com/PCYCLakeIllawarra/>



ADTA
SAFE DRIVERS FOR LIFE



PCYC
LAKE ILLAWARRA



LAKE ILLAWARRA

Safer Drivers Course for Learner Drivers

2017 course dates

2nd May 2017
16th May 2017
30th May 2017
13th June 2017
27th June 2017
11th July 2017
25th July 2017
8th August 2017
22nd August 2017
5th September 2017
19th September 2017
10th October 2017
24th October 2017
7th November 2017
21st November 2017



Did you know plaque contains hundreds of species of bacteria?

Dental plaque cause tooth decay and gum disease and is linked to many health conditions such as diabetes and stroke.

NO GAP

- Comprehensive Examination
- Scale and Clean
- 2 X-rays
- Fluoride Application

*Terms & Conditions Apply

Not a health fund member? Only \$145 for Adults or \$125 for kids under 17 (Normally \$350)

TO BOOK YOUR APPOINTMENT
Call 02 4208 3060
21 Bong Bong Road Dapto, NSW 2530
www.daptosmiledental.com

Dapto Smile Dental Centre
Your Family's Dental Specialist

Our dentists have complimentary skills so you get the best available treatment.



Dr Geetha Raveendran
Endodontics, Cosmetic & General dentistry



Dr Preethi Reddy
Cosmetic dentistry, Children's dentistry



Dr Omar Ahsan
Orthodontics, Dental Implants & General Dentistry



Dr Clare Compton
General, Cosmetic & Children's Dentistry



Dr Brinda Nag
General, Cosmetic & Children's Dentistry

Why us?

Receive an incredible patient experience at every visit.

- Benefit from a holistic approach to dental care.
- Receive treatments not always available at a general dental practice.
- Get a faster, more accurate diagnosis and treatment utilising up-to-date technologies.
- With our denture lab in Wollongong, we offer quicker denture repairs and turnaround times.
- We accept area health vouchers.
- Our practice offers affordable dental care for all ages.
- We are actively involved in successful community projects and in charity work.
- Our dentists lecture and teach in Australia and internationally.
- We are just a minute's stroll from the mall and train station.
- We open on Saturdays, just to make it super-easy for you to visit us.
- We can work with you to offer bespoke payment options to spread the cost of treatment and to suit your budget.

Exceptional dental care has never been easier to access.

02 4208 3060
21 Bong Bong Road Dapto, NSW 2530
www.daptosmiledental.com

Dapto Smile Dental Centre
Your Family's Dental Specialist



Cosmetic Procedures Made Affordable

Have you ever wondered about cosmetic dentistry? We have a great range of treatments. Our competitively priced services include teeth whitening treatments, which is often all that is needed to quickly boost your smile, as well as more advanced procedures. We have made every effort to ensure our high-quality cosmetic dental treatments are accessible for our local community.

We are Passionate About Cosmetic Dentistry

Our dentists all love creating beautiful smiles and every treatment is customised just for you. For example, if you need a new crown, it will be designed to beautifully blend in with your existing teeth, using high-quality and life-like porcelains.

For a limited time we offer following treatments at a reduced cost:

- 50% off Pola paint teeth whitening
- 40% off fully customised take-home whitening kits with your own whitening trays
- 40% off new crowns
- Free consultation for orthodontics, implants and cosmetic dentistry

To find out more about our affordable cosmetic dental treatments, why not call us to book your free consultation.

*Terms & Conditions Apply

Free consultation for orthodontics, implants and cosmetic dentistry

Call 02 4208 3060 to book an appointment

Has Your Little One Seen a Dentist Yet? Great Dental Care Starts Early

Childhood tooth decay is still very common, but did you know that with the right dental care your little one could grow up with strong, healthy and cavity-free teeth? As a family oriented practice, we all love seeing children and recommend their first visit takes place by age one. When you bring your little one to see us, we promise to treat them as if they were our own.

By gently examining their mouth, we can check their teeth and jaws are forming properly and we can provide you with a wealth of information. This includes instructions on cleaning their teeth in ways that are less stressful and more fun for you both, and we can provide dietary advice. Taking care of their first teeth is essential as these teeth help them learn how to speak clearly and to eat comfortably, and will enable their adult teeth develop correctly. With good professional dental care, we can help your child enjoy great dental health well into adulthood.

Do you or your child love playing sports? Protect your smile with Gap Free Mouthguards



OPENING HOURS

MON-FRI 9AM - 5PM
SAT 9AM - 4PM
CLOSED ON SUNDAY & PUBLIC HOLIDAYS

02 4208 3060
21 Bong Bong Road Dapto, NSW 2530

Your Child's Dental Care is Bulk Billed.

No out of pocket expenses

We would like to see every child in our community grow up with a healthy smile. Hence, We provide Bulk Billing dental services to eligible kids under 17 under CDBS.

To learn more about your eligibility and range of services covered, Call 02 4208 3060 Today.

21 Bong Bong Road, Dapto NSW 2530
contactus@daptosmiledental.com
www.daptosmiledental.com

Dapto Smile Dental Centre
Your Family's Dental Specialist

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UPCOMING EVENTS

- Friday 24 November
Mufti Day
- Tuesday 5 December
2018 Year 7 Orientation Day
- Friday 8 December
Presentation Day
- Friday 15 December
End of Term 4

School Cardigan

If you are interested in ordering a cardigan could you please let Lisa in the canteen know as stocks have now been depleted. To place an order we need to order a minimum quantity, so if you are contemplating, please advise to help us estimate numbers.

Kanahooka High School After School Tutorial Centre

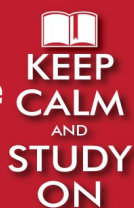
All welcome and it's FREE!

*Held in the School Library with
Teacher supervision.*

Refreshments provided.

**Every Tuesday & Wednesday
from 2.30 to 3.30pm**

Come along and get help with your
homework, assignments and assessments.



Please Note

**Due to increases from our
manufacturer, there will be price
increases on some items of the
school uniform effective from
1 December 2017**

CANTEEN UNIFORM PRICES

Blouse (White with emblem)	\$20.00
Cardigan (Black with emblem)	\$40.00
Tailored Long Pants (Black)	\$33.00
Tailored Shorts (Black)	\$31.00
Skirt	\$28.00
Tunic	\$55.00
Polo Shirts (with emblem)	\$20.00
Sloppy Joe	\$20.00
Sports Shirt	\$32.00
Jacket (Black)	\$45.00
Long Pants (Black)	\$30.00
Shorts (Black)	\$22.00
Sport Shorts	\$22.00
Stockings	\$5.00

**Uniform Sales are available from
the Canteen between:**

7.30am and 2.00pm

excluding

**Recess 10.40am - 11.05am
and Lunch 1.05pm - 1.30pm
on Tues, Wed and Fri only.**