

KANAHOOKA

HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

Newsletter

ISSUE No. 13

20 November 2020

REMEMBRANCE DAY 2020

On November 11 we paused to remember those who fought and died for our country. Thank you to our School Captains and SRC students who conducted a moving Remembrance Day service and to all students who showed maturity and respect in honouring the fallen.



Robert Street, Dapto 2530
Telephone: 4261 4011

Year 9 HSIE classes have been studying Australians at War (World War I and II) and during NAIDOC Week last week took the opportunity to pay respect to the Aboriginal and Torres Strait Islander soldiers who fought in the wars. 9K HSIE looked at the personal stories of particular ATSI soldiers and how they fought for Australia before being recognised as citizens. They also examined how the willingness of ATSI people to participate and go and fight shifted once the civil rights debate started around the time of WWII. This was backed up by a touching Remembrance Day ceremony where a tribute was again made to those ATSI soldiers who went and fought for Australia.



CAREERS

Try a Day in Scaffolding

Well done to James B from Year 11, for participating in the 'Try a Day in Scaffolding' program last week. James attended with a dozen aspiring trainees from schools across the Illawarra. Students visited KJ Industrial Scaffolding's Cringila yard on Friday to try scaffolding for a day, ahead of the annual intake for the Port Kembla business' traineeship program.

KJ Industrial Scaffolding specialises in commercial, mining and industrial scaffolding and has a history of taking on 10 to 12 trainees a year. Students all participated well and were very respectful and well behaved. The next step is that HVTC will call or email students direct, to let them know when the applications will be up on their website (December). Well done James for getting involved and trying something new! Good luck with your future application.



Students in our Year 11 Work Studies class are restoring a Honda CT110 to roadworthy condition as part of their course this term. Throughout this project students will develop their knowledge of workplace safety, communication and team work along with basic vehicle mechanics.



While they wait for parts on their Postie Bike, students have been building their mechanical skills by disassembling 2 & 4 stroke engines. There was a major success this week as they were able to remove the clutch, cylinder head and block on a CB250 4 stroke engine. They demonstrated patience and determination over two lessons to achieve this and despite facing challenges such as a tricky timing chain they did not give up. It was a complicated process and students worked together to problem solve and determine the correct sequence to use.



Staff Changes

In the second half of this term the PDHPE faculty welcomed Mr Kent, replacing Mrs Kolhardt who has embarked on maternity leave. Mrs Fenton has replaced Mrs Kolhardt as Head Teacher of PDHPE for the remainder of the term. We wish Mrs Kolhardt all the best with her impending arrival and thank her for her efforts as Head Teacher during Terms 3 & 4.



Life Ready Course

This week our Year 12 students had the opportunity to participate in the Life Ready program over the course of two days. Life Ready is a mandatory course designed to prepare and support senior students encounter situations related to health and safety as they become more independent and gain more responsibilities.

We had a number of presenters run sessions including former Socceroo, Paul Wade, who spoke to students about overcoming adversity and managing stress. Paul ran a number of initiative challenges with students and shared some of his valuable personal experiences, which were very inspiring. Luke Kennedy, an award-winning author and motivational speaker spoke to students about goal setting, looking after your mental health and the importance of being authentic. Rick Engles from the Wheelchair Roadshow also ran a number of activities with students and they were able to experience some of the challenges associated with life in a wheelchair. Students also attended sessions on young people and technology, sexual health, violence, team building and initiative games and finally a session run by local police officers on drugs and alcohol.

Engagement over the two days was high and students enjoyed participating in a variety of discussions and activities on issues relevant to their future development as they move into early adulthood. Thank you to Mrs Kolhardt and Mr Smith for their organisation of the program.

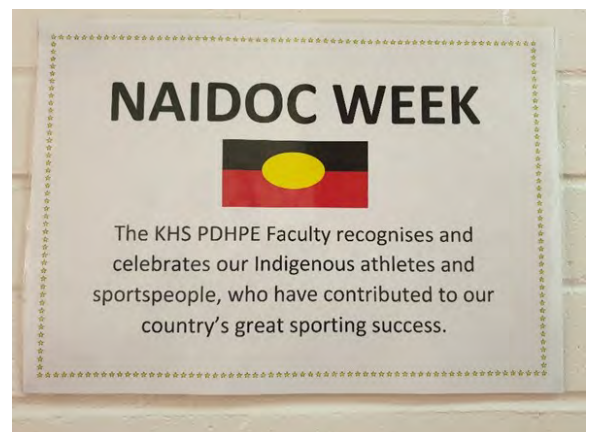


NAIDOC Week

The KHS PDHPE faculty has celebrated NAIDOC Week with students by running Indigenous games during all of our practical periods. Student involvement and enjoyment has been high, and we have had the opportunity to explore and experience a range of traditional Indigenous games. Mr Swan reported that 9S enjoyed participating in an invasion game, Kabi Kabi Buroinjin and Mr Scruby's 9PASS class were super competitive while playing Puldjungi, a game that involves keeping possession of the ball for as long as possible whilst avoiding defenders.

The faculty has also recognised and celebrated the great achievements of Indigenous athletes and sportspeople, by displaying their profiles and achievements in the PDHPE faculty corridor. We recognise and appreciate their contributions to our country's great sporting success.

A Fenton
PDHPE Head Teacher



DEPUTY PRINCIPAL'S REPORT

We have just reached the halfway point of Term 4 and we are quickly approaching the end of 2020. I remind all students to ensure that the basic expectations of attending school each day, arriving on time, wearing the school uniform, following instructions and trying their best in class is met. Classes will continue as normal for the rest of the year.

Cybersafety

Social Media can be a great tool for humans to connect with each other positively, but unfortunately it can also be used in a negative way. In my role as Deputy Principal, much of my time following up student concerns regarding harassment and bullying revolves around students' use of, and interactions on social media. In my conversations with parents I often offer the following simple advice which can support your child: Monitor your child's social media profile and activity; make bed time device free, block any negative or threatening profiles, report them, and keep evidence. You may also choose to report to the police, or the eSafety Commissioner (<https://www.esafety.gov.au/>) depending on the seriousness of your concern. The eSafety site has a wealth of resources for parents/carers which I encourage you to look at. I also encourage you to read the information and resources provided in this newsletter from our Kullillah team focusing on cybersafety. Whether we like it or not, our world is increasingly becoming digitalised and we need to adapt. I appreciate your support in working together to address cybersafety concerns as they arise.

Arriving and leaving safely

Our surrounding streets are a busy place at the beginning and end of each school day. Many students choose to ride scooters or bikes to school which is great to see, but I remind students to enter and leave the school grounds in a safe manner, being mindful of the busy roads which surround our school. I also remind students, riding bikes and scooters is not allowed within the school grounds, so please walk your bike/scooter to the bike rack once inside the school.

School works

You will notice that a number of school improvements are currently taking place to our buildings, resulting in scaffolding being in place around the 400 block. Students are reminded that this is a work zone and they are to stay well away from the area. If room changes are in place, please take note of these in the daily notices read out in Roll Call.

Transition

Our Year 6-7 transition team led by myself, Jocelyn Burns, Head Teacher Support, and Ben Rostron, Year 7 Year Adviser 2021, has been busy creating our transition program for our incoming Year 6 students. We have just finalised our Orientation Day program which will be on Tuesday 1 December. Information regarding Orientation Day will be communicated shortly.

A Kalsow
Stage 4 Deputy Principal

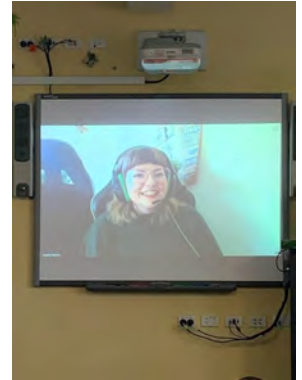


SCIENCE

Special Guest for NAIDOC Week

Recently 7I Science, had the privilege of engaging in a video chat with Karlie Noon, an Indigenous, astronomy ambassador. We heard her inspiring story of the challenges she faced and how she overcame them. She spoke of her culture and knowledge of space. We learnt of Indigenous astronomy and how they have so much knowledge, such as how they used the moon halo phenomenon and how they used this to calculate the weather using the variables, similar to how we do today. We learnt of Indigenous stories and constellations such as the dark constellation in the Milky Way belt, the Celestial Emu. We learnt of opportunities for our future and how, if you truly want to, you can do anything.

By Katelynn K (7I Science student)



NAIDOC Week Astronomy

Continuing on the NAIDOC Week theme, it was yarn time in Mr Smith's 8A Science class, as the students participated in a traditional yarning circle. Studying Space, the students were asked to get in touch with the Universe by bringing in a special item that best describes them, to discuss with their peers. It's a great way for students to learn about Indigenous culture through NAIDOC Week.

Later that week, Mr Smith took 8A on a journey through the night sky, as the students learnt about the Dreamtime stories associated with Indigenous culture. It was amazing to see the prior knowledge the students had about the Emu in the Sky and the Three Brothers. The students learnt how Indigenous culture plays an important role in Science and STEM. It was definitely a great week had by all in Mr Smith's 8A Science class.



Astronaut 'Visit'

Students from 10K Science, iSTEM and Science Extension were privileged to have a Zoom meeting with current NASA Astronaut, Serena Aunon-Chancellor. We were very thankful to the University of Wollongong for allowing us to join in on one of their lectures and listen to Serena speak. Her engaging talk gave the students insight into what's required to become an Astronaut, the experiments she worked on while in space and the challenges that are ahead for humans as we look to go to Mars and beyond.



The feedback from the students was all very positive and I know that some were still talking about it a few days after. Now that Australia has it's own space agency, who knows if it might be one of our students heading into outer space in the near future?

Be Smart About Phone Use

Ask any high school teacher and they'll tell you, *mobile phones are always a battle!* These amazing devices are arguably one of the greatest inventions of the 20th Century, however, when it comes to students staying focused in class, they can be a real distraction. One study out of the US found that “*students who were not using their mobile phones wrote down 62% more information in their notes*” [1]. While another study from South Korea found that “*31% of students study were in the risk group for Smartphone addiction*” [2]. However, there's hope, because I'm about to tell you about a few awesome Science and STEM apps that parents and students can download for free, to turn these little 'time wasters' into Science Learning Machines!

Googles Science Journal App – Allows you to access all the cool sensors on your phone. It will record light intensity, motion, pressure, sound etc. Now when you go on that crazy carnival ride, you'll be able to find out how fast you're actually accelerating.

NASA Globe Observer – By using this app, NASA actually uses the data you give in their research. It covers a range of things like weather, land cover, even mosquito habits. Now you can honestly say that you're a NASA Scientist.

Star Walk – An app that allows you to point your phone at the night sky and it will tell you exactly what you are looking at in real time. Whether it's the planet Venus or a star 50,000 light years away, Star Walk has you covered.

So, there you go, your phone can do a lot more things than simply playing around on Snapchat, Tik Tok and the million other sources of distraction. Take control of your phone usage and get into some Science.

[1] <https://www.tandfonline.com/doi/abs/10.1080/03634523.2013.767917>

[2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5802650/>



SUPPORT

Stage 6 Work Studies NAIDOC Activities

To celebrate NAIDOC Week, Stage 6 Work Studies class ran some traditional Indigenous games for their younger peers in Stage 4 to participate in; these included Kolap, Buroinjin, and Gorri. These games teach communication and co-operation, which is what the students are focusing on in Work Studies at the moment. There was a ton of fun had by everyone involved.



Mechanic Visit

Some of the Support Unit students went to Coast to Coast Mechanical for a workplace visit, where they learned some facts about working in the automotive industry as an apprentice and they got to experience how tyres are balanced firsthand. They enjoyed seeing the different cars, meeting Monza the dog and learning about a potential career prospect. They appreciate the opportunity and would like to thank Remi and his team for taking the time to share this experience with them!



Remembrance Day

Our very own student Jordan N participated in raising the flag for the Remembrance Day Ceremony, where he wore his full Navy Cadets uniform. Well done Jordan!

Pump Park Excursion

The boys from the unit ventured down to Pump Park track last Friday at Shoalhaven Heads. They were totally Whip Buttercup (this is scooter terms)! They were performing backflips, inwards and monos that were enough to make this Head Teacher's hair curl and poor old Mr Loz's heart stop. The boy's hidden expertise would be enough to make any of our novice scooter riders roll with envy or take some serious skin off trying to perfect what comes naturally to these quiet athletes. We can't wait to get back down there again and see how the boys improve. You can check out Instagram for live footage.



SCHOLARSHIP OPPORTUNITY

The Department of Communities & Justice Scholarship applications are now open for the 2021 school year.

If you are a student who is studying Year 10, 11 or 12 in 2021 and live in Social Housing or are out of home you may be eligible to apply.

Applications can be made via <https://nsw-facs.smapply.io/>

For further details please see your Year Adviser or go to:

<https://www.facs.nsw.gov.au/families/support-programs/all-families/dcj-scholarships>

Apply now for a \$1000 scholarship

2021 DCJ scholarship
applications open
15 October 2020



Apply online at:
www.facs.nsw.gov.au/dcj-scholarships



NAIDOC WEEK

Kanahooka High Schools NAIDOC celebrations began with an assembly run by some of our Indigenous students and staff. The assembly focused on the theme of this years NAIDOC Week "Always Was, Always Will Be."

This week students have been involved in a variety of cultural activities including a Yarning Circle involving weaving and painting to celebrate NAIDOC Week. Many activities also had a musical backdrop provided by some very talented students playing didgeridoo.

J Scheers
Aboriginal Educational Leader



VISUAL ARTS

The study of Visual Arts provides students with the opportunity to express themselves in a creative way which is unique to this course. Creativity plays an important role for today's 21st Century learners, and Kanahooka High School has had a long history of achievement in Visual Arts where students have used their expertise as a vehicle for successful careers in the Arts.

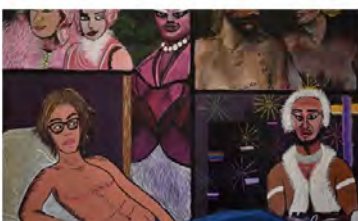
Visual Arts allows students to explore their world in a meaningful way. The ideas and themes that Year 12 students explored for their artworks were varied; ranging from exploration of the Australian landscape, to Aboriginal deaths in Custody, the devastation of the Australian bushfires, Reconciliation, migrant families and gender representation. Students explored these ideas throughout their course of study to create works that reflect the attitudes and beliefs of the young people in our community.

We are so proud of our student's achievements this year, we wish them well and encourage their creativity always.

A Bowen
Visual Arts



Year 12 Major Works



WELLBEING



Recognising racism at school

How do you know if someone or something is racist?

It can be hard to recognise racism, especially if you're not the target.

At Kanahooka we have an **Anti-Racism Community Officer (ARCO)**, **Rebecca Cartwright**, on staff that helps students who may be acting in a deliberately racist way toward others and students who might behave in a racist manner without meaning to hurt other people.

Education and understanding are the key in both situations. The ARCO responds to, investigates, educates and provides resources to deal with racism within the school setting dealing with students, staff and the school community.

Here are some examples of racism that might occur in schools. Have you ever seen or experienced anything like this? If so, what did you do or what could you do about it?

Examples of racism in actions, thoughts and words

- * making fun of clothes, food or physical appearance of people from different cultures
- * telling jokes directed against people from particular groups
- * using insulting language about particular cultural groups
- * making fun of people's accents or names

Students who experience racism might

- * be afraid of going to school
- * be confused about their own identity
- * have trouble studying and concentrating in class
- * stay away from school
- * feel anxious and unhappy
- * have trouble making friends
- * fall behind in school work
- * not speak their first language for fear of being teased or picked on
- * reject their own culture and parental values
- * be confused about their own identity

Mr Ursino
Year 8 Adviser
Wellbeing/Learning and Support Teacher

RacismNoWay
Anti-racism education for Australian schools

RACISM. IT STOPS WITH ME



Cyberbullying and teenagers



When harassment and intimidation take place online, it's called cyberbullying. This kind of bullying can be especially hard to deal with, since it can be difficult to control and visible to many people. Chances are your child spends a lot of time online, so it's important to make sure you know what to do if online behaviour gets nasty. Learn what cyberbullying is, how it impacts young people, and get some tips on how you and your child can deal with it.

What does cyberbullying look like?

Cyberbullying comes in many forms but the most common are:

Intentionally hurtful text messages, emails or direct messages on social media sites, spreading of rumours or lies, sending images or videos intended to humiliate, threats and setting up and using fake online profiles to embarrass or intimidate.

How is it different to other forms of bullying?

Bullying is a kind of behaviour that is designed to cause intentional harm. Cyberbullying can be even more distressing because of its very public and uncontrollable nature.

For example: there's no limit to who can view or take part in cyberbullying, it can be very difficult to remove the shared content; bullies can be anonymous; it's hard to escape the bullying due to the use of technology in everyday life.

What are the effects of cyberbullying?

The effects of cyberbullying on teenagers can range from: lower school attendance and performance; increased stress and anxiety; becoming withdrawn and opting out of seeing family and friends; feelings of isolation and fear; poor concentration; depression.

In extreme cases the cyberbullying can lead to suicide.

The effects of cyberbullying are similar to the effects of bullying, but the main difference is that it's much harder to avoid, because it can follow your teen home from school and make them feel like they'll never be able to escape it. Make sure your child knows it's not their fault, they're not alone, and that there are ways to deal with cyberbullying.

What can my teenager do right now?

Don't respond to online bullying.

Keep evidence of bullying behaviour, via print outs or screenshots.

Delete the offensive posts or messages once they've been documented.

Untag or flag any photos for removal that are distressing.

Unfriend or block the person that is posting hurtful comments.

Change privacy settings on their social media accounts and change any passwords that have been shared with others.

What can parents do to help?

The first thing to do if you are concerned that your teen is being bullied online is to open a conversation, listen and be supportive. Cyberbullying is something to be taken seriously.

- * Talk to your child about what has been happening and try to get a clear picture about what has been happening and for how long it's been going on.
- * Teach them how important it is to stay calm when dealing with online bullying. Don't respond to bullying with aggression. Encourage them to call out the bullying behaviour in a calm manner. For example, 'Please stop sending these messages – this is bullying'.
- * Go through the initial steps above to try to put a stop to the abuse.
- * If the cyberbullying continues or intensifies, it's time to enlist some external help.
- If your child knows who is bullying them from school, it's important to involve their school in the issue.

When contacting the school:

- * involve your child in any decision or action
- * have as much information as you can about the bullying - how long it's been happening and what's been happening
- * make an appointment to see your child's teacher or an administrator at the school.

Police should be contacted where the online bullying takes the form of intimidation and direct threats.

eSafety Commissioner can also help with online bullying by getting offensive material removed on your behalf. Complaints can be made via www.esafety.gov.au

Peer and professional support Alongside the strategies above, make time to reach out for support from family and friends, both for your and your child. Don't be afraid to access professional support like a counsellor or youth worker.



YEAR 12 SCHOOL FORMAL

On Wednesday night Year 12 had their Formal. An amazing night was had by all, particularly as we didn't think it would even go ahead this year! There was dance offs, classic cars, photos, The Nut-bush, food, conga-lines and laughs (and no tears, I swear!). It was fantastic to see our hardworking Year 12's all dressed up and celebrating the end of their High School experience. The photo's do not do justice to the exceptional dance moves that were on display.

M Howley
Year 12 Adviser





Kanahooka along with Lake Illawarra Academy sent the graduating Year 12 Clontarf members off on a good note. The Year 12 students had a weeklong major trip up and around Byron Bay. Every day was a mixture of activities in the local area. One that was a highlight for all the young lads was a cultural tour by Arakwal Bumberin Bundjalung woman, Delta Kay. She talked of the dreaming stories of the area, showed the young men some of the bush medicine and bush tucker and inspired the young men to take on future challenges with an Indigenous mindset. All the young men walked away with some great lessons and were inspired to dig a little deeper into their culture.

Surf's up for Vili, Mick and the Year 12 boys from Lake Illawarra and Kanahooka High.



Mick Montague
Carlson
Director
0438 340 147

michael.montague4@det.nsw.edu.au

Glenn

Operations Officer
0429 888 644

glenn.carlson2@det.nsw.edu.au

NOTICEBOARD

LEARNER LOG BOOK RUN

DO YOU HAVE YOUR L's?

Want to get more hours for your log book?

An opportunity for you and your supervisor to experience a variety of driving conditions to increase safe driver behaviour.

All learner drivers must have 40 or more log book hours

Bookings are essential. Please contact Council for a suitable workshop. See overleaf for contact details.

2020	21 July	6.00pm - 8.30pm	Shellharbour & Kiama
	2 August	9.30am - 12.00 noon	Wollongong
	25 October	10.00am - 12.30pm	Shellharbour & Kiama
	8 November	9.30am - 12.00 noon	Wollongong

2021	21 March	Ultimate Learner Log Book Run 8.30am - 2.30pm (Special event)	Wollongong, Shellharbour & Kiama
	20 April	6.00pm - 8.30pm	Shellharbour & Kiama
	16 May	9.30am - 12.00 noon	Wollongong
	13 June	10.00am - 12.30pm	Shellharbour & Kiama

night run



LEARNSAFE

Free 2HR workshop for parents and supervisors of learner drivers. Accompanied learner drivers welcome.

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

4227 7111

rso@wollongong.nsw.gov.au

Shellharbour

4221 6124

jenny.davies@shellharbour.nsw.gov.au

Book online: www.shellharbour.nsw.gov.au/youngdrivers

Kiama

4232 0444

council@kiama.nsw.gov.au

2020	13 July	Shellharbour
	ZOOM - Online	
	19 August	Kiama
	1 September	Wollongong
	21 October	Kiama
	5 November	Shellharbour
	1 December	Wollongong

2021	22 February	Shellharbour
	2 March	Wollongong
	21 April	Kiama
	24 May	Shellharbour
	ZOOM - Online	
	1 June	Wollongong



Get the Newsletter Emailed

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 4261 4011 or email us directly:

kanahooka-h.school@det.nsw.edu.au

Got a favourite song?

Like to hear it all week?

Did you know you can request a song for the school bell?

You can place your requests in the note box located in the Main Office Foyer.

Early Departures

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



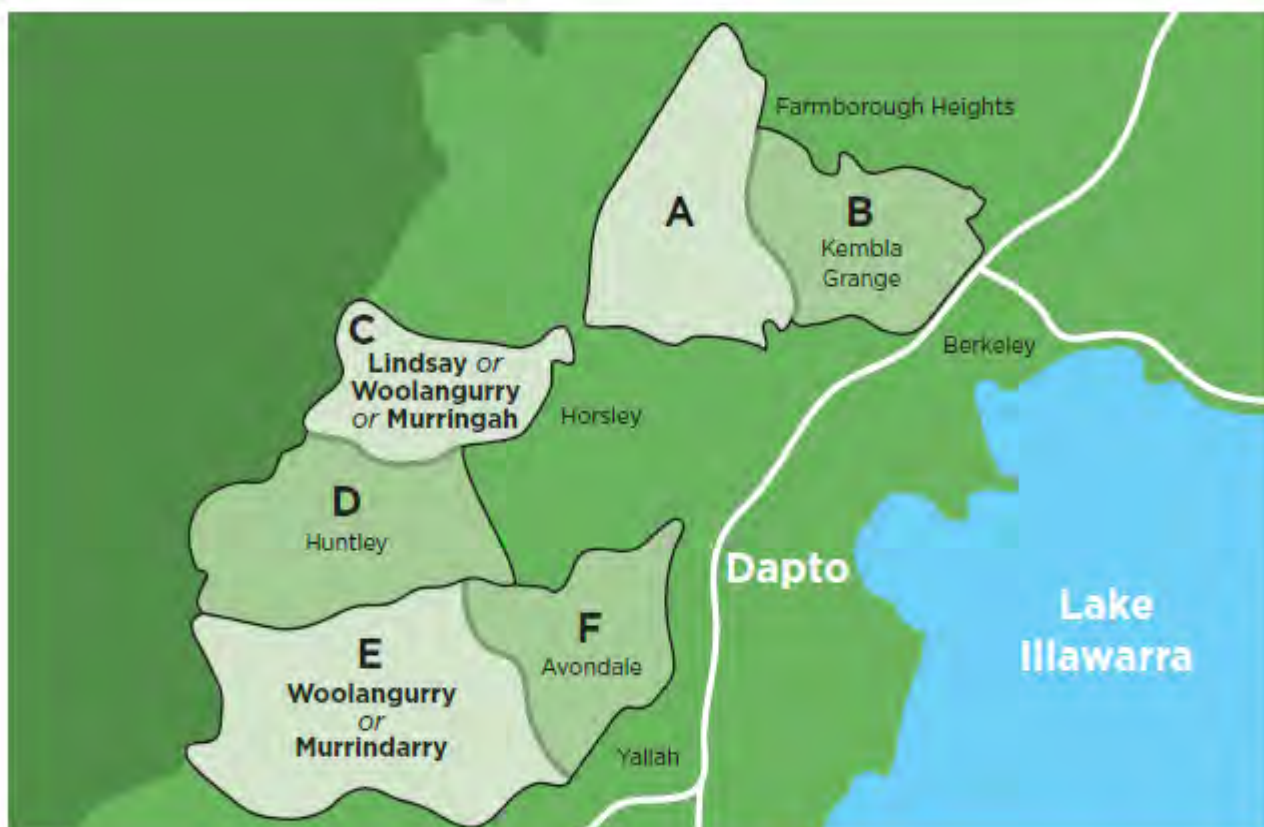
Student's Full Name
Date and time
Reason
Signature

The Fax...

Kanahooka High no longer has the ability to receive faxes. Please email us instead at:

kanahooka-h.school@det.nsw.edu.au





OUR WOLLONGONG JOIN THE CONVERSATION



Join the conversation about the proposed West Dapto suburb names

Earlier this year we asked you to suggest names for the new West Dapto suburbs. The shortlist of names for Avondale and Huntley are now on public exhibition. Let us know your thoughts about the proposed new suburbs 'C' and 'E' (currently part of Huntley and Avondale).

Council has resolved to work with residents to investigate additional naming options for the second portion of Kembla Grange. Tell us your naming ideas for 'A' (currently part of Kembla Grange).

Visit www.our.wollongong.nsw.gov.au and let us know your thoughts by Wednesday 16 Dec 2020

Name meanings:

Lindsay: Family associated with the evolution of agriculture, dairying, meat and retail sectors in Illawarra and Dapto.

Woolangurry: Dharawal language meaning 'track over the mountain'.

Murringah: Dharawal language meaning 'coal'.

Murrindarry: Dharawal language meaning 'the mountain'.

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