

# KANAHOOKA

## HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

# Newsletter

ISSUE No. 19

1 December 2017

### KANAHOOKA HIGH SCHOOL'S i98FM ILLAWARRA CONVOY EXPERIENCE

Kullillah students were fortunate enough to participate in an interview with the Dandaloo Boys that raised over \$302,000 to be the lead trucks at the i98FM Illawarra Convoy 2017. The students went down to the lead truck announcement and were able to watch first-hand the excitement and emotion of the event.



Robert Street, Dapto 2530  
Telephone: 4261 4011



# Kullillah

Here's what the Dandaloo Boys had to say about why they do Convoy and what it means to them.

## **Q. What does Convoy mean to you?**

**Rob Starcic** ... helping the kids in need. It's a passion. It's a charity fundraiser that has very minimal overhead expenses. That is really important to remember.

## **Q. On separating from Camp Quality**

**Rob Starcic** ... It was disappointing that we had to move away. I am very close with Marty Haines and Craig Duran and all those guys and what they do with the money raised from the i98FM Convoy is absolutely brilliant. Convoy started off raising \$50,000 and so on and so on. Convoy began to raise so much money and Camp Quality began to rely on Convoy. Instead of us focussing on that charity we looked toward supporting a foundation that could send kids overseas, help with medical costs and facilities in hospitals.

## **Q. Convoy in the future ... where is it going?**

**Rob Starcic**: Bigger and better! I am going to dedicate my FB page to continuing to raise awareness of the i98FM Convoy and letting everyone know about the people it helps. We've got nothing to hide! Its transparency in funds! There are so many fundraisers. The money from i98FM Convoy that is raised goes entirely to the Illawarra. An application process is in place now to access i98FM Convoy funds. Volunteers are on the panel who assess the applications. No money leaves the Illawarra and that is what was different with the other charity.

Wollongong Hospital is getting half million refurbishment. i98FM Convoy will contribute \$250,000 to support the improvements that are required to meet the needs of sick people in our community.

## **Q. On the idea that The Dandaloo Boys or other truck companies in the Illawarra profit in some way from participating in Convoy what is the reality? What about the idea that you could just donate the money anonymously?**

**Paul Hadley**: I build power stations and underground tunnels, I don't do garden gates or fences. Rob Starcic does windows for high rises in Sydney. It's mass production! Al Doughty, he moves bulk haulage to Melbourne. The average mum and dad don't access the services we provide. For us it's about local businesses putting back into the community. It's not about our ego. If people have issues we want to help. That's it!

## **Q. What is the chances of i98FM Convoy splitting in two different directions? Could half come through Dapto in the future?**

**Starcic**: Watch this space!!!





## Year 6 Koori Transition Day

Indigenous students from primary schools from around the area came to Kanahooka High School to participate in transition activities. Aboriginal student leaders from Years 8 to 12 made the Year 6 students very welcome. Together students went on a scavenger hunt to learn their way around the school, played Indigenous games and finished off with a BBQ lunch. Thank you to all that participated in the day.





# Kullillah

## Year 7 Indigenous students

Year 7 Aboriginal students have been meeting the past two weeks. As a group they have reflected on their first year in high school, setting goals for the future and playing some sport to strengthen friendships. Congratulations to all students on a fantastic year.



## Kullillah Boys Group

Members of the Kullillah Boys group have been meeting to discuss topics that are important to their adolescent development. The boys have brainstormed ideas around identity, media influences, relationships and the importance of exercise.



Mr Rostron  
Kullillah



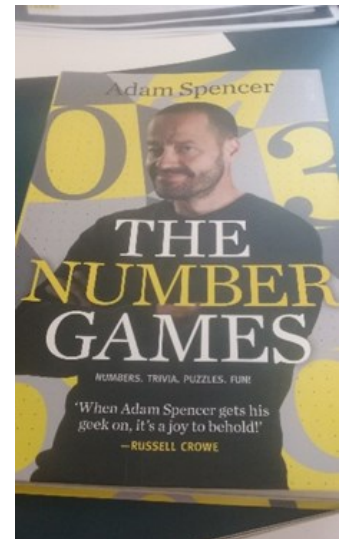
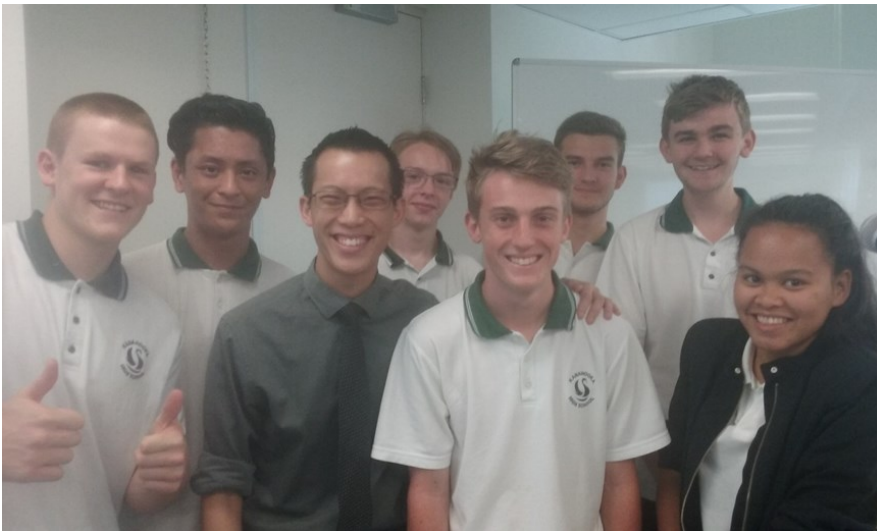


# Mathematics

## A Day of Maths with Eddie Woo and Adam Spencer!

On Thursday 16 November, students from Kanahooka High School travelled to Sydney to spend a “Day of Maths” with Adam Spencer (comedian and lover of Mathematics) and Eddie Woo (HT Mathematics at Cherrybrook High School and author of WooTube Mathematics clips).

The day had been organised by CNI (Curriculum Network Illawarra) and both of the guest speakers generously donated their time for free to spend a day with Mathematics students from schools mainly from the Illawarra area.



Kyle G, Ace C, Eric P, Alex K, Cooper W, Macarthur P and Je-An B with Eddie Woo

Students were inspired and fascinated by the creativity, games and puzzles that both speakers engaged them in all day. At the end of the day, students received a copy of Adam Spencer's new book “The Number Games”.



Everyone (including a very excited teacher) had a **mathemagical** day!

Mrs Lowis  
Head Teacher Mathematics



# Perfect Petz

What a very busy end of term Year 7 Perfect Petz elective has had!

From creating their own tug toys to play with their pets to preparing pet-friendly Christmas donuts for their pets to enjoy, Year 7 have been having lots of fun!



Year 7 Perfect Petz class presenting Mrs Richards with a toy for her puppy, Harvey, while Erin E tugs with Seven.



Ellie M carefully cutting out her donuts before completing them.

Olivia T, Chelsea D, Whitney M and Hallie C preparing their mix for their donuts.

And voilà, below, the finished product

Easy Christmas Microwave  
Dog PB Donut Cookies Treats!

<https://www.youtube.com/watch?v=qsPwOP5ZqHw>



Once again, I have thoroughly enjoyed working with enthusiastic and animal-loving Kanahooka High School students!

Mrs Lewis  
Pet Enthusiast



# Sport

## Premier Sporting Challenge

Friday 24 November, sport and future coaching enthusiasts enjoyed a day out at Dapto High School, fine tuning their coaching skills in the areas of Tennis, Golf, Soccer, Rugby League, Netball, Cricket and AFL as part of the NSW Premier Sporting Challenge.





# Sport

## Australian Open Golf

On Wednesday 22 November, several students from Kanahooka, Dapto, Warilla and Illawarra Sports High Schools ventured up to the Australian Golf Club in Sydney to watch the Pro-Am Golf Tournament, leading into the Australian Open Golf Championship on the weekend. Students were given the opportunity to rub shoulders with both celebrities and golf professionals in the top 10 in the world, including Jordan Spieth, Jason Day, Kerri Anne Kennerley, Ricky Ponting, Anthony Minichiello, Andy Lee and Lleyton Hewitt! Both celebrities and golf professionals were only too happy to pose for photos and sign autographs and we were lucky enough to witness a trade-mark 'CMON!!' from Lleyton Hewitt when he holed out from a bunker on the 9th. A special mention and thank you must go to Jack Newton Junior Golf for subsidising costs and making this wonderful experience possible!





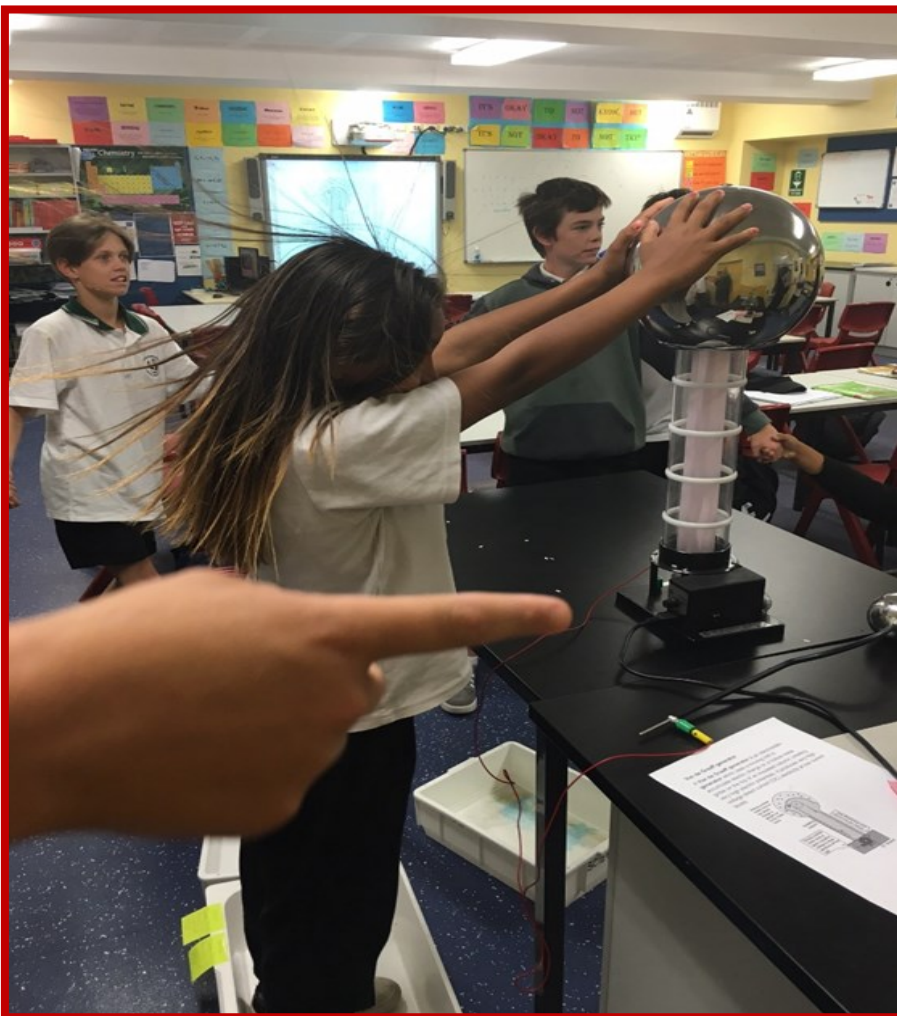
# Science

We are fast approaching the end of Term 4 and it is a very busy time of the year. Our Senior Science classes are almost one topic into their HSC and are in the process of submitting their first assessment tasks. It is important that they remain organised and on top of their work to ensure they can achieve the best results possible.

In Week 7, Year 9 Science classes attended a Forensic Science Experience at the school. Students were exposed to a **real-to-life** crime scene investigation, along with a series of forensic evidence experiments. This incursion complemented the unit of work being studied by Year 9 this term.

As the year comes to an end, we have to say goodbye to Mr Nelmes. We would like to thank him for his efforts in the Science Faculty this year and wish him well in the future. Next year we will see the addition of some new teachers to the faculty for 2018. Mr McKay will be relieving Head Teacher Science for 2018, replacing Mrs Cohen for the year. He will be available to answer your questions regarding the Science Faculty.

I would like to thank the Science staff for all their hard work in 2017. It has been a very busy year with the Burners, Science Fair and excursions to Luna Park, Taronga Zoo, Powerhouse Museum and Questacon. A lot of work goes into organising these events and without the extra efforts of the teachers, these events would not happen.



Year 7 Science, experimenting with the Van De Graff Generator

Mrs C Cohen  
Science

GOODBYE  
Mr Nelmes





**English**

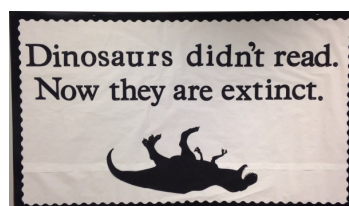
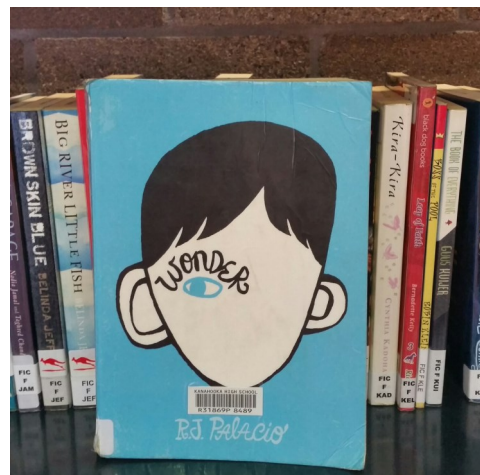
## Library News

It's been a wonderful year in the Library with our student loans increasing yet again. Our students are very confident and capable readers and some are quickly finding out their favourite authors and also discovering different genres. Real life stories has been a very popular genre this year, especially with Year 7 & 8 DEAR reading.

We have shelved the Fiction area into separate genres, which has been very popular and much easier for students to choose a book. This is a current trend in libraries generally.

This year we have enjoyed having some students assisting at recess and lunch. These Library Monitors have been a pleasure to have in the Library and extremely helpful and efficient. We would like to thank Naomi G, Chloe P and Caitlin J for all their assistance. If any other students would like to help next year, please come and see Ms Etheridge or Ms Lynch.

OVERDUE BOOKS – It's that time of year again when we are looking at having all books returned to the Library and preparing for stocktake. Parents and caregivers, if you happen to find a book that your child has at home, which has a Kanahooka High School barcode, then please return it to the school.





# The Notice Board

## DANCE DEVELOPMENT WORKSHOP



After a very successful first Dance Development Workshop, Kanahooka High School is offering another opportunity to attend a Dance Workshop in Term 1 of 2018.

*Keep watching this space for updates!*



*Did you know the newsletter can be emailed directly to you?*

Help reduce waste by receiving an electronic copy of the newsletter. It is also a great way to ensure the newsletter does not get lost in transit. If you would like the newsletter emailed directly to you please advise by phone or email us directly: [kanahooka-h.school@det.nsw.edu.au](mailto:kanahooka-h.school@det.nsw.edu.au)

## Kanahooka High School's 2018 Swimming Carnival

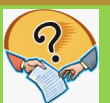
The 2018 Swimming Carnival is a whole school event which everyone is expected to come and watch or participate.

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.



## Helping Someone with a Mental Illness

### References:

<https://mhfa.com.au/resources>

### How do I know if someone has a mental illness?

**Only** a trained professional can diagnose someone with a mental illness.

**If you** notice changes in a person's mood, their behaviour, energy, habits or personality, this may be due to a mental illness.

**Learn** about mental illnesses and the ways people behave and what they experience.

**Do not** ignore symptoms that you notice or assume they will go away.

**Each** individual is different and not everyone will behave the same way or experience the same things.

### How do I talk to someone about mental illness?



**Give** the person opportunities to talk

**Speak** openly and honestly about your concerns.

**Choose** your time to talk

**Choose** a space you both feel comfortable where there will be no interruptions, when you are both sober and in a calm frame of mind.

**Use 'I'** statements such as 'I have noticed....and feel concerned' rather than 'you' statements.

**Let** the person know you are concerned about them and are willing to help.

**Respect** how the person interprets their symptoms.

**Encourage** them to discuss how they are feeling with someone else if they can't talk to you.

### How can I be supportive?

**Treat** the person with respect and dignity

**Do not** blame the person for their illness

**Offer** consistent emotional support and understanding

**Be** a good listener

**Give** the person hope for recovery

**Only** provide accurate and information.

### What doesn't help?



**Telling** them to 'snap out of it' or 'get over it'

**Being** hostile or sarcastic

**Being** over-involved or over-protective

**Nagging** and Trivialising a person's experience

**Dismissing** the person's feelings

**Trying** to cure the person or come up with answers to their problems.



### Getting professional help?

**Ask** the person if they need help to manage how they are feeling.

**Encouraging** them to see their GP or School Counsellor is a good place to start.

### What if the person doesn't want help?

**Find** out if there are any specific reasons why they do not want to seek help.

**This** may be because of beliefs or worry about seeking help.

**Respect** the person's right not to seek help unless you believe they are at risk of harming themselves or others.

**This article is general information only, if you are concerned about your or someone else's mental health, talk to your General Practitioner (GP) or School Counsellor.**

### Useful Resources / Contacts:

Mental Health Line 1800011511

Kids Helpline 1800551800

<https://www.eheadspace.org.au>

<http://au.reachout.com>



### Time to Cut the Red Tape for Capital Works

P&C Federation's 2017 Annual General Meeting (AGM) unanimously endorsed a motion to negotiate with the Department of Education to ensure that when P&C Associations provide funding for works in schools, the policies and procedures support P&C Associations.

P&C Federation Vice President Joel Matthews commented, "Supporting projects in schools is one of the most tangibly productive things P&C Associations do for school communities, but we repeatedly hear of P&C Associations facing road blocks."

"What we often hear is that P&C Associations face repeated unexplained delays and costs exceeding the P&C Associations original quoted prices."

Mr Matthews added, "It is frustrating that schools who secure grant funding with a condition requiring formal acquittal, or who have raised the funds, are made to wait for a substantial period of time for approvals from the Asset Management Unit (AMU). In some instances, P&C Associations have had to return the grant funding due to a delay in approval."

"Volunteer members within P&C Associations work very hard to raise funds for school facilities such as refurbishing the library or covering the outdoor area and instead of a seamless process they face bureaucratic inefficiencies that discourages them from taking up these projects."

"Getting snared in the red tape so frequently is not only disadvantaging our students but also wasting the efforts of those volunteers making an attempt to benefit the school community and our children."

P&C Federation believes the following revisions should be implemented for the Procedures for the Joint Funding of Works in Schools:

- Clearly define the roles and responsibilities of all parties (including the P&C) and costs (including what contingency costs may include and if GST is payable).
- Where a project reference group is established it must include a representative from the P&C Association.
- P&C Associations be included in all project correspondence and consulted with on issues arising that could result in additional costs to the P&C Association.
- P&C Associations be allowed to use contractors registered and approved by the AMU without having to wait for approvals to expedite the process. The list of the registered and approved contractors should be made available to P&C Associations.
- Include provisions to allow P&C Associations to source local contractors to support the community.

"Resourcing our public schools is the Government's responsibility and what we want is that Government's policies and procedures support P&C Associations keeping the red tape at bay," commented Mr Matthews.

**Sydney, NSW, 01 September 2017**

**Authorised by:**

Vice President Joel Matthews

**Media Contact:**

Communications Officer Hetaal Badiyani 1300 885 982 [media@pandc.org.au](mailto:media@pandc.org.au)

**FEDERATION OF PARENTS AND CITIZENS ASSOCIATIONS OF NEW SOUTH WALES**

Locked Bag 5114, PARRAMATTA NSW 2124

Telephone: 1300 885 982

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

Fax: 1800 655 866

ABN: 37 439 975 796



# 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.

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.





As part of our end of year Presentation Ceremony, Kanahooka High School reaches out to local businesses to help support our students. Kanahooka High School would like to acknowledge and thank the following businesses and Individuals for their generosity and support of our student's achievements and accomplishments in 2017.

**Better Floors Pty Ltd**  
**Bunnings Warehouse Warrawong**  
**Dapto Chamber of Commerce**  
**Dapto Healthcare Pty Ltd**  
**Dapto Mall Centre Management**  
**Ecomist**  
**First State Super**  
**Hangdog Climbing Gym**  
**IMB Dapto**  
**Jimani Trophies & Engraving**  
**Joss Facility Management**

**Lions Club Dapto**  
**MSP Photography**  
**Michel's Patisserie**  
**Rotary Club of Dapto**  
**Reuben F Scarf Memorial Foundation**  
**S&S Creativity**  
**Team Spirit Sports**  
**Warrigal Charters**  
**WIN Sports & Entertainment**  
**Credit Union Australia**

**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](http://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](http://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.

©All Layouts reproduced in this flyer remain copyright to DECS Services, and may not be reproduced or copied for redistribution purposes except by written permission.



### UPCOMING EVENTS

- Tuesday 5 December  
2018 Year 7 Orientation Day
- Friday 8 December  
Presentation Day Ceremony
- 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**

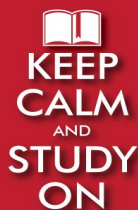
**All welcome and it's FREE!**

*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.



Kanahooka High School

## **P&C Annual General Meeting**

Week 6  
7 March 2018  
At 6.30pm  
Planning Room

### **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**

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

**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.**