

# KANAHOOKA

## HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

# Newsletter

ISSUE No. 6

31 July 2020

Pictured below are students training for the up and coming Southern Illawarra Grade Sports competitions on Thursday afternoon. Congratulations to all students who are signed up to play in grade sport this term. I hope all students enjoy themselves and if past history is any indication, they will bring great credit to themselves and the school.

We have been able to enter a pleasing number of teams in the Grade Sport competition this term. Junior teams include students from Years 7 and 8 and senior teams include students from Years 9 and 10.

We have entered the following teams:

**Junior Girls:** Netball and Oztag  
**Junior Boys:** Soccer, 2 x Oztag teams and 2 x Basketball teams  
**Senior Girls:** Volleyball, Netball and Oztag  
**Senior Boys:** Oztag and Basketball



Grade sport commences Week 3 of the term on a home and away basis. When travelling students will be asked to pay \$7 for the bus. There is no charge when the games are played at KHS. In Week 3 we are playing Dapto High School in all sports. What a great way to start the competition with the local derby against our arch rivals.

Students who are playing at Dapto High School will be walking to the venue with their teacher so there will be no charge in Week 3. Thank you to parents/carers and students for their co-operation and support of the Grade Sport here at KHS.



Robert Street, Dapto 2530  
Telephone: 4261 4011

# PDHPE

WEEK 3



VERSUS



GAME ON!





## KANAHOOKA HIGH SCHOOL

Principal: Ms C Toohey Business Manager: Mrs S Richards  
Deputy Principals: Mr S Bird Mr D Gardiner Mr A Kalsow

21 July 2020

Dear Parent/Carer

The purpose of this letter is to inform you of changes we have made to the PDHPE Uniform Policy. Students will no longer be required to change their clothes for participation in practical lessons in PDHPE, PASS and SLR if they are wearing KHS uniform items suitable for participation in physical activity.

As part of this change in policy students will be able to wear the KHS Sports Uniform to school on the days which they have practical lessons in PDHPE, PASS or SLR.

The following uniform items are not suitable for effective participation in practical lessons:

- KHS blouse
- KHS tunic or skirt
- KHS long dress pants

If students are wearing these items of clothing they need to bring other clothes to school which allow for effective participation in physical activity. These students will be provided with the opportunity to change at the beginning of the lesson.

If students are bringing deodorant it must be the roll on variety. Aerosol type deodorant can cause significant health issues for other students and teaching staff and their use is not permitted in NSW Government Schools.

All students are expected to participate actively in practical lessons in the PDHPE faculty. Students who do not participate on a regular basis may put themselves at risk of not meeting the course outcomes for this subject.

If students are sick or injured and unable to participate in practical lessons they must bring a signed note from home detailing the reason. Students with short term notes may be asked to complete written work.

Thank you for your co-operation with these changes to the PDHPE Uniform Policy. If you have any questions please do not hesitate to contact the school.

**C Toohey**  
Principal

**P Kipp**  
Head Teacher PDHPE

PO Box 302 DAPTO NSW 2530  
Telephone: (02) 4261 4011 Facsimile: (02) 4261 4700  
Email: [kanahooka-h.school@det.nsw.edu.au](mailto:kanahooka-h.school@det.nsw.edu.au)



# DEPUTY PRINCIPAL'S REPORT

At the beginning of the year I don't think anyone could have predicted what we were going to encounter in 2020! I have been extremely proud of the way students have conducted themselves during a challenging first half of the year. I would like to acknowledge and thank our Wellbeing Team and Year Advisers, and also parents and carers for their support for our students during these times.

Thank You

This term will see the recommencement of various school activities. In Week 5 we have our school photos and some incursions and school activities will be up and running again. Still, we must remember to adhere to the protocols regarding safety for staff and students. We will keep you up to date and pass on relevant information to students as required.

SAY CHEESE!



## Subject Selection



Term 3 will include subject selections for Years 8a and 9 for their Stage 5 electives, and Year 10 for their Stage 6 senior classes. For Year 8, it will be the first time that students have an opportunity to make decisions regarding the subjects they wish to study. Students may like to start thinking about their subject choices. Information regarding subject selection procedures will be provided soon.

In Week 10 of Term 2, students in Years 7-10 completed their sports choices for Term 3. This is a great step forward as many sports have now been allowed to run for the first time since COVID-19. I would like to thank Mrs Kohlhardt, Sports Co-ordinator, for all of her work in organising sport this term. We are so lucky to have so many great options to choose from! I'm sure that if we didn't have the Executive Meeting during sport time, you would find a few Head Teachers and Deputy Principals down on the cycle path or at the golf driving range joining in the fun!



I would also like to wish Year 12 all the best during their Trial HSC exams, which will be taking place in Week 3 and Monday Week 4.

A Kalsow  
Stage 4 Deputy Principal

# WELLBEING

## The second Thursday in September is RUOK? Day

On September 10 it is a chance to ask those around us how they're travelling and if they need any support. Our students, children, families, parents/carers and co-workers may be experiencing difficulties in life, but just don't know how to bring the subject up. RUOK? Day gives us the chance to start conversations and check in with our friends, family and co-workers.

RUOK? Day is a day dedicated to reminding everyone that it is important to ask 'RUOK?' to support people that may be struggling with the ups and downs of our lives. You never know what somebody else is going through, until you ask the question.

### How to ask "RUOK?"

#### 1. Ask R U OK?

Be relaxed, friendly and genuine

#### 2. Listen

Don't judge, acknowledge things must be tough, Repeat back what they said so they know you heard

#### 3. Encourage action

Ask questions that ask how they best need support and be positive about professional support if needed

#### 4. Check in

Give them a call or visit to stay in touch, check if things have improved

#### Don't say...

I know what you're going through



Look on the bright side



#### Do say...

You're not alone



How can I help out?



## ASK RUOK?

or something like this:

"How you travelling?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"How long has that been the case?"

"I'm ready to listen if you want to talk."

Listen with an open mind

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing a professional?"

Make time to check in:

"Let's chat again next week."

Learn the signs and how to ask at [ruok.org.au](http://ruok.org.au)

## RUOK?

Please be an active RUOK? question asker.

D Ursino  
Kullillah



# WELLBEING

## Term 3 Creating Chances

The Creating Chances coaching program has kicked off again this term.

It was great to see our student group from Term One resume the program after an extended break due to COVID-19 restrictions. Every student showed outstanding participating in both theoretical and practical aspects of the session.

The focus of the latest workshop was building on our student's existing leadership skills and developing



their coaching capacity.



# SCIENCE

## The busy business of Science

The Science Faculty have been busy preparing for the modified Marine Studies Room. Marine Studies classes, in Stage 5 and 6, have been working with Mr Crighton on building an aquarium like, interactive Marine Room. Keep an eye on this space, as the tanks are set up similar to what you would see in your local pet store. If you are thinking of taking Marine Studies as a subject as an elective in Year 9 or 10 or as a HSC subject, speak to Mr Crighton.



### WINNERS!

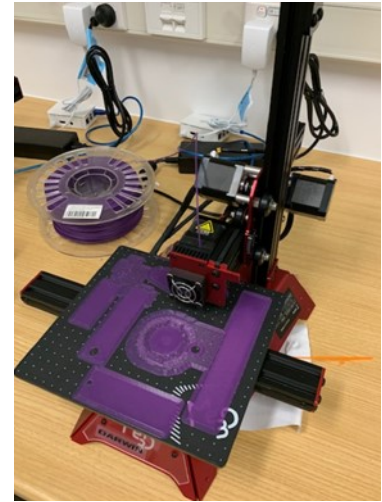
Earlier last term iSTEM completed concrete bunker to prevent a bomb blast. Xanthe, Kezia and Georgia took out the win, receiving first place in the challenge.



Students have been working in the world of Computer Aided Design (CAD), designing and printing their own key rings. Currently they have been given the challenge to design and 3D print an item to solve an everyday problem. We look forward to seeing what awesome ideas these students will have. This term, iSTEM will be studying robotics using LEGO Mindstorm.

Tiarne H designed a device to hold her rings whilst washing her hands. This idea sprung to life due to the need for constant hand washing due to COVID-19. Above is her 3D printed device undergoing a chemical polish.

Year 8 will be soon thinking about elective choices for 2021, these are just a few of the creative and challenging tasks that are completed in iSTEM.



Shortly students in Year 10 will be making subject choices for 2021. The Science Faculty offer a wide range of subjects. If you have any questions regarding our subject offerings, please see your Science teacher or Mrs Cohen. It is important that students make informed choices about their pattern of study.

C Cohen  
Head Teacher Science

# SCIENCE

**Did you know? About half of what we throw into the garbage bin is food and garden waste! Mixed with the rest of our garbage, the potential of these organic materials is lost and are usually wasted in landfills where they contribute to environmental problems like the greenhouse effect and water pollution..**

Well, Kanahooka High School is now the proud owner of 3 Recycling and Composting (food scrap) bins to encourage all students to rethink what we do with our waste and become part of the solution, not add to the problem.

Our students will start to learn all about sustainability, the three R's of waste management – Reduce, Reuse and Recycle and get into the habit of composting their own materials, not only to make their environment more sustainable and healthy, but to become key players in contributing positively to the environment in which they live.

These bins will live in the quad, Cola and Canteen areas, so be sure to look out for the eye-catching posters around the school, which will tell students what to put in each bin.

*“The greatest threat to our planet is the belief that someone else will save it.” – Robert Swan.* So together, let's continue to take steps that protects the planet that gives us a home.



**WHAT GOES IN THE GREEN BIN?**

**fogo** Food organics  
Garden organics

**WHAT CAN GO IN?**

- Fruit & vegetable scraps
- Meat & bones
- Pasta, bread, rice & cereal
- Eggs & dairy
- Tea & coffee
- Seafood & shells
- Paper towel, tissues, newspaper & pantry sized cardboard
- Garden organics; lawn clippings, branches

**WHAT CAN'T GO IN? ❌**

- Plastic bags
- Pet waste
- Rocks & soil
- Garden hoses & pots
- Building materials
- Treated timber & lattice
- Engineered timber eg, broken down furniture, cabinets etc
- General waste

Only bags with the AS4736 code can be composted. When choosing caddy liners, look for the seedling logo.

**DID YOU KNOW?** Wrapping scraps in newspaper, paper towel, letterbox brochures or pantry sized cardboard minimises smell and flies.

For all waste information visit [shellharbourwaste.com.au](http://shellharbourwaste.com.au) or call Remondis Harbour Cities on 1300 121 344

**recycling benefits**

**Recycling just one aluminium can saves enough energy to run a television set for 3 hours**

Thank you for recycling **PLANETARK**

**recycling benefits**

**Recycling just one glass bottle saves enough energy to power a washing machine for 10 minutes**

Thank you for recycling **PLANETARK**



## HSIE – Human Society and its Environments Semester 2

### HSIE – Human Society and its Environments

This semester students in Years 7-10 HSIE classes will be studying Australian and World History. The topics covered range from early Australian History, World War 1 & 2 and Vietnam through to Ancient Greece and China.

### Semester 2 History Topics

#### Year 7

- Investigating History
- Ancient Greece
- Ancient China

#### Year 8

- Medieval Europe
- Japan under Shoguns
- Colonisation & Contact

#### Year 9

- Movement of People
- Australia at War – World War 1 & 2

#### Year 10

- Changing Rights & Freedoms
- Australia in the Vietnam War Era

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## Creative Arts

It has been a challenging time for our Visual Arts students, with so much disruption in their learning overall, it has been difficult for them to maintain focus on being creative. Our students have shown resilience and determination and we have had some excellent submissions that students can be proud of.

Year 12 Visual Design recently completed sculptures based on the work of the painter, Francis Bacon. There have been some interesting depictions of his work in 3D form.

Year 11 Visual Arts students have been working hard post-home schooling to complete their landscape Assessment Task. They really pushed themselves to get the work completed and there have been some amazing results from a talented group.

The Wollongong Youth Centre recently asked for submissions from young people in the Wollongong area to share their photographs of our region. Two of our talented students in Years 9 and 11, Charlotte W and Shania A, had their work selected for exhibition on the exterior of the Youth Centre. Congratulations girls!

Year 11 Visual Design have recently completed their Skate Deck designs, with some pleasing results.

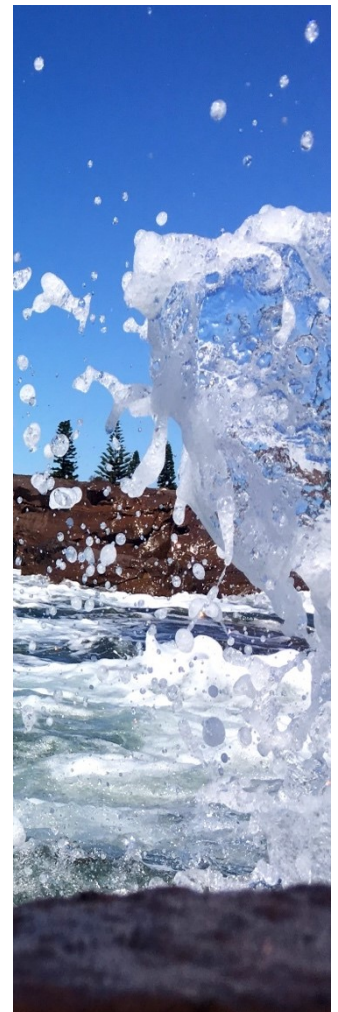
S Traicevski,  
NGreen,  
A Bowen  
Visual Arts Teachers



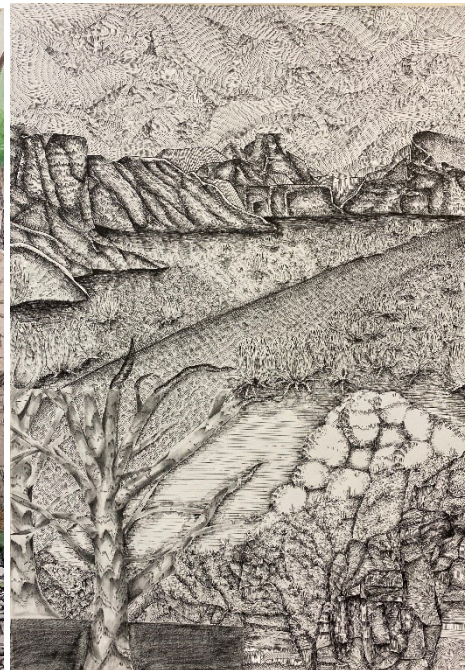
Year 12 Visual Design: 3D Ceramic Busts by Shaeahna H and Tiara S



Year 11 Visual Design: Skate Deck Designs by Paige G, Cassidy C, Jacinta P, Amber C, Charm B



**Photography:** I Love Wollongong Project by Shania A and Charlotte W



**Year 11 Visual Arts:** Exploring Representation by Cassidy C, Hannah M and Paige G

# CLONTARF

## The True Value of a Partnership

Justin N's journey to commence a School-Based Traineeship with Blackwoods is quite remarkable.

Justin first met Blackwoods at our Employment Forum in August 2019, which sparked an interest in him. Justin was becoming disinterested in school and was not eager to complete Year 12.

Towards the end of 2019, Blackwoods indicated that they were looking to hire a school based trainee for 2020. Clontarf made our Academy members aware of the opportunity and it was Justin who pushed really hard to be considered for the role. Justin participated in multiple work experiences to try and impress his potential employer and the feedback from Blackwoods was that he did really well.

As thing progressed, Justin was offered a School Based Traineeship in Warehousing, but then COVID-19 hit the world and this was put on hold. With so much uncertainty, this opportunity looked like it would not progress as Justin would not have enough time to complete the requirements of the course.

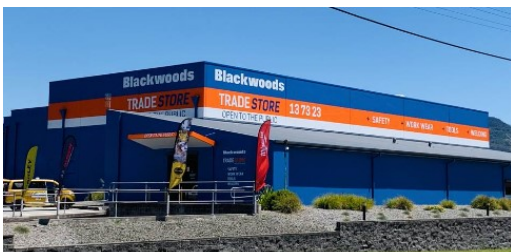
This is where the real value of a partnership came into play. Kanahooka High School staff were amazing - from the Principal to the Career Adviser - they have bought in to ensure this opportunity did not evaporate.

The Department of Education played a role to speed the process up and Blackwoods fought hard to get Justin on their books as he was the first person hired into their organisation after the COVID-19 breakout. He is now Blackwoods youngest employee across the entire country.

Justin has been incredible and done everything asked of him. He was so keen to start that he began work in the school holidays with one day's notice. He now has an opportunity that will allow him to finish Year 12 and also learn valuable working skills.

This story shows the true value of a partnership and the things we can achieve with everyone buying in.

J Toohey  
Clontarf  
Kanahooka Academy



## CONTACT US

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Operations Officer

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# Covid-19



## Tips for catching the train with NSW trains

NSW Trains knows that catching the train or any type of public transport can be stressful during these times, to make it a little easier here are a few tips you can follow to stay safe:

1. Where possible, stand 1.5M away from other people/groups and when waiting to board the train please do not congregate around stairs/doors/lifts and spread evenly along the platform.
2. When boarding the train please move inside the carriage and ensure that there is space for other customers
3. If you can, use hand sanitizer when entering and leaving the station to stop germs from spreading.
4. We have extra cleaners on our trains that are regularly cleaning during the day, however it's a good idea to reduce the amount you touch on the train and at the station to stop the spread of germs.
5. Always listen to announcements and staff for direction and information regarding social distancing and train updates.
6. When you can, try and take the stairs but when traveling in lifts remember social distancing rules and follow the poster information provided.
7. Don't sit on the stairs, on the floor of the train or on the platform as this can be a hazard for people trying to maintain social distancing.
8. Whilst you may not need to maintain social distancing make sure you respect other people, and try to maintain a social distance from them.



These are just a few tips you can do to keep you and the people around you safe along with the other Covid-19 measures we do in our everyday lives. NSW trains hope you have a safe journey and would like to say stay on the safe side.

NSW Department of Education

## Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

[education.nsw.gov.au](http://education.nsw.gov.au)



# NOTICEBOARD

## School Photo Day 2020

Just a reminder that School Photo Day is scheduled for:

**Wednesday 19 August 2020**

**There will be a catch up day on Monday 24 August 2020.**

Envelopes have been handed out to students. Family group pictures are available on request. Please see Mr Philpot in the English faculty to pick up a family envelope or see him if you have any questions.



### ***Safe, responsible and respectful use of digital technology***

Our children and young people have grown up with digital technology and it is woven into their lives.

During COVID-19 many young people are using digital technology more often to learn and to socialise.

Supporting children and young people to use technology in a safe, respectful and responsible manner allows for more active online learning that can increase student engagement and participation. It also supports access to a broader range of content and learning resources that can supplement students' learning experiences.

Being safe online is a shared responsibility for students, teachers, parents, carers and the broader community.

It is important that families can communicate with their children about how to use digital technology in safe, responsible and respectful ways.

Here are some key reminders for children and young people of how to stay safe online:

- Protect personal information, including name, address, school, email address, telephone number, pictures and other personal details.
- Never share user names or passwords and only use your own.
- Ask a teacher or other responsible adult for help if anyone online asks for personal information, wants to meet or offers money or gifts.
- Let a teacher or other responsible adult know immediately if anything online is suspicious, harmful or inappropriate.
- Never hack, disable or bypass any hardware or software security, including any virus protection, spam and filter.

Further information can be found at:

Digital Citizenship website: <https://www.digitalcitizenship.nsw.edu.au/>

Esafety Commissioner: <https://www.esafety.gov.au/>

The department's [Student use of digital devices and online service policy](#) supports schools to maximise the benefits and minimise the risks of digital environments, and prepare students for life beyond school.



## Experience the new Sentral for Parents App

We've listened, and reinvented.

Our new school engagement app has been developed to help you stay connected and informed about your child's education.

Discover the possibilities and download the app today.

To get started visit:

[www.sentral.com.au/our-products/parents](http://www.sentral.com.au/our-products/parents)



 SENTRAL

Great ideas are always worth the wait



### What can you expect?

You'll find numerous smart features, which are designed to match your school's current and future educational needs including:

#### Simple registration and login for parents

- Parents will be able to log in with credentials from the parent portal. For new users without a parent-portal account, they can easily create one in the app to log in.

#### Streamlined smart features tailored to parents devices

- Student absence notification. Parents can take action immediately within the app, to mark an absence and provide explanations/reasons etc.
- Newsfeed items are actionable and listed based on the parents' preferences.
- Seamless opening of PDF files and attachments.

#### A systematic newsfeed. Relevant, reliable, actionable

- Parents can now filter information and see prioritised and relevant items highlighted.

#### Messaging feature

- It's never been so easy for parents and teachers to stay connected with Sentral's new in-app messaging feature. Messages will be divided in sequence, based on conversation subject-matter, and parents will be able to save time by responding directly within the app.
- Uploading documents and viewing PDF attachments has also been simplified.

#### A modern and user-centric interface, tailored to your school

- Parents will experience simple and efficient navigation, and a streamlined design to match the individual school's identity.

Discover the possibilities and download the app today.

[www.sentral.com.au/our-products/parents](http://www.sentral.com.au/our-products/parents)

 SENTRAL

## The Draft Wollongong Cycling Strategy 2030 is now on exhibition

Visit [www.our.wollongong.nsw.gov.au](http://www.our.wollongong.nsw.gov.au)  
to join the conversation

Exhibition closes 9am Monday 17 August



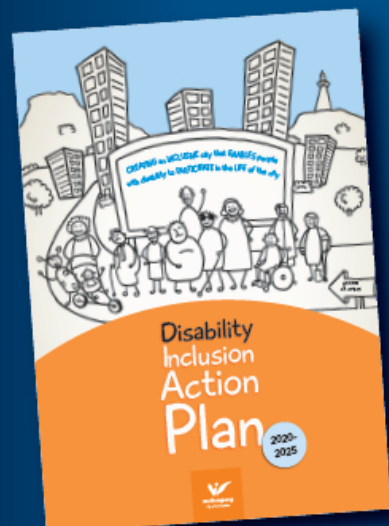
OUR WOLLONGONG

JOIN THE CONVERSATION



Disability Inclusion Action Plan 2020-2025

## Now on Exhibition



Visit [www.our.wollongong.nsw.gov.au](http://www.our.wollongong.nsw.gov.au)  
to join the conversation

Exhibition closes Wednesday 5 August 2020

## 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.

## 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](mailto:kanahooka-h.school@det.nsw.edu.au)

## UNIFORM PRICES

Blouse (White with emblem)	\$20.00
Tailored Long Pants (Black)	\$33.00
Tailored Shorts (Black)	\$31.00
Skirt (Limited stock)	\$28.00
Tunic (Limited stock)	\$55.00
Polo Shirts (Large only)	\$20.00
Jumper (no black, red & green only)	\$22.00
Sports Shirt	\$32.00
Long Pants (Black)	\$30.00
Shorts (Black)	\$22.00
Sport Shorts (1 x L & 1 x XL only)	\$22.00
Stockings	\$5.00

Lowes Dapto are now selling the KHS school uniform. Limited stock is still available to purchase from the front office until we run out. Please ring to confirm if we still have stock and size of what you require.

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

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

**Dapto Dentists**  
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Quality Meets Affordability

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6 DAYS

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