

KANAHOOKA

HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

Newsletter

ISSUE No. 4

5 June 2020

It's Looking Good here at KHS

Gardens have been planted, basketball courts completed and BBQ built. These are just a few of the improvements made to our school in the last few weeks.



Robert Street, Dapto 2530
Telephone: 4261 4011

PRINCIPAL'S REPORT

Welcome back to KHS. We cautiously embrace the new future and the gentle easing of restrictions. While you were away we have taken advantage of the opportunity to improve and deep clean the school.

Towards the end of Term 1 we had a lot of roof replacements, so hopefully no more leaks. The Staff Rooms received a long overdue makeover. The hall also got a lot attention - Presentation Day this year will be much cooler with the new ceiling fans.

We received our stand up teacher work stations, updated the Counsellors office, Deputy Principals offices and created new meeting rooms. Clontarf also got a new stove, pantry cupboard and more noticeboards. The gardens were tended to and are looking manicured and lush.

I hope everyone enjoys the improvements, seeing your friends and being back in class. Remember to stay safe and continue to practice the social distance rules.

C Toohey
Principal



SCIENCE

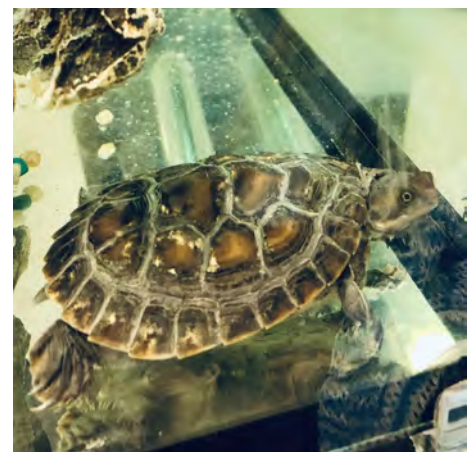
Mr Arthur has kindly offered to help show off one of our new teacher stand up work stations that are being installed in the various faculties.

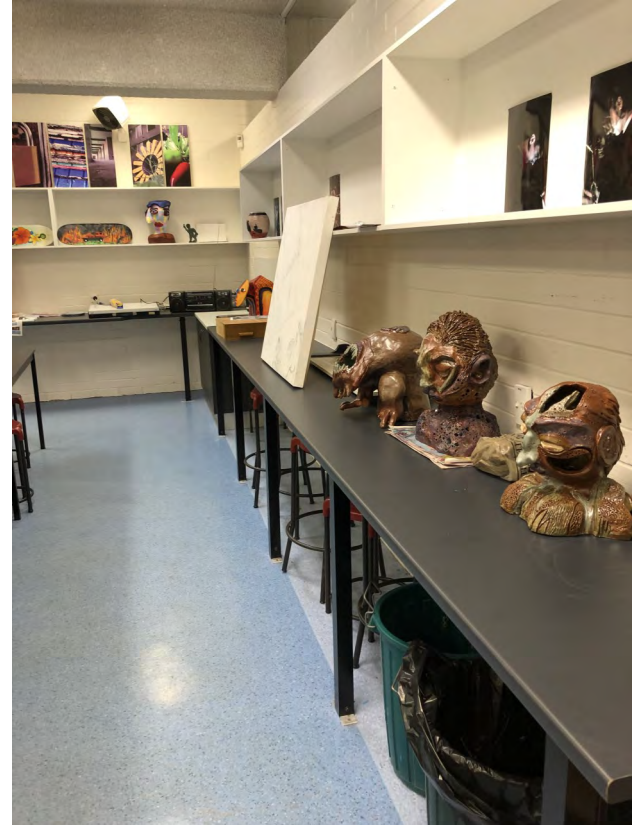
The teacher Staff Rooms have also had a long overdue makeover and are looking very clean and fresh.



Gert has certainly grown and multiplied since March 2019. We now have lots of Gerts. Pictured is Blake S showing two different sizes. He is actually holding 3 but the small one was camera shy and kept running away into his palm.

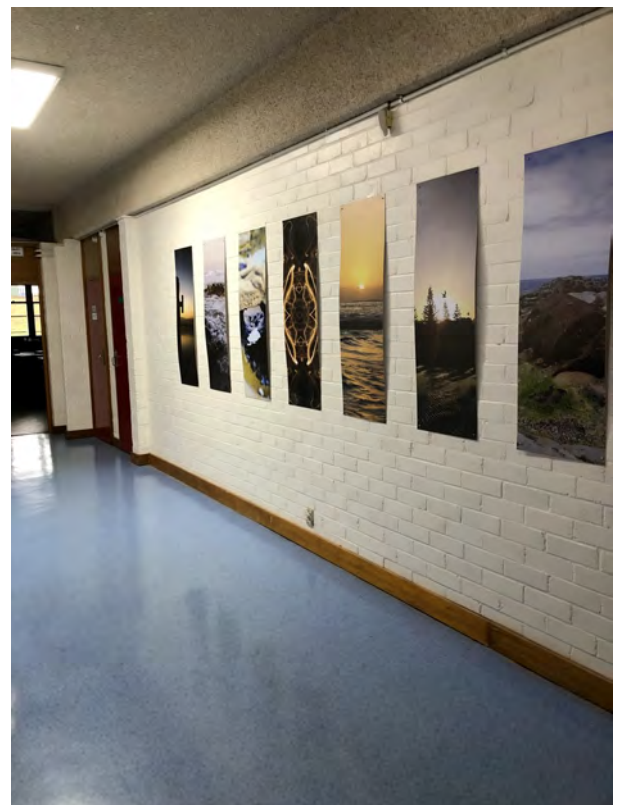
Mel the Emydura Macquarii Dharra turtle joined the Science Faculty back in August 2019. She and her companions have done a bit of growing and are happy and healthy in their home at KHS.





The 100 Block Visual Arts room is looking cheery and the corridor on the way has had a splash of paint and art work attached. Many thanks to the GA's for their efforts in brightening up this area.

impress!ve



TAS



The journey of... Organic TAS Ag Plot

Ms Coogan has been busy setting up an organic garden for Home Economic students to help cultivate and use.

She started with a grassy patch. After much hard work digging, weeding and fertilising she sectioned it into 4 beds.

A few set backs later, a drip self irrigation set up and presto..

***Thank you Ms Coogan.
Well done!***



How will the TAS Ag plot be used?

This project will allow students to gain knowledge and understanding when developing garden beds for edible foods. They will learn about managed systems that produce herbs and vegetables through designing and producing solutions.

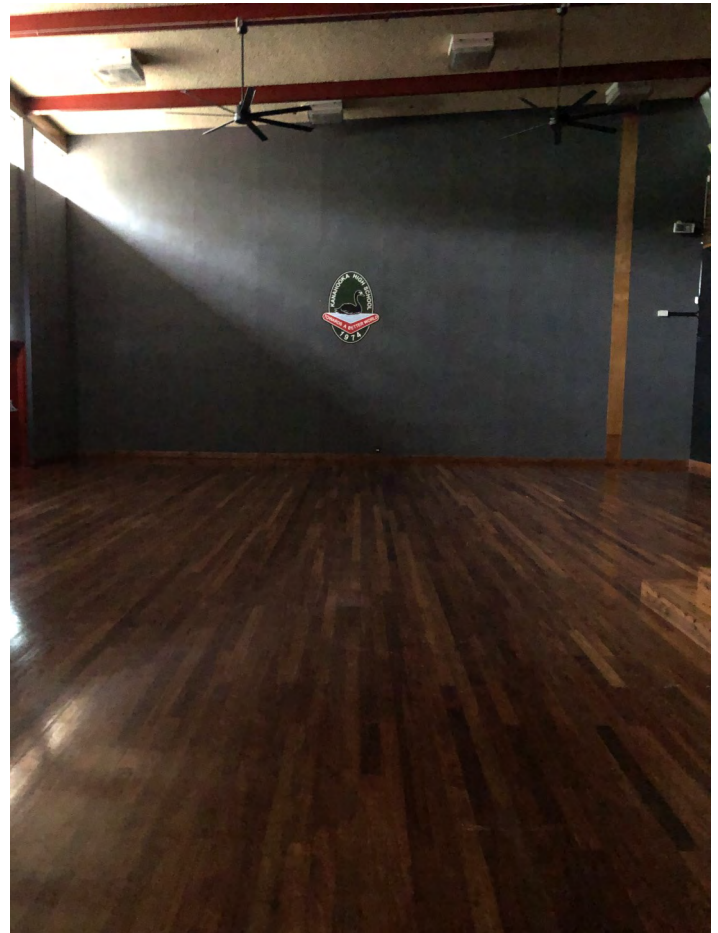
Students have the opportunity to grow herbs or vegetable foods and use them in practical food preparation lessons.



THE HALL

Hall of happening...

Our school hall has had a total makeover. This included painting, acoustic panels, new stage, lights and fans. The floor has also had a well deserved restoration.



WELLBEING

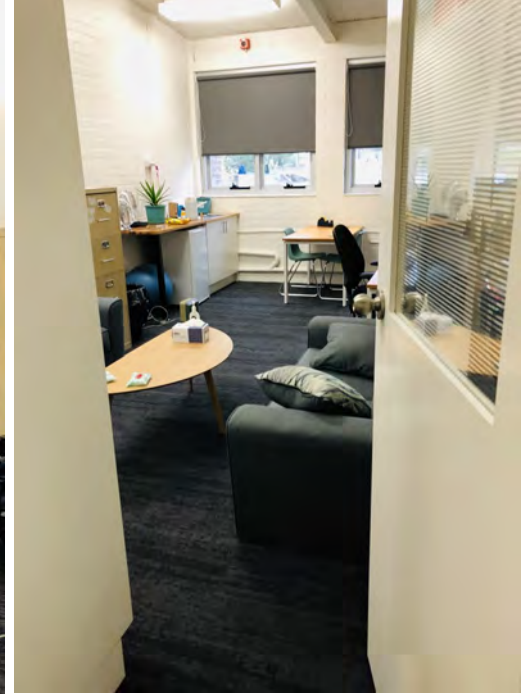
Counselling in Comfort

Our Counsellors, Melissa Kostrin and Warrick Lindsay have moved into their new office, which is located in the upstairs 300 Block.

300 Block outside of Counsellors



The Counsellor's Room



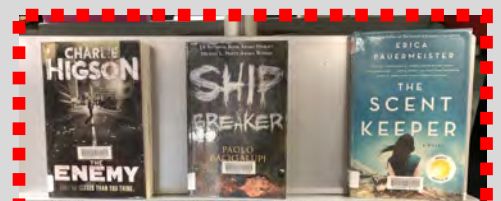
Check it out!

For those avid chess players or even the novice, KHS now has its very own outdoor chess set. A big thank you to Glenn Carlson and Ben D for organising this.



New Books in the Library...

These books and a few other titles have recently been added to our Library.



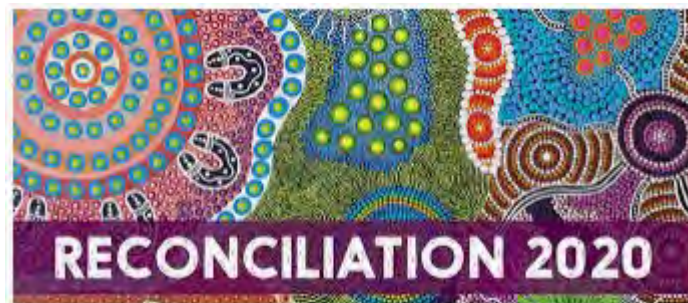
SUPPORT

Stage 4 have been learning about Reconciliation Week and its importance on the national calendar. They have been working on a class banner and students have had an opportunity to contribute individual designs in the spirit of Reconciliation Week as a part of their Aboriginal Studies class.

Stage 4 have been using the Native garden in the school as a learning tool to gain an understanding of their medicinal and edible uses.



B Rostron
Support





Clontarf has a few changes...

Glenn and Mick's office, noticeboards, a new stove with a stainless steel splash back and a new pantry cupboard.



CLONTARF

CLONTARF NEWS

Congratulations to the following boys who were successful in passing their L's test.

The boy's all practiced hard and were confident despite some last minute nerves.



Justin C



Maverick W

Jordain-Rian L



Owen W

CONTACT US

Mick Montague
Director
0438 340 147
michael.montague4@det.nsw.edu.au

Glenn Carlson
Operations Officer
0429 888 644
glenn.carlson2@det.nsw.edu.au

NOTICEBOARD

A new face in TAS this term.
Welcome to Mr Oksuzsoy. We
hope you enjoy your time at KHS



SIMPLE STEPS TO HELP STOP THE SPREAD.

Cough or sneeze
into your arm



Use a tissue



Bin the tissue



Wash your hands



TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.

For more information about Coronavirus
(COVID-19) visit [health.gov.au](https://www.health.gov.au)



The three Deputy Principal's
offices also got a bit of a makeover
as well. New cupboards and
ergonomically friendly desks.

Early Departures

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

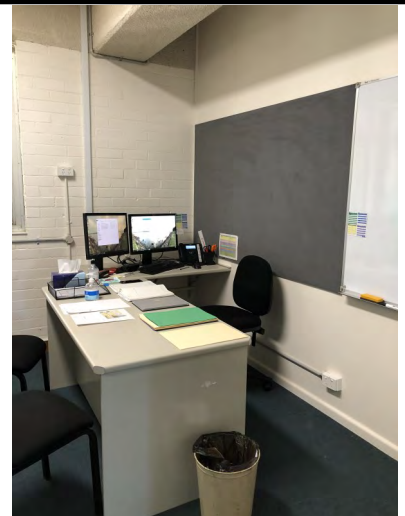


Student's Full Name
Date and time
Reason
Signature

BULLYING. NO WAY!

If your child talks to
you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.



You may remember
this part of the school
as the old Print
Room...

now transformed into
two meeting rooms.



Social Distancing for Kanahooka Students A check list for my day



Have I

Connected	Develop relationships with those around you Board games, cards, chats at home with family And when social distancing On phone, hangouts, Whatsapp, Messenger
Been active	Bike ride, hike at home body weight work out this needs to done with social distancing push up, and plank and sit up challenges
Kept on Learning	Access online curriculum provided from teachers on Google Classroom, Read now more than ever before Do a Sudoku or a findaword, draw
Given back	De-clutter, fold Clean, tidy, organise Discover a recipe and create then share Write a letter saying thanks
Taken Notice	Watch an interesting video, and share Listen to some music Enjoy and look at some art Disconnect for a while and just be

NOTICEBOARD

Mental health support



Help with a crisis 24/7

[Lifeline](#) - 13 11 14

[Suicide Call Back Service](#) - 1300 659 467

[MensLine Australia](#) - 1300 78 99 78

[Kids Helpline](#) - 1800 55 1800 (5-25 year olds)

[NSW Rape Crisis Line](#) - 1800 424 017

[1800 RESPECT](#) - 1800 737 732 (sexual assault, domestic and family violence counselling service)



General mental health support

[Mental Health Line](#) - 1800 011 511

[Beyond Blue](#) - 1300 22 4636

[SANE Australia](#) - 1800 18 7263

[ReachOut.com](#) (14-25 year olds)

[Head to Health](#) (digital mental health hub)

Or find a local GP / health service [here](#).



Specialist services

[QLife](#) - 1800 184 527 (LGBTIQ+ communities)

[Mental Health in Multicultural Australia](#)

[Veterans & Family Counselling](#) - 1800 011 046

[Butterfly Foundation](#) - 1800 33 4673

headspace [Wollongong](#) or [Nowra](#) (12-25 year olds)

[Support Act Wellbeing Helpline](#) - 1800 959 500 (Australian music workers)

Other support services



Help with alcohol / other drugs

[Alcohol & Drug Information Service](#) - 1800 250 015

[Watershed Drug & Alcohol Recovery & Education Centre](#) - 1800 818 872

[ISLHD Drug & Alcohol Service](#) - 1300 652 226



Help for families & women

(Including relationships and family violence)

- [NSW Family Referral Service](#) - 1800 663 863
- [Relationships Australia](#) - 1300 364 277
- [Anglicare](#)
Wollongong - 4229 7911 | Nowra - 4424 7100
- [Carer Gateway](#) - 1800 422 737
(support for carers)
- [Illawarra Women's Health Centre](#) - 4255 6800
- [Shoalhaven Women's Health Centre](#) - 4421 0730



Help with legal and finance

Legal centres

[Illawarra](#) - 4276 1939

[Shoalhaven](#) - 1800 229 529

Financial advice

[National Debt Line](#) - 1800 007 007

[No Interest Loan Scheme](#)

[NSW Gambling Help](#)



Aboriginal services

[Illawarra Aboriginal Medical Service](#) - 4229 9495

[South Coast Medical Service Aboriginal Corporation](#) (Shoalhaven) - 1800 215 099

[Waminda](#) (Shoalhaven) - Aboriginal women's health and welfare service call **4421 7400**. For [After Hours support](#) call **1800 953 736**

[Aboriginal Legal Service:](#)

- 1800 765 767 (police charges / court matters)
- 1800 733 233 (care / protection / family matters)



Information for parents

[Parent Line NSW](#) - 1300 1300 52 (telephone counselling, information and referral service for parents of children aged 0-18 who live in NSW)

[ReachOut](#) and [headspace](#) - information sheets and tips for parents, professional coaching and discussion forums.

[Community suicide prevention training](#) - learn how to recognise risk and refer young people.



Support after suicide

[Click here](#) to view some useful information for people who have lost someone to suicide or those who are supporting them, including:

- practical stuff (e.g. legal and financial)
- looking after yourself
- what about the kids?
- what about work and study?
- supporting someone bereaved by suicide.

NOTICEBOARD



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

1 Decide to look for what's good, even on the difficult days

8 Write a letter to thank someone for what they did

15 Rediscover a fun childhood activity that you can enjoy today

22 Share a happy memory with someone who means a lot to you

29 Take time to do something that makes you happy today

TUESDAY

2 Re-frame a worry and try to find a positive way to respond

9 Find the joy in music today: sing, play, dance or listen

16 Ask a loved one what they feel grateful for at the moment

23 Look for something to be thankful for where you least expect it

30 Make a list of the joys in your life (and keep adding to them)

WEDNESDAY

3 Think of 3 things you're grateful for and write them down

10 Take a photo of something that brings you joy and share it

17 Be kind to you. Treat yourself the way you would treat a friend

24 Thank a friend for the joy they bring into your life

THURSDAY

4 Show your appreciation to those who are helping others

11 Say positive things in your conversations with others today

18 Send a positive note to a friend who needs encouragement

25 Eat food that makes you feel good and really savour it

FRIDAY

5 Smile and be friendly, even while you're social distancing

12 Make a plan with friends to do something fun together

19 Create a list of favourite memories you feel grateful for

26 See the upside in a difficult situation you learnt from

SATURDAY

6 Notice the upsides during the lockdown, however small

13 Appreciate the joy of nature and the beauty in the world around

20 Make time to do something playful today, just for the fun of it

27 Watch something funny and enjoy how it feels to laugh

SUNDAY

7 Find a joyful way of being physically active (indoors or out)

14 Do three things to bring joy to other people today

21 Enjoy trying a new recipe or cooking your favourite food

28 Create a playlist of your favourite songs and enjoy them



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle

ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind



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.

NEED A MUSIC TUTOR?

aTEMPO
Music Tuition

Premium Music Tuition for all ages!

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CLASSICAL GUITAR
CONTEMPORARY GUITAR
MUSIC THEORY
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or
Call Nic on 0435 852 649

Comfortable studio located in Berkeley

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.

NOTICEBOARD

\$500 towards you or your children's education



Join Saver Plus.
Free financial education and your savings matched dollar for dollar, up to \$500.

saverplus.org.au
1300 610 355



Saver Plus is a free financial education program that matches your savings, dollar for dollar, up to \$500.

What can the \$500 be used for?

- laptops & tablets
- lessons & activities
- uniforms & shoes
- books & supplies
- vocational education
- camps & excursions

Can I join?

To join Saver Plus, you must meet all of the below criteria:

- Be 18 years or over
- Have a child at school or starting next year, or attend vocational education yourself
- Have regular income from paid employment (you or your partner)
- Have a current Health Care or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment*

To find out more:

Enquire online at saverplus.org.au
Email saverplus@bsf.org.au
Call 1300 610 355
Like us on Facebook



Or contact the nearest office for your area:

* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

What is Saver Plus?

- A free ten-month savings program providing financial education, budgeting and savings tips.
- Delivered by Brotherhood of St Laurence, Berry Street, The Benevolent Society and The Smith Family and other local community organisations.

- Participants receive up to \$500 from ANZ in matched savings for education costs for themselves or their children.
- Offered in communities across Australia in every state and territory.

A Saver Plus Participant's Journey



Who can join?

Participants must meet all of the below criteria:

- Be 18 years or over
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- Have regular income from paid employment (themselves or their partner)
- Have a current Health Care or Pensioner Concession Card
- Be in receipt of an eligible Commonwealth social security benefit, allowance or payment*

How did it start?

Saver Plus began in 2003 as a Brotherhood of St Laurence and ANZ pilot program with 248 participants in three sites across Victoria and New South Wales.

Since then, the program has expanded to all Australian states and territories, reaching more than 40,000 people, making it the largest and longest-running program of its kind in the world.

Since 2003*:

- 40,000+ participants
- \$23m+ total amount saved by participants
- \$18m+ matched funds paid by ANZ

Benefits for participants*

- 87% continue to save the same amount or more 3 to 7 years after completing the program
- 78% were better equipped for unexpected expenses
- 88% reported increased self-esteem
- 80% had more control over their finances

Find out more

1300 610 355
saverplus@bsf.org.au
saverplus.org.au
[@SaverPlusAU](https://www.facebook.com/SaverPlusAU)



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

* RMIT University, 2018. A number of Saver Plus program evaluations have been carried out since 2003.

* For more information see anz.com/saverplus

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Free Emergency Dental services with NSW Oral Health Voucher (OHFFSS).

Dapto Dentists
Quality Meets Affordability



Dapto Dentists
Quality Meets Affordability

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Dr. Fiona Rana

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After Work & School Appointments

* T&C apply. Visit website for details.

**OPEN
6 DAYS**

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.



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



YEAR 7 ENROLMENTS FOR 2021

All enrolment forms for Year 7 2021 are required to be submitted ASAP.

Please bring in your child's Birth Certificate, Immunisation Record and proof of residential address.
We can copy these for you.

Any enquiries please contact Vera Rupa on 4261 4011.

WOLLONGONG HOMELESS HUB

THANK YOU!

KANAHOOKA HIGH SCHOOL

**FOR YOUR SUPPORT OF OUR SERVICE
AND PROGRAMS**

2020 CERTIFICATE OF APPRECIATION



WOLLONGONG HOMELESS HUB

'A project of Wollongong Emergency Family Housing'

12 May 2020

A Fenton
Kana Hooka High School
P O Box 302
DAPTO NSW 2520

Dear Staff and Students

Re: Donation

On behalf of Wollongong Emergency Family Housing and Management Committee, we are writing to say a very special thank you for your kind and generous donation.

Your monetary donation will make a real difference in our client's day to day lives in providing much needed essentials during times of need.

Thank you again for your kindness in supporting Wollongong Homeless Hub and for your help in bridging the gap from homelessness to home for those in our community.

Kind regards

Mandy Booker
General Manager

Brokerage support is responsive to and driven by the needs of the client, it is targeted to assist people to access or maintain independent housing by addressing issues that put them at risk of homelessness or prevent them from accessing housing. Brokerage is used to help support clients to take responsibility for their own needs and to develop their capacity to live independently. Brokerage is material and financial assistance in an emergency situation, it's used to meet a variety of needs of the client including prescription medication, food vouchers, opal cards, travel to escape DV, emergency accommodation, tents/swags, petrol vouchers, support for homeless who are hospitalized etc