

KANAHOOKA

HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

Newsletter

ISSUE No. 3

13 March 2020

KHS 2020 Expo

Congratulations and a heartfelt thank you to all staff and students who were involved in our 2020 Expo.

It was an incredibly rewarding experience to wander around through each faculty sessions and observe KHS teaching staff engaging both Primary school students as well as their parents/carers in the presentations.

It was also a great showcase of the leadership skills of our students. Our School Captains, the SRC and other student helpers were exceptional in performing their duties.

Thank you and well done everyone!



S Bird
Stage 6 Deputy Principal



Robert Street, Dapto 2530
Telephone: 4261 4011

DEPUTY PRINCIPAL'S REPORT



Click goes the cameras!!

This term students from the Photography classes were treated to a full day experience from a professional photographer, Sally Maymen, who attended Kanahooka High School to run the workshop.

Students participated in a range of learning activities before capturing some amazing shots of their own. All students after collaborating with their final products were able to print their preferred shot to keep as a memento.



D Gardiner
Stage 5
Deputy Principal



SCIENCE

It has been a fantastic start to the year in the Science faculty. Students have settled well into their classes and through my observations, students are engaging in some fantastic projects.

Year 9 iSTEM have been finding themselves regularly challenged in class coming up with solutions to a range of problems. It's great to see such enthusiasm from students in class.

Miss Simpson and Mr Crighton are planning some awesome activities for Marine Studies this year, so stay tuned for more on this.

Years 7, 8 and 9 have already undertaken their first Science Assessment Task.

Year 10 will be completing their task in Week 10. You can keep up to date with reminders by ensuring you have liked our **@KHSSCIENCEFACULTY** Facebook page. Students have also received written notifications, and assessment dates can also be found in their Assessment Booklets.

We look forward to a fun filled year of Science for 2020. Keep an eye out for exciting things to come.

C Cohen
Head Teacher Science



Leafy Success



Finally, our baby Leaf Insects have hatched!!



Did you know that females shed their outer skeleton six times before they reach maturity??

To moult successfully the Leaf Insect needs to hang uninterrupted beneath a leaf or branch, you can see this in one of the photos shown.

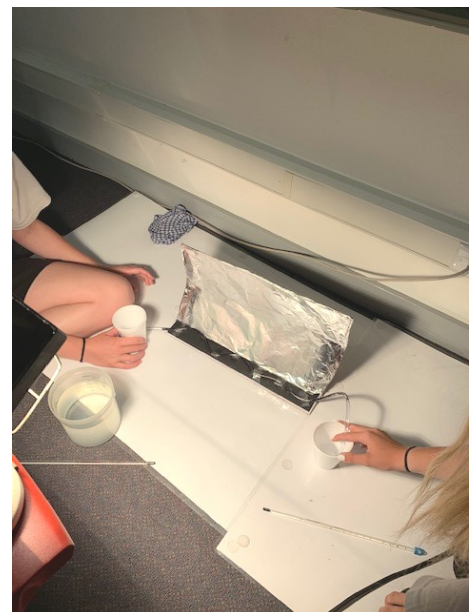
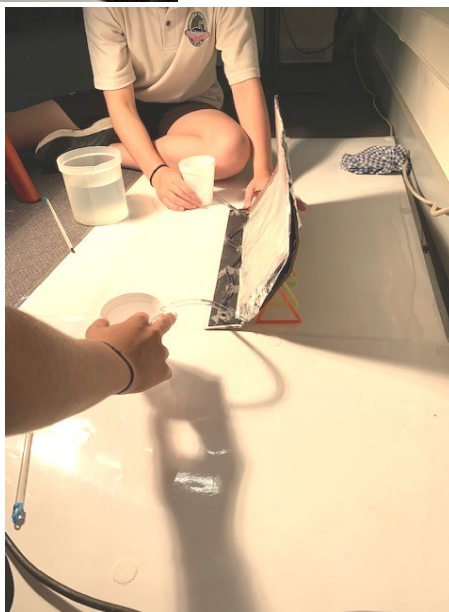
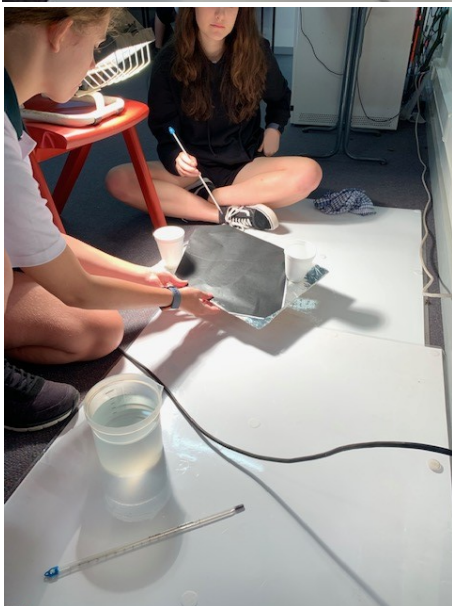
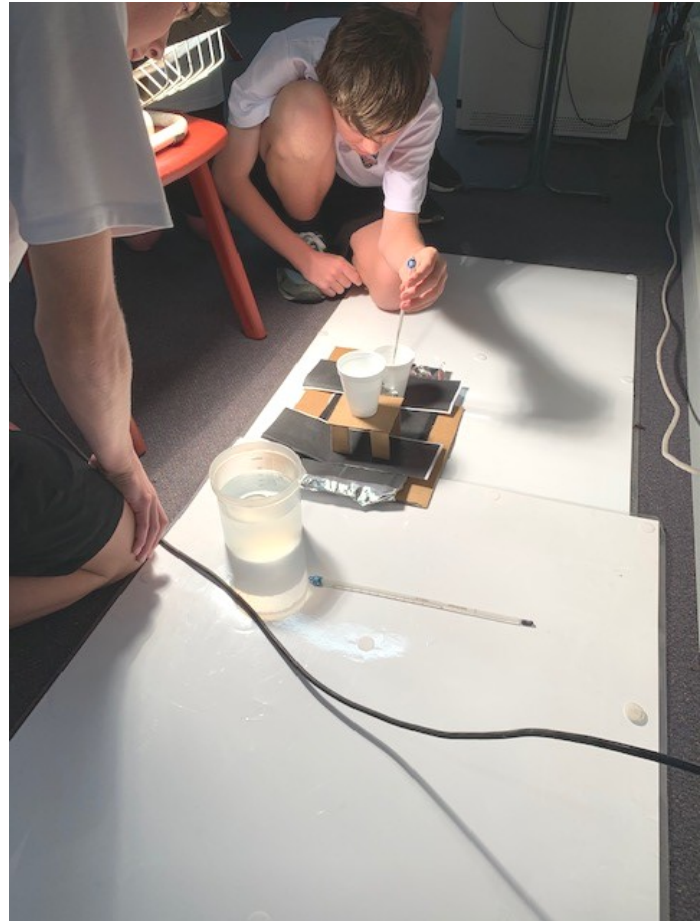
Come into Room 401 and check out these baby insects growing.

R Simpson
Science Teacher



9iSTEM

Building a solar heating device, due to wet weather using a 500 watt flood light.



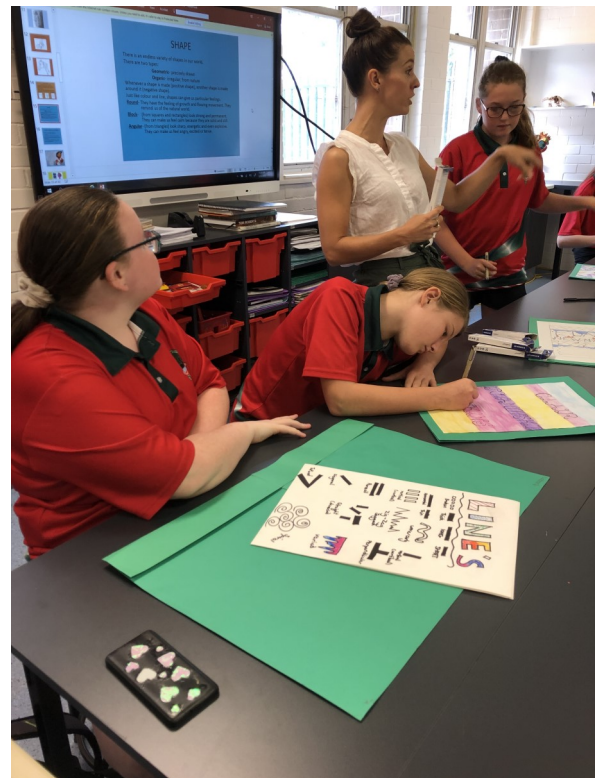
WELLBEING

Welcome Year 7 to Kanahooka High!

Year 7 marks the first year that you enter high school and continue on your educational journey. This new beginning can be a daunting time for some students as they are faced with changes to their routines as well as the expectations placed on them. It is also a time when students begin to develop a sense of who they are and where they fit into their world.

It has come to our attention that you are making wonderful strides in your learning and taking on the great opportunities that come your way in all of your subjects. Mrs Nyman and myself want to commend you on your excellent beginning of the year and hope that you continue to transition high school life well.

Don't forget to ask questions, be supportive to one another and delve into every opportunity that comes your way at Kanahooka High School!



K Nyman and V Neilsen
Year 7 Advisers

WELLBEING

Year 8 is off to a great start and we welcome 5 new students to our cohort, welcome to Kanahooka, Amber, Paige, Charlene, Joel and Gracie.



Make sure you are using your Year 8 assessment schedule to help navigate your course assignments.



2020 Year 8 School Assessment Calendar: Semester One

Subject - Semester One	T1 W1	T1 W2	T1 W3	T1 W4	T1 W5	T1 W6	T1 W7	T1 W8	T1 W9	T1 W10	T1 W11	T1 W12	T1 W13	T1 W14	T1 W15
English															
Geography															
Mathematics															
History															
PE/SPPE															
Science															
Visual Arts															
TTC - Food & Agriculture*															
TTC - Timber*															
TTC - Digital Technologies*															
TTC - Engineering Systems*															

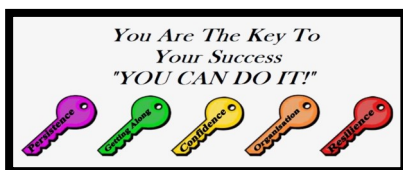
* Students only study one of these subjects each semester

Attendance is key to a great start to the year and our group has 30 perfect attenders thus far and that is a fabulous start to the year, here's to keeping that up.

Well done Tameca-Lee, Reece, Jennifer, Jayden, Cooper, Declan, Antoinette, Jack, Alexandra, Ella, Emma, Harry, Alethea, Payton, Keyana, Andrej, Tyler, Zachery, Brandon, William, Losalini, Jasmin, Bodey, Charlene, Cooper, Charlotte, Emiley, and Madison. Congratulations to all the other fabulous students who come to school every day they are healthy and can. Let's all aim for our best attendance possible and be sure when we are here we are putting in our best effort.



When you are away, students, it is a good idea to have a friend in your class who can tell you the homework you have missed and send you a pic of missed notes or work to stay on top of your studies. Be that student!



Next week Kanahooka is taking part in the National Day of Action against Bullying and Violence.

Please keep the phone calls coming parents/carers. If you have concerns or questions, you are also welcome to send a note in with your student.

D Ursino
Year 8 Adviser

Student tips

If it happens in person, try these:

- Ignore them. Try not to show any reaction.
- Tell them to stop and walk away.
- Pretend you don't care.
- Go somewhere safe.
- Get support from your friends.

If it happens online, try these:

- Avoid responding to the bullying.
- Report and block anyone who is bullying online.
- Protect yourself online using privacy settings and keep records.

If you see someone being bullied:

- Leave negative conversations. Don't join in.
- Support others being bullied.

If it doesn't stop:

- Talk to an adult (parent/carer/teacher) who can help stop the bullying.
- Keep asking for support until the bullying stops.

Parent tips

If your child talks to you about bullying:

- Listen calmly and get the whole story.
- Reassure your child that they are not to blame.
- Ask your child what they want you to do about it and how you can help.
- Visit www.bullyingnoway.gov.au to find strategies.
- Check in regularly with your child.

Need help now?

Kids Helpline www.kidshelpline.com.au
1800 551 800

headspace www.headspace.org.au
1800 650 890

Online bullying www.esafety.gov.au

BULLYING. NO WAY!

WELLBEING

Students of Year 9 have been participating in the Youth Aware of Mental Health (YAM) program. The YAM program has been delivered in the Science 400 labs during 5 interactive sessions over the Wednesdays of Weeks 5, 6 & 7.

Year
9

Students have been involved in learning about the topics of mental health, stress and crisis, self-help ideas, sadness vs depression, how to help a friend and supportive networks within the school and community. The sessions have been interactive with students engaging in group discussions, creative role play activities and shared experiences around the topics learnt.

The YAM facilitators have reported that our students should be commended on their behaviour, participation and respect for each other throughout the duration of the program, which is fantastic to hear. Likewise, many students have expressed their enjoyment and interest in the YAM program and the potential usefulness of their newly developed skills in recognising and dealing appropriately with issues surrounding mental health.

More information on the YAM program in schools can be found at:

<http://www.blackdoginstitute.org.au/research/lifespan/lifespan-strategies-andcomponents/strategy-5>

R Crighton
Year 9 Adviser

Where to go for support



If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately

Help with a crisis (online chat available)

Kids Help Line kidshelpline.com.au	1800 55 1800
Lifeline lifeline.org.au	13 11 14
Rape Crisis Line nswrapecrisis.com.au	1800 424 017
Suicide Call back Service suicidecallbackservice.org.au	1300 659 467

Help with your Mental Health

headspace Wollongong Nowra ehheadspace.org.au	4220 7660 4446 7300
ReachOut reachout.com	
QLife (LGBTIQ) qlife.org.au	1800 184 527



Help with food, housing and money

Southern Youth & Family Services
www.syfs.org.au/



Help with drugs and alcohol

Alcohol & Drug Information Service
1800 422 599



eMental health apps

moodgym.com.au
mycompass.org.au



Cyber safety and bullying

antibullying.nsw.gov.au
esafety.gov.au

Aboriginal Services

Illawarra illawarraams.com.au	4229 9495
Shoalhaven southcoastams.org.au waminda.org.au	1800 215 099 4421 7400

To find a full
list of support
services, scan
the QR code



Your local doctor is also a great place to start – they are trained to help with any type of physical or mental health issue.

Getting involved in new activities can help you feel better. Here are some examples of activities you can take part in:

- Physical activities like sports, yoga, dance, etc.
- Cultural activities such as music, theatre, choirs, film, painting, writing, etc.
- Join or volunteer with an organisation, be it related to religion, politics, the environment, animals, gaming, or whatever interests you.

WELLBEING

Year 10 have had a busy start to the school year, settling into their new classes and getting stuck into their learning.

A few reminders for Year 10 students: With the cold weather starting to appear again students are reminded of the schools uniform policy. If students are unable to get a plain black or KHS jumper please see Mr Arthur who can help students arrange any uniform needs.

Last year students undertook some learning around the term 'resilience'. Resilience is defined as the ability to respond to difficult situations and adversity. As young people, Year 10 students will undoubtedly face difficult situations in their day to day lives and it is important they are equipped with strategies to cope with these situations.

As detailed by the Resilience Project, there are 3 main practices which can be used to develop resilience:

Gratitude - Being thankful for what you have rather than feeling sad for what you don't have.

Empathy - Being able to place yourself in someone else's shoes and look at situations from a different perspective.

Mindfulness - Being present during your day and taking note of the environment around you. I believe by practising these strategies during our daily lives, we will all feel more positive and help build a happy, respectful and kind school environment.

Year 10 will undertake some more learning around resilience soon.



D Arthur
Year 10 Adviser

resilience:

"an ability to recover from or adjust easily to misfortune or change."

—Merriam-Webster Dictionary

Year 12 are starting to think about their upcoming Formal and Mystery Day!

Only 2 terms to go and we have now started to fundraise to help keep the cost down.

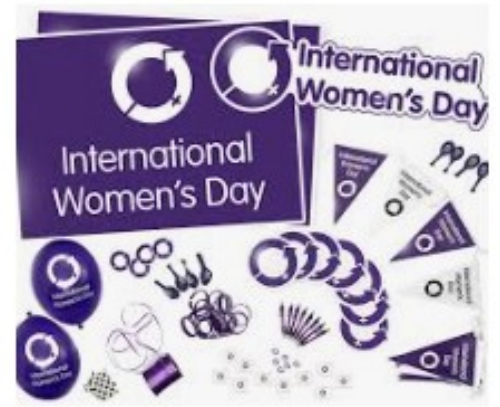
On Friday Week 8, the school is having a Students V Staff Oztag game, and Year 12 are catering the event! So on Friday March 20, bring your \$2 and get a delicious sausage sizzle, watch some teachers pull a hammy and help support Year 12!

M Howley
Year 12 Adviser



CAREERS

Four Year 10 future leaders recently attended the International Women's Day event at Bluescope Steel, Industry World. The students heard from a panel of women who have achieved success in their personal and working lives. WIN News reporter and ex-Matilda, Amy Duggan, interviewed Stella Lauri, National News Director at WIN News, Bianca Hunt, Speaker, UOW and TAFE Ambassador and proud Gunbaynngir woman, and Nikki Bowman, Leadership Consultant and Chair of the charity *Dressed for Success*.



'This is an amazing opportunity to get out and learn more about women who have achieved what they want in life, while facing difficult experiences. The panel of women had clear points and really great advice, that will continue to push me and all of the other students who attended, to be supportive and understanding of women in the workplace. Highly recommend!'

Charlotte H

'The guest speakers were incredibly inspiring, giving wise words of advice and addressing the issues many women face in the workplace and outside of it.'

Shaylen H

'The International Women's Day Brunch was an amazing learning opportunity to understand the courage and strength women have needed and experienced in both the workplace and the world.'

Maddison W

'This year's IWD campaign was "each for equal." The guest speakers were insanely hard-working and encouraging women who gave incredible advice and this was an awesome opportunity for the four of us.'

Holly C



A Phelan
Careers Adviser



NOTICEBOARD

The fortnight at a glance.....



Year 12 CAFS Excursion

2020 Expo



Support Unit students visit to Killalea



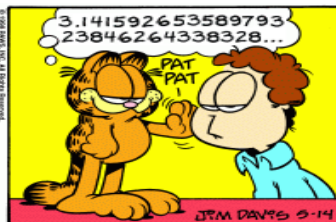
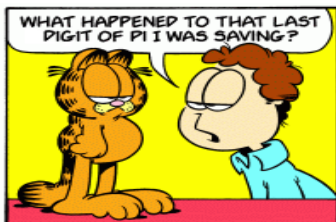
NOTICEBOARD

Support Unit students visit to Minnamurra



Hello! I am excited to have joined the Mathematics team at KHS for 2020 and beyond. I have met some wonderful student and teachers so far and look forward to engaging with more of the different facets this school offers to students and it's community.

How do you make seven an even number? Take the 's' out of course!
More maths puns to come so stay tuned.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)



G Patane
Mathematics

NOTICEBOARD



ATTENDANCE MATTERS

PLEASE PROVIDE THE SCHOOL WITH JUSTIFIED REASONS FOR YOUR CHILD'S ABSENCES, INCLUDING LATENESS TO SCHOOL. THIS CAN BE DONE BY EITHER RETURNING ABSENCE LETTERS, A NOTE EXPLAINING LATENESS OR PHONING MICHELLE ON 4261 4011.

PARENTS ARE ASKED TO CHECK THEIR CHILD'S BAG PERIODICALLY, AS A LOT OF ATTENDANCE LETTERS ARE NOT BEING RETURNED. THIS WILL CAUSE EITHER LARGE NUMBERS OF UNJUSTIFIED ABSENCES ON YOUR CHILD'S SCHOOL REPORT OR INVOLVEMENT FROM HOME SCHOOL LIAISON OFFICERS.

YOU ALSO HAVE THE OPTION TO RETURN THE SMS MESSAGES THAT ARE SENT EACH DAY IF YOUR CHILD IS ABSENT FROM SCHOOL.

PLEASE DISCUSS THE IMPORTANCE OF ATTENDANCE WITH YOUR CHILD AND THE IMPORTANCE OF RETURNING ABSENCE LETTERS. **WE VALUE OPEN COMMUNICATION WITH OUR COMMUNITY.**

THANK YOU

MICHELLE DAVIES
ATTENDANCE OFFICER

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aTempo is a registered provider for Creative Kids Vouchers.
All school-aged children are eligible for a \$100 voucher.
Visit the Service NSW website for more information.

EFTPOS is available at the school office or you can pay over the phone via credit card or you can POP online via the school website.

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 or email us directly:

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



NOTICEBOARD

Sentral Student Portal

This year students have been given access to the Sentral Student Portal.

This provides students with access to timetables, daily notices and past reports. We have had an overwhelming request for the Parent Portal.

We would like to inform you that the Parent Portal is coming soon. This is a longer process that requires an access key to be generated for parents/carers. We are in the early stages of the Parent Portal roll out and more information regarding this will be provided before the end of term.

We look forward to providing you with another means of remaining up to date with your child's education in the future. Thank you for your patience. In the meantime, please make sure your child has accessed their Student Portal using the link below, along with their school email username and password.

<https://kanahookahs.sentral.com.au/portal2/#!/login>

C Cohen



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

2019	16 July	Shellharbour
	14 August	Kiama
	10 September	Wollongong
	16 October	Kiama
	5 November	Shellharbour
	10 December	Wollongong

2020	17 February	Shellharbour
	10 March	Wollongong
	15 April	Kiama
	25 May	Shellharbour
	2 June	Wollongong



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.



2019	23 July	6.00pm – 8.30pm	Shellharbour & Kiama
	11 August	9.30am – 12.00 noon	Wollongong
	27 October	10.00am – 12.30pm	Shellharbour & Kiama
	24 November	9.30am – 12.00 noon	Wollongong
2020	22 March	Ultimate Learner Log Book Run 8.30am – 2.30pm (Special event)	Shellharbour, Kiama & Wollongong
	21 April	6.00pm – 8.30pm	Shellharbour & Kiama
	17 May	9.30am – 12.00 noon	Wollongong
	14 June	10.00am – 12.30pm	Shellharbour & Kiama



Aboriginal Art Competition

Lake Illawarra Police District Active Citizens Program

The Lake Illawarra Police Districts Commanders Active Citizens Program is running again from Term 3 and an art competition is being run for the programs shirt design. It is open to Aboriginal and Torres Strait Islander students from, Year 2 to 10.

The completed art work is due by the end of Term 1 and needs to have a focus on community, Indigenous culture and police. Please hand to Glenn SUTHERLAND or S/Cst Lori HANLEY at Lake Illawarra Police Station, Oak Flats. Ensure the artwork has name, contact details for student and parent/carer, year they are in and school attended.

Winner will be decided in Term 2 and they will be invited to the programs Meet and Greet at the police station where the Commander will present them with their artwork on a shirt for them to keep.

This shirt will be worn by all the participants on 2020's Active Citizens Program.

Any issues or questions you can contact Glenn SUTHERLAND at suth1gle@police.nsw.gov.au or 4232 5330, S/Cst Diane MARTIN at mart1dia@police.nsw.gov.au or 4232 5328, S/Cst Lori HANLEY at han1lor@police.nsw.gov.au or 4232 5329.



We're proud to say

**BULLYING.
NO WAY!**
TAKE A STAND
TOGETHER

National Day
of Action
against
Bullying and Violence

Friday 20 March 2020

www.bullyingnoway.gov.au

Breakfast Club



St Vincent de Paul
Breakfast Club will return in
Term 2

Keep watching this space!



Councillor Gordon Bradbery AM
Lord Mayor of the City of Wollongong
has the pleasure of inviting you to the

KARRARA BRIDGE

Community Walk and Celebration
of Fowlers Road to Fairwater Drive Link

Date Sunday 5 April 2020
Time 11am to 1pm
Venue Corner Fairwater Drive and Daisy Bank Drive, Horsley

Refreshments will be available

Please reply to (02) 4227 7111 or email
rspv@wollongong.nsw.gov.au by Monday 23 March 2020

Parking options available on Council's website

NOTICEBOARD



Disabled Surfers South Coast

Sunday 22nd March 2020

Gerroa 'SMILES ON DIALS DAY'



Meet at Emery Park, just off Riverleigh Ave and Park Rd, Gerroa

Check-in no later than 9.00am - Group-care facility participants limit of 6 per facility

A fun day surfing experience for any person with a disability, no matter how challenging, with complete water supervision.

Registration for Participants is \$10
Free registration for Volunteer Helpers and for giving up your time you will receive FREE Sausage Sizzle on the day.

Last year over 150 people had a great day
check out the video on Face Book!

<https://www.facebook.com/disabledsurfersassociationsouthcoast>

Or for more information and who to contact view

disabledsurfers.org/nsw/south-coast-branch or www.disabledsurfers.org

DSAA Inc Insurance Covers All Events: both public liability and personal accident



See you there putting "Smiles on Dials"



OUR WOLLONGONG JOIN THE CONVERSATION



Naming our new West Dapto suburbs

With the growth of West Dapto, we need to ensure the suburbs meet the needs of our current and future community and so we will be undertaking a suburb boundary review of Avondale, Kembla Grange and Huntley.

We are inviting community members to tell us your ideas for new suburb names for West Dapto.

Drop-in info sessions

Sat 14 March 12noon - 2pm
Dapto Mall

Tues 17 March 1 - 3pm
Dapto Ribbonwood Centre

Online

our.wollongong.nsw.gov.au

Join the conversation and let us know your thoughts by Monday 6 April

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IT'S PLAY TIME



PLAY AFL WITH THE Port Kembla AFC

Come join in the excitement of AFL footy

It's a fun, safe and inclusive environment for all boys and girls. AFL is a fast paced sport and a great way to be active. Make new friends at this great community club.

FOR MORE INFORMATION CONTACT

Jason Kopke 0449 730 722

info@pkafc.org.au



UPCOMING EVENTS

- Wednesday 18 March
Big Day in IT-University of Tech
Student Recognition Morning Tea 10.00am
- Friday 20 March
Year 12 Fundraising BBQ/Oztag match
during lunchtime and Period 5
- Wednesday 1 April & Thursday 2 April
CHS Swimming Carnival
- Thursday 9 April
Whole School Cross Country Carnival

UNIFORM PRICES

Blouse (White with emblem)	\$20.00
Tailored Long Pants (Black)	\$33.00
Tailored Shorts (Black)	\$31.00
Skirt	\$28.00
Tunic	\$55.00
Polo Shirts (Large only)	\$20.00
Jumper	\$22.00
Sports Shirt	\$32.00
Jacket (1 x XS only left)	\$45.00
Long Pants (Black)	\$30.00
Shorts (Black)	\$22.00
Sport Shorts (1 x XL only left)	\$22.00
Stockings	\$5.00



Lowes Dapto are now selling the KHS school uniform. You will also still be able to purchase items from the front office until stocks run out.

Uniform sales at the Front Office between:
8.00am and 2.00pm Monday to Friday.

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.



**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.


**KEEP
CALM
AND
STUDY
ON**

For any outstanding fees or excursion payments, credit card phone payments and EFTPOS are available at the school office or you can POP online via the school website.