

KANAHOOKA

HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

September 2018

Kanahooka High School's Got Talent -

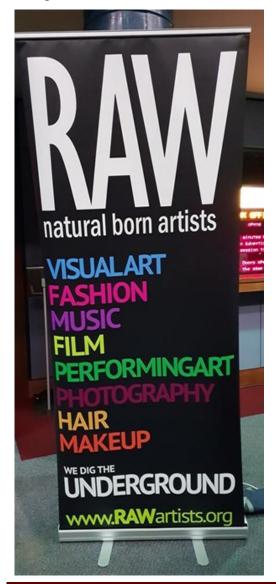






Two very talented Kanahooka High School students were involved in a local art exhibition, called RAW natural born artists at the University of Wollongong on Thursday September 6.

Skye G and Lachlan K were chosen to display and sell their art, which was an excellent opportunity to get themselves out there into the local art community. Skye displayed her realistic animal and people portraits and Lachlan showed his photography. We are very proud to have such talented people at KHS who are willing to show their skills!









Robert Street, Dapto 2530 Telephone: 4261 4011

Deputy Principal's Farewell Year 12







As Year 12 of 2018 bid us farewell, it is an opportunity for families, friends and teachers to reminisce and share stories of individual and group achievements. As students you step into the world with both excitement and apprehension. As young adults you emerge into that world with amazing opportunities and new adventures.

Some of you will already know what you want to do and some of you will have no idea. As a teacher who has changed her career directions and gained multiple qualifications, I tell you a lot can be said for the idea that 'nothing ventured is nothing gained.' Don't be afraid to change your mind and always seek new adventures!

Do not ever let fear limit you. Step outside your comfort zone and dare to ride the big waves, walk that tightrope and jump out of an aeroplane with that parachute you now have inbuilt after the 6 years you have been nurtured and have grown as part of the Kanahooka High School family.

Just remember some heroes wear their capes on the inside and just like Leo, you amazing young adults will always be Super Heroes to us.



Ms J Burns Deputy Year 12



KULLILLAH

Koori Dance Group and Indigenous Games Tour

This term Kanahooka High School Indigenous students took the dance they developed for NAIDOC Week on the road. The students were invited to perform at Grandma Rosie's Preschool in Wollongong and Figtree Heights Public School.

It was great to see future leaders of KHS share aspects of their culture and run a variety of Indigenous games for different age groups. All students represented themselves, their culture and school with pride.

Thank you to Ms Page and Ms Burns for attending what was a memorable day out.







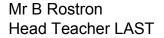














KULLILLAH

Kullillah would like to congratulate Luke C with the 'Kullillah Distance Education Award' for excellence in his education.

Luke is one of our students that is graduating Kanahooka High School this year. Luke has worked exceptionally hard during his time with us, with particular attention to Sport, Lifestyle and Recreation, along with achieving high scores in his Work Studies subject.

During his senior years Luke has completed several sets of work experience receiving good feedback from his employers. We wish him all the best in the future. Well done Luke!





We also would like to congratulate Leonardo 'Batman' L with the 'Kullillah Consistent Achievement Award' for excellence in always striving to improve.

Since Leo has been with us in Kullillah he has always been working to improve in his Mathematics and English skills along with every other subject.

He takes pride in consistently doing the best he can while showing great respect to his teachers and peers. Brilliant work Leo!

Year 7 Perfect Petz

Last Friday, Year 7 Perfect Petz discussed the importance of keeping their pets engaged and motivated through play. As a result, they designed and created amazing tug toys to play with their own pets.



Mrs K Lowis
Pet Enthusiast





Industrial Technology Timber

Congratulations to Year 12 Industrial Technology Timber students for the successful completion of their Major Projects. These projects reflect their outstanding level of design and practical skills, creativity and time management.



Lauren A



Jacob W



Je-An B



Jamie P







Llayton R Jordan C





Year 10 Food Technology

Year 10 students have completed their assessment task on Food Trends. In the practical application, the students created and designed chocolate art to go on top of their trifle parfait. Below are some of

their designs.













Year 11 Hospitality

Year 11 Hospitality students have completed the cookery component - Use Food Preparation Equipment, where they learnt the skills of precision cuts and different cookery methods. The students made chicken rustic tarts, European fish cakes, sticky date puddings and a berry smoothie. Pictures below of students work – precision cuts and chicken rustic tarts.





The students are now training in the beverage component - Prepare and Serve Espresso Coffee and Prepare and Serve Beverages. The students have been busy making a variety of coffees and beverages. Next term, the students will be running the Kana Café for both staff and students to gain the skills required to become competent.

The students recently finished their first work placement in a variety of hospitality establishments. The feedback from the host employers was positive and they were impressed by the student's enthusiasm and professionalism. Well done Year 11 on your great effort.







Year 12 Hospitality

Year 12 students are coming to the end of the course and school and I wish them all the best in their future endeavours and I hope that all their dreams come true.

Ms P Coogan TAS Teacher



Year 11 Food Technology

Year 11 students have been studying Food Selection and Availability in Australia. The students researched and cooked a variety of native contemporary bush recipes. The students made: Kangaroo burgers with bush tomato relish, lemon myrtle cheesecakes, damper with lillipilli jam and wattle seed and apple muffins. The students enjoyed the tasting sessions.

















CAPA

Dance Workshop

This term we held another Dance Workshop. This time in the style of modern/contemporary. We were lucky enough to secure Airu Matsuda, a very talented and outstanding choreographer from Sydney. He attends Ev and Bow (a fulltime dance institution located in Sydney) and is mentored by Sarah Boulter, an illustrious choreographer and well-known supporter of Dance.

The students who attended were completely blown away with Airu's standard of choreography and ability to perform. The students were led through a warm up and learnt a choreography sequence, where they received some incredible opportunities to perform with expression, which both challenged and motivated them. There were a number of students who attended from local Primary and High Schools within the Dapto area, which was also fun for our students. Overall the afternoon echoed success and we look forward to the next workshop in the near future. Well done to all involved.





KHS September 2018 Dance Workshop





Support

After a gruelling seven weeks of work experience with Fire & Rescue NSW, our Year 9 girls capped it off with some footy coaching from ex-Dragons, Blues and Kangaroos player, Matt Cooper, and a trip to the sky on a fire truck crane. While up in the clouds, they couldn't help but give their teacher (Mr Williams) a much needed clean with the fire hose which proved a lot of fun!











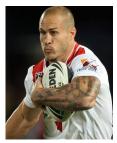














SCHOOL UNIFORM

An Important Message about School Uniforms

Dear Parent/Carer

It is great to see the majority of our students wearing the correct school uniform on a consistent basis to school. Our community has commented on how good the student body looks in this uniform. Please read the information below about our uniform policy. I would like to stress that tights are not acceptable. If they are worn, they must be worn underneath shorts, skirts or dresses.

The only logo that is acceptable is the Kanahooka High School logo. If you are purchasing generic uniform items, please make sure they are plain black jumpers/pants/shorts for all years and plain green jumpers for Years 7 to 9 or plain red jumpers for Years 10 to 12.

KHS uniform items can be purchased at the school Canteen. Alternatively, uniforms can be purchased at Poppets at Fairy Meadow.

The school uniform is:

- Black dress pants
- Black dress shorts
- KHS tunic
- KHS skirt
- Black jumpers all Years, Green jumpers Years 7, 8 and 9, or Red jumpers Years 10, 11 and 12
- Black cardigan or jacket
- Senior jacket
- Black leather or leather like shoes that cover the foot (Work, Health and Safety issue)

The Kanahooka High School sports uniform is able to be worn on Thursdays.

Students are not permitted to wear the following items of clothing: tights (they may only be worn under shorts, skirts or the tunic), jeans, track pants, jumpers and pants with logos and stripes, short athletic style shorts, clothes which are not the correct colour and t-shirts.

If your child's uniform is not available to be worn on a particular day, please provide them with a note outlining the reason. The note is to be provided to your child's Roll Call teacher at the beginning of the day so that they can be issued with a Uniform Pass.

We will work with the families in ensuring students attend Kanahooka High School wearing the correct uniform. Student Assistance is available to assist with uniform purchase. Please contact the Year Adviser or Deputy Principal.

I would like to thank you for your support of the Kanahooka High School Uniform Polity. Please feel free to contact the school if you have any questions regarding the Kanahooka High School uniform.



Mr P Kipp Deputy Principal

Student's recap of KHS Snow Trip 2018

The 2018 KHS Snow Trip took place in August with 32 students and 3 lucky teachers scoring excellent conditions at the NSW ski fields.

After an afternoon of travel and seeing snow for the first time, it was a quick stop to pick up all the equipment before heading to the accommodation for an early night.

The next morning we were up at 5.30am to get ready for our first day on the slopes. We went to Smiggin Holes where we had a 2 hour lesson before practising our skills on the slopes by ourselves. As many students were snowboarding and skiing for the first time, it took a while for everyone to get the hang of it, but when we did, there was no stopping us.

Each day we all got better and more confident, even conquering the T-bars by the end of the trip and on the final day, we were going quicker than Mr Kipp down the mountain.

Written by the Year 9 students who attended trip



On behalf of the teachers who attended (Mr Kipp, Ms Cannon and Mr Arthur) we would like to thank the students for being excellent representatives of Kanahooka High School and making it such an enjoyable 3 days.









CANTEEN



Canteen News

2019 is fast approaching and with that comes the compulsory implementation of the NSW Healthy Canteen Strategy. As we are slowly making changes in the canteen to ensure we comply with new regulations I have been asked questions from staff, students and parents so I will try and answer the most common questions for you. What, why, who, when?

What is the NSW Healthy School Canteen Strategy?

The new strategy places food and drink into EVERYDAY and OCCASIONAL categories. This replaces the old traffic light system of Green, Amber and Red food and drinks. The canteen is required to sell 75% Everyday food and drinks and no more than 25% Occasional food and drinks. The occasional food and drinks also need to follow portion size limits and reach the Health Star Rating of 3.5 or above to be able to be sold in the canteen. There are no longer any red days.

Sugary drinks are not to be sold in the canteen.

Who has made this decision?

The NSW government. Comprising of the NSW Department of Education and the NSW Ministry of Health. It is compulsory for all public schools in NSW. The School, P & C and Canteen do not have a choice.

Why?

The strategy is part of the government healthy children initiative programs and strategies aimed at reducing childhood obesity. It is aimed at increasing the availability of healthy food and drink options in the canteen to encourage the healthy choice by making it the easy choice.

When?

The KHS 2019 back to school canteen menu will comply with the rules and regulations of the new strategy. Aimed predominantly at sugar intake there will be no donuts, cakes chocolates or lollies. Any public school not complying with the new strategy will not be able to operate.

For further information look at these websites.

https://healthyschoolcanteens.nsw.gov.au

https://www.healthstarrating.gov.au

https://www.foodswitch.com.au

https://www.healthykids.nsw.gov.au

If you or your child has any questions please feel free to come and see me at the canteen.

Lisa Loveday

Canteen Manager



Dr Annemaree Bickerton (Child, Adolescent & Family Psychiatrist) & Toni Garretty (Clinical Coordinator) Family & Carer Program Illawarra & Shoalhaven Mental Health Service) presents:

An intervention for Families & Carers

Staying connected when emotions run high

This FREE workshop will provide you with additional communication skills to support someone (12+ years) who experiences any of the following:

- Has relationship difficulties
- Demonstrates changing emotions and strong overwhelming feelings that can make communication difficult
- Sometimes behaves in a way that makes them a danger to themselves or others

The Staying Connected frameworks and relationship strategies introduced should be helpful to all participants regardless of their person/s diagnosis.

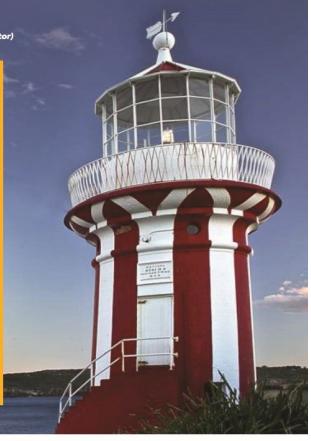
Date: Tuesday, 16th October 2018

Time: 9:30am-3:30pm. Arrive at 9am for Registration

Venue: Port Kembla Golf Club

Golf Place Primbee





Limited spaces - booking essential. To register:

P: 02 42 297254

E: kylee.dwyer@aftercare.com.au

Proudly sponsored by Aftercare











7 Railway Parade Kiama • Phone: (02) 4233 1133

HSC Lock In

Need a quiet place for last-minute study? Kiama Library is staying open late for Year 12 students to prepare for the HSC.

Get your friends together for a cram session, or find a corner and get that final summary done!

4 - 8pm Monday 15 October

Kiama Library
Bookings essential
www.trybooking.com/392286
Free pizza and snacks provided















Workshops are held by Wollongong City, Shellharbour City and Kiama councils.

To help you with practical advice about:

- Supervising learner drivers
- Completing the learner driver log book
- Providing on road driver practise
- L & P Plate licence laws

Workshops are held from 6pm - 8pm Bookings are essential

Please contact Council for a suitable workshop

Wollongong

42277111 rso@wollongong.nsw.gov.au

Shellharbour

4221 6124

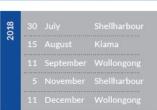
jenny.davies@shellharbour.nsw.gov.au Book online: www.shellharbour.nsw.gov.au/youngdrivers

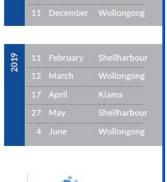
4232 0444 council@kiama.nsw.gov.au



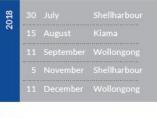












SAFER DRIVERS COURSE



Transport for NSW | Roads & Maritime

Bonus 20 hours off your learner drivers logbook!!

DAPTO RIBBONWOOD CENTRE

93-109 Princes Hwy, Dapto

(Upstairs)

Sat 4th Aug Sat 1st Sep

Sat 13th Oct (School Hols)

Sat 10th Nov Sat 8th Dec

KIAMA LEAGUES CLUB

109 Terralong St, Kiama

Sat 18th Aug Sat 22nd Sep

Thur 11th Oct (School Hol's)

Sat 27th Oct Sat 24th Nov

Bookings: http://www.shellharbourcitydrivingschool.com/saferdriver-course

Enquiries: Ph Debbie 0439 019 794 or Email: scds61@gmail.com

MODULES PROUDLY DELIVERED BY

SHELLHARBOUR CITY DRIVER TRAINING

On Behalf of APIA DRIVING SCHOOL an accredited provider of the

RMS Safer Drivers Course



Dapto Dentists

Quality Meets Affordability

Up to \$1000 free dental services for eligible children under medicare Child friendly practice | After school appointments available



CHECK-UP & CLEAN: 100% GAP FREE OR \$140 FOR NON-HEALTH FUND HOLDERS

PREFERRED PROVIDER FOR; HCF, WESTFUND & CBHS

PH: 4288 0737

Shop 4, 42 - 44 Princes Hwy Dapto daptodentists.com.au

*T&C apply, visit website for details



Kanahooka High School **After School Tutorial Centre** All welcome and it's FREE!

KEEP CALM **STUDY**

ON

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.

DAPTO PLAYCONNECT **PLAYGROUP**

COMMUNITY CENTRE 82 BONG BONG ROAD HORSLEY, NSW



FREE TO ELIGIBLE FAMILIES

PlayConnect Supported Playgroups are designed to support development for children with autism or developmental delays in communication, behaviour or social skills 0-6 years of age.

PlayConnect Playgroups use a holistic approach providing experiences that are centred around the child's own physical and emotional wellbeing. By building on experiences, children are supported to feel secure, confident and capable in their learning environment. Groups also provide opportunity for parents to meet other families, helping to make social connections and share information based on personal experiences. Groups are led by early childhood educators who will work with families to develop strategies to engage with children and support their emerging skills by using each child's own interests and strengths



- т 1800 171 882
- E admin@playgroupnsw.org.au w playgroupnsw.org.au

ILLAWARRA ABORIGINAL YOUTH FESTIVAL

WHEN: SUNDAY 9TH DECEMBER 2018

WHERE: KILLALEA STATE PARK SHELLCOVE

SAVE THE DATE

FREE EVENT FOR ALL

Please express your interest if you would like to be part of the working group in the lead up to this day Email: admineilalc.org.au

Ph: 4226 3338





Check us out of Facebook and instagram Illawarra Aboriginal Youth Council





Brighter Smiles Dapto Dental 54 Baan Baan St, Dapto NSW 2530

Ph: 02 42615264

www.brightersmilesdaptodental.com.au







Established Dental Practice over 40 years in Dapto for all your family dental needs.

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OUR DENTISTS

Dr. Rhett Yeats B.D.S. (Sydney)

Dr. Kala Raj B.D.S. (Adelaide)

B.ScDent (Honours) (Adelaide)

Dr. Rajeshwari Angadi B.D.S. (Gulbarga)

Dr. Teresa Hwang B.D.S. (Otago)

Dr. Sangeetha Manoharan BSc (Nanotech) (UNSW)

BDent (Sydney)

Dr. Hema Mahalingapa B.D.S. (RGUHS)

OUR SERVICES:

Preventative: Dental exams, digital x-rays, scale, fluoride, custom mouth-guards, occlusal

Restorative: Tooth-coloured fillings, inlays, onlays, crowns, bridges, implants

Endodontics: Root canal treatments

Prosthetic: Partial and full dentures (acrylic and metal), implant retained dentures

Cosmetic: Smile designing, teeth whitening, veneers

Paediatric: Fillings, pulpotomies.

We also treat traumatised and avulsed teeth

caused by accidents.

Extractions: Including surgical extractions and wisdom teeth.

CDBS: We bulk bill eligible children under the Child Dental Benefit Scheme (CDBS).

Other services: Anxious patients and children can get treatment under happy gas (nitrous oxide). We also provide general anaesthetic services if needed

NSW Oral Health Vouchers are accepted by some of our dentists • We are always happy to accommodate new patients



Respectful Relationships Peer Education Project

PWDA is looking for women with intellectual or learning disability. We are doing a project about respectful and healthy relationships.

Does this sound like you?

- A woman with intellectual or learning disability
- Lives in Sydney, the Central Coast, Newcastle, Wollongong or Bowral
- Comfortable talking about relationships

The project will run in 2018-2019. From September 2018 to mid-2019 PWDA's 8 peer educators will be teaching other women with intellectual disability about respectful and healthy relationships.

Our aim is to provide information to women with intellectual disability about how to have respectful relationships. In our 8 session course we will cover the following topics:

- Group safety
- Trust and agreements
- Introduction to relationships Who do I have relationships with?
- What is a respectful/healthy relationship?
- Intimate relationships
- Exploring touch who can I touch and who can touch me with my permission?

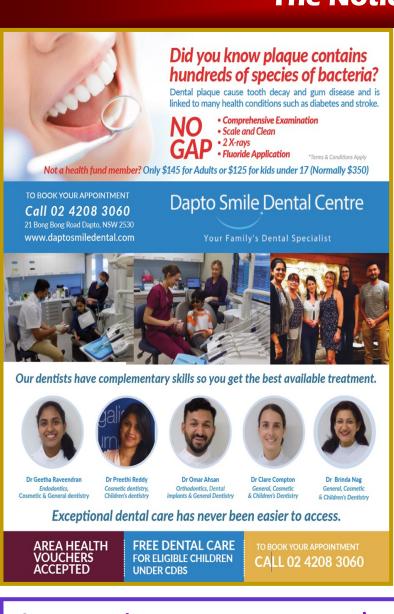
If you are interested in the project, please contact the project officer:

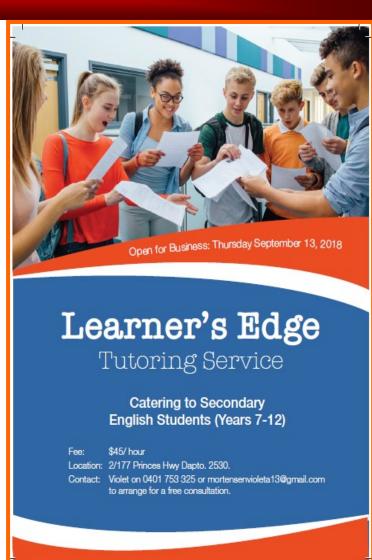
Polly Seymour

0434 692 845

pollys@pwd.org.au







Guess who competition Newsletter Issue 14

Each newsletter issue there will be an ongoing competition that has a picture of a staff member as a child. Let's see how clever you are!

There is a box at the office where students can place their answer. The first correct answer drawn each fortnight wins a \$5.00 Canteen Voucher. Staff are also encouraged to try to guess just for fun.

Issue 14 Answer: Mrs C LucasNo one guessed the correct answer.

Don't forget to submit your guess in the box on the office counter. Good luck!

Who is this?



Friday 28 September Year 12 Mystery Day Last Day of Term 3 Monday 15 October Staff and Students commence Term 4 Thursday 18 October to Friday 9 November HSC Exams Monday 26 November Year 12 Workplacement (Construction) Friday 14 December Presentation Day Ceremony

Early Departures

Please be reminded that when writing out an early departure for your child that you put the following details:

Student's Full Name
Date and time
Reason
Signature



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
Jumper	\$22.00
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.

Important Message about Attendance

A change to SMS messaging has been made to inform parents they have seven days to explain absences or they will be recorded as UNJUSTIFIED. This may appear on their Roll Call Check Report completed by the Home School Liaison Officer.

Mrs M Davies Attendance

