



KANAHOOKA

HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

Newsletter

ISSUE No. 16

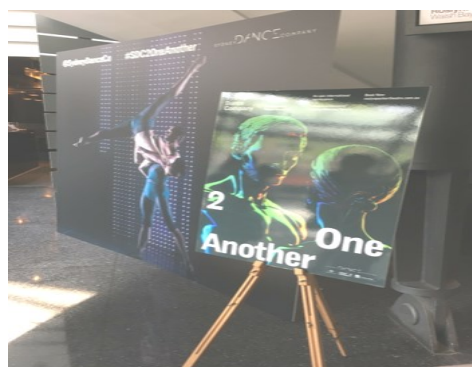
3 November 2017

Dancing Sydney Style

On Friday 13 October, some of our Dance students attended Sydney Dance Company's latest work '2 One Another'. Amongst a number of other school students from all over Sydney, they were lucky enough to not only see the award winning piece, but also have a Q&A session and interviews with the critically acclaimed artistic director, crew and dancers.

The dazzling performance was eye opening for our students, giving them an insight into the professional world of Dance performance and production.

Well done to these students for representing Kanahooka High School in such a commendable manner.



Robert Street, Dapto 2530
Telephone: 4261 4011

Dance/Drama

Watch this space!



The Drama Room is having a makeover! Over the next few weeks, Room 605 will be undergoing some major changes. It will soon be known as the 'Drama/Dance Room'. It will not only be a performance space for Drama, but will also be a fully operating Dance Studio, all ready to go for our dance classes beginning next year.

A big thank you to our friends at Southern Stars for donating the tarkett dance flooring to our school, we are ever so grateful for your generosity.

The room has now been completed and is back in action, just in time for the Dance Workshop on 2 November.

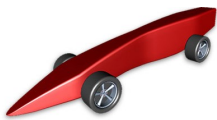
Below is the "before" pictures, and the "after" pictures will soon follow!



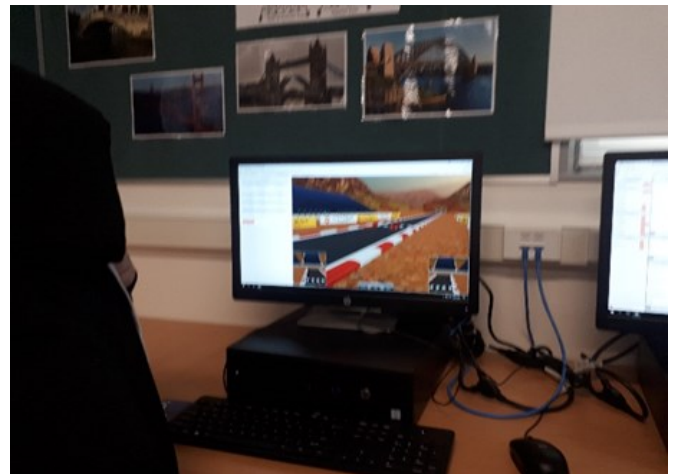
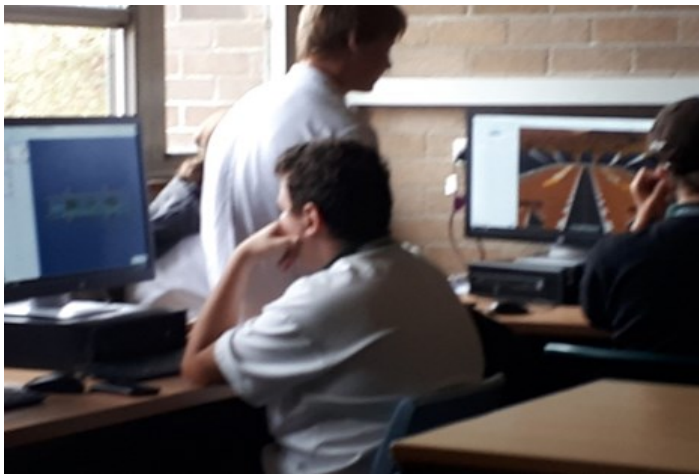
Maths

Year 9A STEM

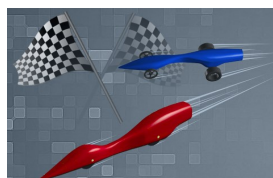
Whiteboxlearning.com is a large component of our STEM activities and our Year 9 students are currently working through the concepts of aerodynamics while designing and modifying cars in Dragster 2.0. Online quizzes, tutorials, design and most enjoyably racing simulations are all part of the fun.



WHITEBOX
LEARNING
A Flinn Scientific Company



Students will be taking computer-designed templates, to then construct their own CO₂ propelled race cars. The wind tunnel built by Mr McKay should help them with the final mouldings and carvings of their cars. In the pictures provided, Floyd's car illustrates points of drag, and in the lower photo, Liam is designing a car and on the screen behind students are racing.



Maths

Year 7S Maths

Let's review for our Maths exam, revise our topics with a trip to the computer lab, and access our Google classroom site for fun and games. A great way to revise for topics is to do some of the many available activities on sites like Math Playground, Khan Academy and YouTube to access Maths-Mantics and other online presenters.



KHANACADEMY



Math playground



A screenshot of the ABC Splash website. The search bar shows "BBC" and the results are displayed as a list of videos. The first video is "Probability: 50-50 chance events" by BBC, which is 6 minutes 26 seconds long. The second video is "How good are you at telling the time?" by BBC, which is 3 minutes 22 seconds long. The third video is "Multiplying and dividing algebraic fractions" by BBC, which is 7 minutes 28 seconds long. The website also has a sidebar with search filters for year level and learning area.

Help with maths homework

This series of videos is perfect for students who need a refresher, or a little extra help, with maths homework. A multitude of maths concepts is demonstrated with clear explanations. Learn [how to read a pie chart](#), simplify [algebraic fractions](#), find the [missing angle of a triangle](#), calculate the [volume of cones](#) and more!

Happy exploring this great resource.

A banner for ABC Splash Secondary news. It features the ABC Splash logo on the left and the text "Secondary news" in a large, bold font. Below "Secondary news" is the tagline "Explore. Play. Learn." The background is yellow with various icons related to learning and technology.

Maths

Our junior students have just completed their Semester 2 examinations for all subjects. I am so proud of my Year 9 Mathematics class, 9S, as they work really well together as a class. The students are engaged in all their lessons. They also survive a double period of Maths a fortnight (that is 2 hours straight of Maths).



During Terms 2 and 3, I had the pleasure of taking the senior girls' volleyball team for grade sport. At the beginning, we did not have enough senior girls to form a team, so a group of Year 9 girls said they would play. KHS entered a team with seven Year 9 players (none had played before), one Year 10 and one Year 11 player. By the end of the season, the girls had learnt so much due to the leadership shown by our team captain, Je-An, and our guest Year 12 player, Claudine. Je-An received the "Most Valuable Player" award and Saane received the 'Coaches' award. The girls played Warrawong High in the finals and only lost by a small margin. What an amazing season the team had! All girls showed true sportsmanship in every game and I look forward to taking the girls next year (and giving it all to beat Warrawong in the finals).

Mrs Hood
Mathematics

Maths

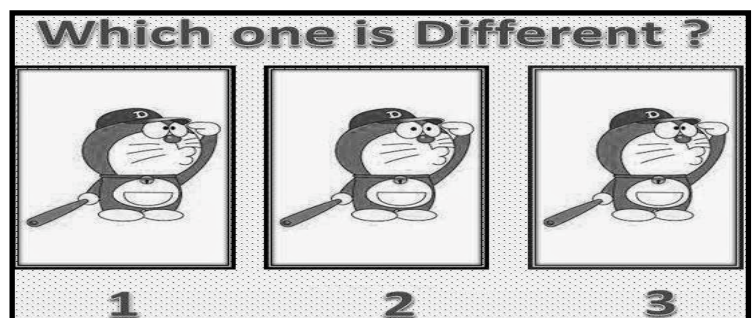
Another busy start to the term has seen Year 7 through to Year 10 engaged with formal examinations. The Mathematics teachers have been pleased with the efforts and improvements made by most of their students. I would like to remind all students that they have an important six weeks left of school for this year. During this time, students will be completing the outcomes for this year. These will help determine the correct class placements for students into next year's classes.

It was very pleasing to see the engagement of Year 10 on the Wellbeing afternoon organised by their Year Advisers, Mrs Sammut and Mr Walton. They enjoyed the activity and the BBQ afterwards.



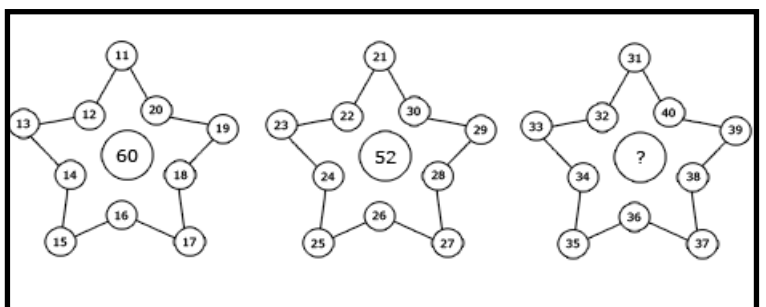
The current Year 11 have started their HSC courses in Mathematics. Students will be completing their first assessment in the upcoming weeks and I wish them all the best in their preparation. Remember, the After School Tutorial Centre is available each Tuesday and Wednesday afternoon for extra support.

Mrs Lowis
Maths



A Circle

Fiddle de dum, Fiddle de dee,
A ring round the moon is pi times d;
But if a hole you want repaired,
You use the formula πr^2 .



Year 10 Adviser's Report


Year 10 Adviser's Report

Last Tuesday, Year 10 spent the afternoon doing team building exercises. They undertook the first annual "KHS The Amazing Race Event". They were challenged with a range of physical and mental exercises which required mastery of a range of skills. Challenges included shooting basketball hoops, skipping, engineering a paper aeroplane, a scavenger hunt and a Kanahooka High Quiz.

They also were nourished during their Amazing Race journey with a delicious sausage sandwich. Congratulations to the team of Brooke W, Leah P, Skye G, Julian V and Rory B for being the first team across the finish line! Special thanks to the Mathematics Faculty staff for helping run this fun event.

**THE AMAZING
RACE**

ROAD BLOCK



*How much attention
do you pay to your
surroundings?*


Answer the five questions
given to you on the piece
of paper and return your
answers to the teacher at
this marker.

All the answers can be found
in your surroundings outside
at Kanahooka High School.



**THE AMAZING
RACE**

DETOUR



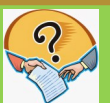
Hoops or Loops

A Detour is a choice between
2 tasks. Read each task
and choose the ONE you think
your team can complete quicker.

Travel to the basketball court and find the marker.	Travel to the goal posts on the back oval and find the marker.
One team member must shoot 3 baskets in a row.	One team member must skip 10 times in a row.

Mr Walton and Mrs Sammut
Year 10 Advisers

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 42 61 4011 to check.

Perfect Petz

Perfect Petz “Recyc-lovable toys” and Visit to Vet

A busy end of Term 3 and start of this term saw Year 7 Perfect Petz interest elective visit the local Dapto Vet and design recyc-lovable toys for their pets.

Whilst at Dapto Companion Veterinary Hospital, students spoke with Matt Young (the owner and Senior Vet) and got to see the daily workings of the clinic.



Right: Chelsea D, Briannah G and Hallie C enjoying themselves!

Afterwards they enjoyed a quick visit to Best 4 Pets store to check out the variety of pets available and then a refreshment stop at McDonalds!



Students investigated the design process of making a toy for their pet out of recyclable materials. They collaborated on designs and discussed the advantages and disadvantages of certain materials required for the durability of their toys. Several prototypes failed!

After a couple of lessons, students shared their results. Trinity C designed a monkey's fist for her dog, Learoy the Rottweiler, made out of natural sisal rope. Trinity also made a tug toy but her dog destroyed it. Shaylen H made a tunnel for her lizards. It is made of an old pipe and has a sock and some old hair ties for colour. Other students made a variety of tug toys for their dogs and cats.



Right: Trinity C and B'Elanna

Left: Shaylen H's tunnel



Mrs Lewis
Perfect Petz

Deputy Principal Stage 5 Report

Currently Mr Kipp is on leave and I have been filling his role in looking after Years 9 and 10.

We have just finished the Yearly Examination period, which went very smoothly. Teachers are busy marking exams, finalising assessments and then beginning the process of writing reports. For our Year 10 students, Kanahooka High School will also be sending grades to the New South Wales Education Standards Authority (NESA). Students will receive these grades as part of their RoSA. These grades will be available towards the end of December via Students Online portal. Year 10 students will need to see me to get their student number and then be able to access their portal. The Students Online portal will become more important as your child progresses through Years 11 and 12.

It has been very pleasing to see the vast amount of our students in uniform. Kanahooka High School is a uniform school. If you need assistance in purchasing uniform, please do not hesitate to make contact with the school so we can assist you.

Currently we are working with students in Year 10 to finalise subject selections. This process will be finished shortly. Some students are being interviewed to make sure that they are doing subjects that best suit them. Again, please feel free to contact me if you would like more information on this process.

Mr Glasgow
Relieving Deputy Principal Stage 5



TRAINEESHIP 2018

We are now accepting applications for our Club Traineeship Program 2018 at **Berkeley Sports/Kingswood Sports/Easts Leagues & Waverley Bowling Club**.

The Easts Traineeship Program can kick start your hospitality career by allowing you to study and work at the same time, over a 38 hour week. The 12 month program provides you with practical experience in various areas of the business including our support departments.

At the end of the traineeship you will have obtained a nationally recognised qualification - Certificate III in Hospitality

and have gained the experience to progress with the goal of fulfilling more senior responsibilities in the business.

Great benefits include football tickets, discounts to merchandise and food outlets in the club in addition to a supportive team environment, growth and development opportunities.

Traineeship wages apply. Additional penalty rates apply on weekends and public holidays.

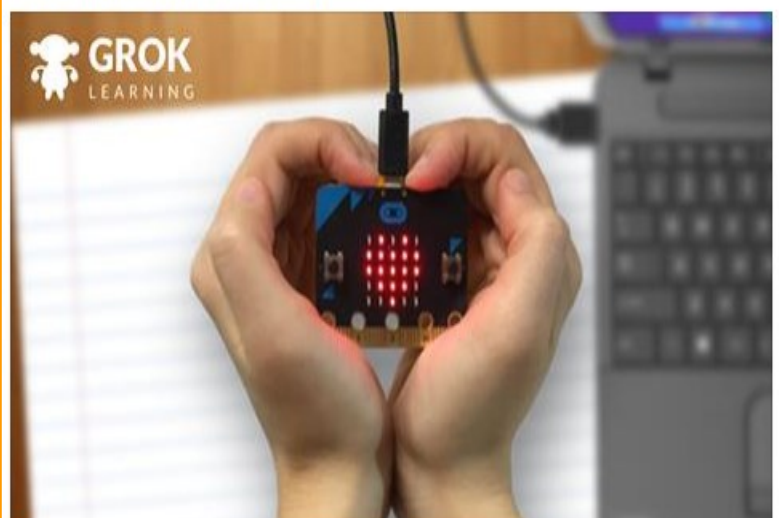
To apply email your CV to Sarah in HR at recruitment@eastsgroup.com.au or call 9386 3200.

(02) 9386 3200 93-97 Spring St Bondi Junction www.eastsgroup.com.au

Learn to code with Grok Quest!

Welcome to our November competition, Grok Code Quest! Our competitions are unique in that unlike existing competitions, we don't expect you to know how to program in advance, but instead teach you how to program from scratch over the 5 weeks of the competition. If you wish to sign up for this competition, see Ms Phelan ASAP. The competition can be completed at home, at homework center or at lunch times.

<https://groklearning.com/codequest/>



Grok Code Quest - Starts October 30th!

Teach your students how to program with us. They'll learn how to program in Blockly, Python or MicroPython for the BBC micro:bit, while competing with school students from around the world!

GROKLEARNING.COM

Welcome back to school for Term 4, we have hit the ground running in PDHPE! To start off, we have some exciting news surrounding the 2018 KHS Swimming Carnival. Next year we will see the return of the WHOLE SCHOOL Swimming Carnival! So just like our Athletics and Cross Country Carnivals, our Swimming Carnival will now be a compulsory whole school event at Dapto Pool. The PDHPE staff are currently coming up with some fun and exciting activities for students on the day, so watch this space for more information.

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!



Our junior classes in Years 7-10 have also been busy getting back into the swing of things, participating in a variety of fun practical lessons which have included; striking games such as softball and cricket, net games such as tennis and paddle tennis and the start of our Aquatics Units.

9 PASS

This semester, Year 9 PASS are able to take advantage of the warmer weather as they take part in an Aquatics Unit at Dapto Pool. Students participate in a range of swimming and lifesaving activities in an aim to develop skills and confidence in swimming, water safety and lifesaving.



headspace

National Youth Mental Health Foundation

Tips for a healthy headspace



There are a number of ways you can look after your mental health and wellbeing every day...

Get informed

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.



Sleep well



Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you 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 your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

Eat well

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. vegies, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.



Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.



Build strategies

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.



Reduce harmful effects of alcohol and drug use

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Australian young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.



Set realistic goals

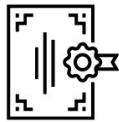
Setting realistic goals can help you to work towards a healthy headspace. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.



GOOD LUCK WITH YOUR HSC

ENROL FROM 5 NOVEMBER FOR 2018

Once your exams are finished,
begin doing what you love at TAFE NSW.



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TO DEGREES**



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STUDY OPTIONS**



**APPRENTICESHIPS
AND TRAINEESHIPS**



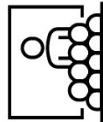
**STRONG LINKS
WITH EMPLOYERS**



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TRAINING FACILITIES**



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REQUIRED**



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TO GET A
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TAFE MSN

HEAD LICE TREATMENT OPTIONS

INFORMATION FOR PARENTS AND CARERS

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.

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.

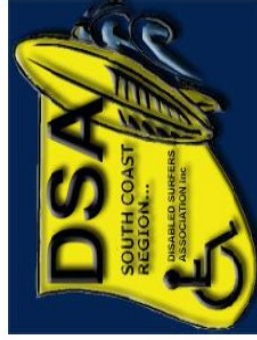
When your child is free of lice and nits, remember to check regularly with a fine toothed lice comb and conditioner. Early detection and treatment will prevent re-infestation of family members and classmates.

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.

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.

*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.**

Attention School Leavers

Would you like to acquire a RSA? Wollongong TAFE is running the following course:



Statement of Attainment for

Responsible Service of Alcohol

When: Friday 10 November - 9 am to 3 pm

Where: TAFE Wollongong Campus Block V Room 08

You need to bring your USI and Citizenship or Residency Visa

Cost: \$148.00

If you are interested please see Mrs Langham in Careers for a TAFE Enrolment form

Attention School Leavers

Would you like to acquire a RSG? Wollongong TAFE is running the following course:



Statement of Attainment for

Responsible Service of Gaming

When: Friday 17 November - 9 am to 3 pm

Where: TAFE Wollongong Campus Block V Room 08

You need to bring your USI and Citizenship or Residency Visa

Cost: \$108.00

If you are interested please see Mrs Langham in Careers for a TAFE Enrolment form



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Reach Tall
Yoga




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CENTRE

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**Apprenticeships
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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



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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.

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Dr Clare Compton
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& Children's Dentistry



Dr Brinda Nag
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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?
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21 Bong Bong Road, Dapto NSW 2530
contactus@daptosmiledental.com
www.daptosmiledental.com



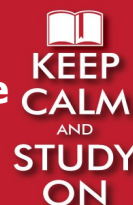
Dapto Smile Dental Centre
Your Family's Dental Specialist

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UPCOMING EVENTS

- Friday 10 November
Remembrance Day Ceremony
- Wednesday 15 November
Year 7 Immunisations
Year 8 & 9 Movie excursion
- Wednesday 15 November
Year 12 Formal

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.

Construction SBATs in 2018

Year 10 students

***Are you interested in a Carpentry
or Bricklaying SBAT for 2018?***

Illawarra ITEC have some placements
available.

You **MUST** have your own transport or a
guardian who is able to transport you to the
worksite. You also **MUST** have a White Card.

Construction SBAT students have to complete
144 days of paid work over two years.

If you are interested, please talk to our Careers
Adviser, Ms Phelan.

CANTEEN UNIFORM PRICES

Blouse (White with emblem)	\$20.00
Cardigan (Black with emblem)	\$40.00
Tailored Long Pants (Black)	\$31.00
Tailored Shorts (Black)	\$28.00
Skirt	\$25.00
Tunic	\$50.00
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)	\$20.00
Sport Shorts	\$22.00
Stockings	\$5.00

**Uniform Sales available from
Canteen between 7.30am and 2pm
excluding Recess 10.40am –11.05am
and Lunch 1.05pm-1.30pm on Tues,
Wed and Fri only.**

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.