

# KANAHOOKA

## HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

# *Newsletter*

ISSUE No. 10

25 September 2020



Year 12 Music students practising prior to their performance examination. We would like to thank them for their contribution to music at Kanahooka High School during their time here and wish them the very best in their future endeavours.

S Gann  
Music Teacher

Robert Street, Dapto 2530  
Telephone: 4261 4011



# DEPUTY PRINCIPAL'S REPORT

As Term 3 draws to a close, we reflect back on another busy ten weeks of school. I hope students, families and staff are able to find time to relax and spend days doing the things you love. I hope to be spending some time with my family, playing a couple of rounds of golf, or taking the boat out for a quick fish. Whatever it is, enjoy yourself and be safe.

Our Year 6 to 7 Transition Program has continued over the last couple of weeks, having transition meetings (via Zoom, of course!) with our feeder primary schools. We are still unsure what guidelines will be in place for Term 4, but we have started planning should we get the green light to proceed with transition activities. We will keep everyone informed of any changes and updates.

Students in Year 8 and 9 have recently completed their Elective Subject Selections for 2021. Year 10 students have also completed their Subject Selections for their desired pattern of study for next year. Feedback regarding student selections will be provided to students in the near future. Well done to Mrs Cohen and Mr Bird for co-ordinating the process this year.

Students have also recently completed their Sport selections for Term 4. Students will be notified of their choices in Week 1. Please see Mr Nelmes in the PDHPE staffroom for further information.

Lastly, a huge congratulations to our graduating Year 12 class of 2020. I'm sure that your final couple of weeks of school will bring with it mixed emotions as 13 years of schooling comes to an end, but know that we are so proud of each and every one of you. Good luck to students who will be sitting the HSC Exams commencing in Week 2 of Term 4. Study well and best of luck!

A Kalsow  
Stage 4 Deputy Principal



## Kanahooka High School

Year 12 - 2020

Principal: Ms Christine Toohey Deputy Principal: Mr Stephen Bird  
Year Adviser: Mr Mathew Howley



*We hope your dreams take you to the corners of your smiles,  
To the highest of your hopes,  
To the windows of your opportunities,  
To the most special places your heart has ever known*



# UNIVERSITY EARLY ENTRY

Congratulations to the Year 12 students who have achieved Early Entry from the various Tertiary Education Institutions. In a year of great challenge, their continued efforts and diligence are to be commended.

A Panecasio  
Head Teacher Teaching and Learning

Name	Course	University
Chelsea V	Bachelor of Social Work	UOW
Naomi G	Bachelor of Asia Pacific Affairs and Global Liberal Arts	ANU
Sarah M	Bachelor of Psychological Science Bachelor of Arts - Psychology	UOW
Emily M	Bachelor of Exercise Science Bachelor of Nursing	UOW Western Sydney
Taimani K	Bachelor of Arts/International Studies Bachelor of Law	UOW
Joshua M	Bachelor of Physical & Health Education Bachelor of Nursing	UOW Shoalhaven
Samantha J	Bachelor of Social Science - Primary Ed Bachelor of Education - Primary	UOW
Miles W	University Entrance Certificate	UOW
Jessica L	Bachelor of Social Work Honours Criminology and Criminal Justice	UNSW
Brandon W	Bachelor of Creative Arts - Creative Writing	UOW
Barrett B	Information Technology	UOW College
Ella S	Bachelor of Electrical Engineering	UOW
Madeline A	Bachelor of Conservation Biology (Deans Scholar) (Honours)	UOW
Ashlee C	Bachelor of Commerce/Business	UOW
Holly W	Bachelor of Conservation Biology (Deans Scholar) (Honours)	UOW
Isabella F	Bachelor of Psychological Science Bachelor of Commerce	UOW
Lily J	Bachelor of Psychological Science Bachelor of Social Science (Criminology)	UOW
Charlotte C	Bachelor of Medical Health and Science (Deans Scholar) (Honours)	UOW

## UPCOMING EVENTS

Term 4 commences for students and staff on Monday 12 October 2020.

HSC Examinations begin Tuesday 20 October 2020.





# MATHEMATICS

For the past 4 weeks Mrs Lewis' Year 12 Mathematics class have been working on a Totem Pole project. The students were involved in all stages of the process, from the design, drawing, painting, location, and helping to dig the holes. The result, as you can see, is simply fantastic. Well done year 12! I am so proud of your achievements over the past 2 years. These totem poles are a credit to you all and a great legacy to leave our school.

K Lewis  
Head Teacher Mathematics



# SCIENCE

## Take It Easy Year 11

With the October school holidays almost upon us, there are two certainties in the School -

1. Year 12 are about to leave us and
2. Year 11 are about to embark upon their last year at school.

For all those Year 11 Science students out there, we want you take it easy these holidays. Mental health is super important, especially in Year 12. Take some time to unwind, recharge the batteries and reflect on the last three terms. It's all business from here on in and we want our new Year 12 students in perfect shape. Enjoy the holidays.

# SCIENCE

## Six Years of Science... Ahhh the memories

With Year 12 almost done and dusted, it's important to reflect on the happy times everyone has had at school. For the Year 12's studying a Science (or two), this week marks the end of 6 years of Science at High School. We thought it might be fun to ask the students about their time with the Science Faculty, including some of the more funny things that have occurred.

### Year 12 Chemistry

Studying Science has given us a deeper understanding of the world around us and has allowed us to develop an ability to manage stressful situations and workloads. Some of our favourite memories in Science have been Mr McKay's famous hot chip lunches and making fun of his rapid hair loss over the years. Special mention for Barrett B - *'Mrs Cohen is like boiling water, she is safe from a distance but if you get too close she will burn you. And over the years we have come to realise Mrs Cohen isn't as scary as she first seems.'*



### Year 12 Biology

Mr Arthur is super passionate about Biology (and his new Smartboard) and is just so keen to pass on all of his knowledge. The formation of the 'River Girls' was a highlight, including the time Samantha J dragged a small tree half-way around the Mangroves. We all remember the time a bird flew into the classroom and we all witnessed firsthand Mr Arthur's fear of birds. We will miss his Biology classes.





# SCIENCE

## Year 12 Marine Studies

The class are still upset from the time their shrimp were stolen (possibly eaten) by an unknown source. To quote Joshua U - *'Mr Crighton, crikey he is a good teacher.'*



## Investigating Science

All students enjoyed the subject, especially the freedom to chase their own ideas and theories in their Depth Study which to quote Holly W *'was like Science Fair on steroids.'* They especially enjoyed some of the extra curricular activities, such as the time Mr Crighton's fish had babies. Miss Dunn made the classroom such a relaxing environment, *'I'm going to miss the fights over the couch.'*



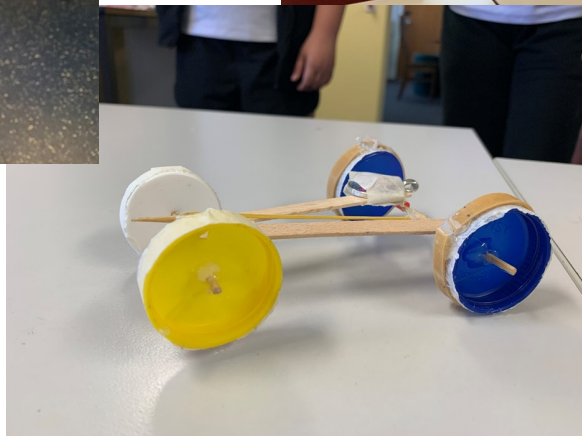
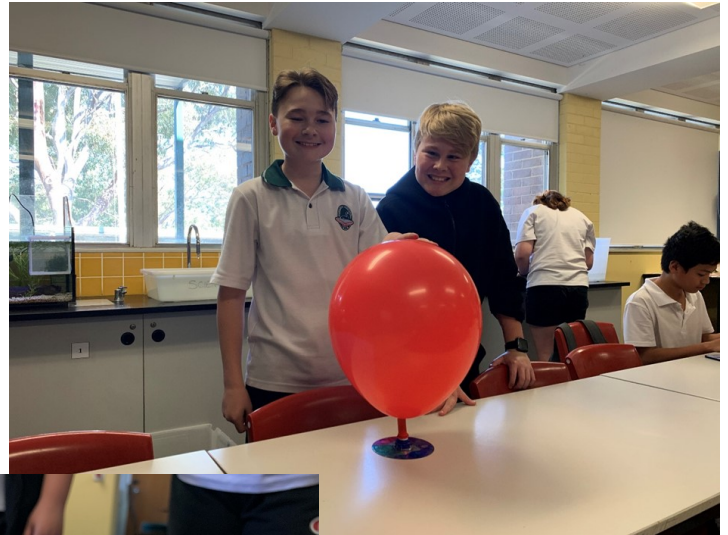
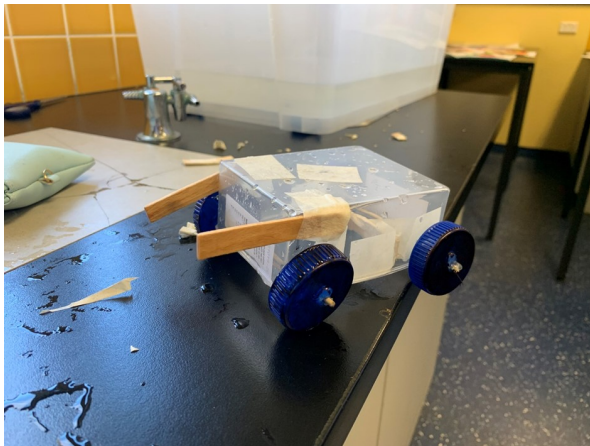


# SCIENCE

## Simple Machines

This week Ms Simpson's, 7I Science class used their awesome creative talents to design simple machines. Year 7 have been studying forces in Science this term and the class were tasked with making a vehicle that moves with no external assistances. To say the results were fantastic was an understatement, there were hovercrafts, elastic band powered cars and one very well made rocket. These 7I students are well on their way to studying iSTEM in Year 9 2022.

H McKay  
Head Teacher Science





## Year 8 Technology Mandatory – Food

This term the students have been learning about food from the paddock to the plate. For their assessment task, the students had to design a lunchbox for an adolescent using the dietary and healthy eating guidelines.





## Year 9 Food Technology

The students have been studying Food for Specific Needs. In their assessment task – Funtiki Tours, the students had to design a snack or meal for one of the destinations below:

1. Trekking in the Amazon Jungle to the largest tree on earth
2. Visit and swim with the pigs on Pig Beach in the Bahamas
3. Visit and climb the 775 steps to the top of Mt Popa in Myanmar

These are some of the snacks and meals made for the Funtiki Tours.



## Year 10 Food Technology

This term, Year 10 have been studying Food Trends. The students have been researching current trends in food. The students completed a practical activity: food styling and decorating a baked cheesecake. Here are some of the great designs below:





## Year 11 Hospitality (VET)

Year 11 completed the competencies of Use Food Preparation Equipment and Use Hygienic Practices for Food Preparation. The students had to complete a practical component and made Rustic Chicken Tarts with a side salad, European Fish Cakes, Sticky Date Pudding and Berry Smoothie. The technical skills assessed were: precision cuts of vegetables, making sauces, crumbing and baking and using equipment correctly. Students were also assessed on hygiene – personal and environmental, safety and work flow time management. Below are some pictures of the student's final food items.

The students are now learning about the art of coffee making and preparing and serving non-alcoholic beverages. I would like to congratulate my Year 11 Hospitality students for their excellent participation and completion of assessments so far this year.



## Year 12 Hospitality (VET)

Year 12 Hospitality are finishing their final portfolios to complete the competencies. Due to COVID-19 the students could not participate in the luncheon excursion to a local restaurant this year. In appreciation of all the hard work the students have completed in the past 2 years running the school's Kana Kafe and participating in school functions, the students received a gift pack of coffee mugs, chocolates, cooking utensils and a note book to put recipes in. It has been a pleasure to teach all of you and I wish you the best in everything you do.



## Year 12 Food Technology

Year 12 Food Technology have completed the course content and will be studying for their HSC Examination. In appreciation of all the hard work completed by the students over the past 2 years, the students were given a present of a healthy eating family cookbook that they can use to keep cooking in the future. It has been a pleasure to teach all of you and I wish you the best in everything you do.



P Coogan  
TAS Teacher



# SPORT

## Grade Sport Success!

On Thursday 17 September, in 30 plus degree weather, the Senior Girls Volleyball Team, headed to Albion Park High School for the Grade Sport Volleyball Finals. Having gone undefeated over the course of the competition, the girls were to meet Warilla High School and go for gold! Having previously faced Warilla and needing to go to a third set to get the win, this time around the girls were aiming to knock them down in two straight. Facing the unrelenting heat in a concrete quad which lacked shade, a few dubious calls by the Referee, but ample chewing gum under foot, the girls took Warilla in two straight - 25-14, 25-17.

Congratulations to the girls:

Charm B  
Lan C  
Charlotte H  
Shaylen H  
Tiarne H  
Amy L  
Kara R  
Maddison W

K Nyman & C Lucas  
Volleyball Super Coaches



A big shout out to all of the other Grade Sport Teams and teachers who played hard in the heat last Thursday, it was a great way to finish off Grade Sport for the term.

## Champions of The Week

This week the PDHPE's Champions of the Week are Tiarne M (Year 11) and Brooklyn S (Year 10). Both students have shown outstanding efforts in their classes this week, displaying a high commitment to their studies and excellent teamwork skills in practical lessons.

R Kohlhardt  
Relieving Head Teacher  
PDHPE



# SPORT

## Staff v Student Volleyball

It was a magic day at the Kanahooka High School volleyball arena last week for the big Battle of the Swans (Mr Swan v Blake S). Magnificent effort by the students, led superbly by their fearless leader Blake S, however, in two hard fought, nail biting sets, the teachers prevailed. Volleyball legend, Mr Panecasio, stopped the student comeback in the second set, changing the course of the match, with a massive block on Jye H. An awesome game enjoyed by all. Thanks to Mrs Kohlhardt for organising and Mr Swan for leading the staff team to victory.

D Nunn  
PDHPE Teacher





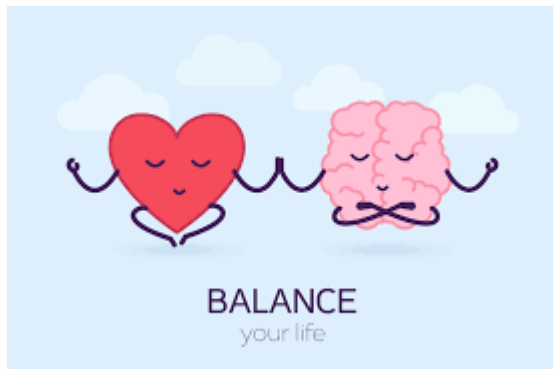
# WELLBEING

## Social Skills Program

Selected Year 7 students have been attending the Social Skills Program twice a week. We are working with The Zones of Regulation, this is a systematic, cognitive behavioural approach used to teach self regulation by grouping our state of alertness, feelings and arousal into four coloured zones. Students learn strategies and tools to become aware and independent in controlling the emotional impulses, managing their sensory needs, and improving their overall ability to problem solve. Through incorporating the concepts of Social Thinking the lessons on self-regulation become meaningful to our student's lives as they gain a deeper understanding of the impact their behaviour has on relationships.

The **ZONES** of Regulation®

			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Mean Terrified Yelling/Hitting Out of Control



**Mindfulness** is also taught during our Social Skills program to help students; reduce worries, anxiety and distress, create a sense of calm, learn how to relax and regulate emotions, improve concentration and increase productivity, develop a sense of empathy and connectedness and enjoy better health and sleep.

M Langlands  
Kullillah Teacher

## Wellbeing help for Students and Families

When our body is not feeling well, and it continues to cause us pain or discomfort we usually visit a doctor for help. When we feel anxious, down, unable to sleep properly or just not thinking clearly... we often do nothing or worry.

We may ignore the underlying reasons. What happens? Frequently nothing. Often it just gets worse and worse until it cannot be ignored any further. Thankfully, over the past few years the stigma previously associated with mental health problems is beginning to disappear. There are times through life that we ALL struggle to cope.

We need to take responsibility. We need to take action. The first step is to seek help from someone. At school we are fortunate to have the Counselling Services of Mr Lindsay and Miss Kostrin as well as approachable Year Advisers, Kullillah Staff, Teachers and Deputies to support Wellbeing. If your child is feeling anxious, overwhelmed or having difficulties this might be your first step.

Recharge over the break Kanahooka!

Kullillah Team



# WELLBEING

## Healthy Study Habits for Exam Preparation

Our Year 12 students will be undertaking their final exams in the coming weeks. This is both exciting and nerve-racking! While it can be overwhelming, organisation and preparation is key to help conquer those feelings.

You all know more than you realise and you are 100% capable. In preparing for exams, a healthy routine is essential. Set aside time to study, eat well and get enough sleep. Beyond Blue have a great resource about study habits at <https://www.thedesk.org.au/>, also take note of the 'Beat the Weapons of Mass Distraction' which are simple tips to help curb your habits of procrastination, and check out the excerpt below from the Beyond Blue article on studying mindfully.

While you can - use your teachers, they are there to support you and want you to achieve your best. Inhale, exhale and good luck.

You've got this.

## How To Study Mindfully

Here are some tips to bringing the mindful edge to your study sessions:

**1. Meditation and breathing exercises:** Meditation brings you into the present by forcing you to focus on your breath. Before studying, practice breathing techniques that block out distractions and energise your mind. Mobile Apps such as Smiling Mind are great for helping you do this. Don't worry if you're not good at it to begin with!

**2. Get in the (study) zone:** Creating a space for study where you know you'll be free from excessive noise and distractions will help you get more done. For some, this is a desk at home, for others it's a library or a quiet cafe. Sitting on your bed staring at your messy room, not so much.

**3. Switch off:** It might be difficult in this day and age but turning off your phone (or putting it on 'do not disturb') and staying clear of TV or Netflix is super important to helping you stay focused. Remember, mindfulness is all about the here and now – these technologies take you away from the present.

**4. Break up your study sessions:** It can be hard to stay in a state of mindfulness for over an hour – even people who have been practicing for years still find it difficult to keep the concentration. Take regular breaks to refresh and re-energise. If possible, get outside during these breaks and have a healthy snack.

**5. The usual suspect:** You've heard it a million times – ensure you get a good night's sleep. But it's especially important when it comes to mindfulness and study. You've probably realised by now that if you're going off two hours sleep, it becomes a whole lot harder to concentrate. Try cutting down on caffeine and energy drinks, especially after 4pm.

The challenge is to see your exam as an opportunity to thrive, not to fail. Mindfulness can help you get there.

Good luck Year 12.

Kullillah Team

