

KANAHOOKA HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

Newsletter

ISSUE No. 18

2 December 2022

Student Recognition Morning Tea

On Wednesday 30 November Kanahooka High School recognised students who have done something out of the ordinary. This occasion was marked with a Student Recognition Morning Tea. Congratulations to the following students who received a nomination:

Year 7: Carl B, Amelia B, Jaydan C, Seth C, Malakye D, Jett G, Trinity H, Ronan H, Liku P and Bodey S.

Year 8: Harper H, Caleb M and Imogen P.

Year 9: Abigail J and Tayla N.

Year 10: Antoinette C, Mekhi C and Gracie Y.

Year 11: Daniel D, Chloe J and Brooklyn S.

Well done to the following students who were successful in moving to Level Two in the Student Recognition System: Jett G, Abigail J, Antoinette C and Brooklyn S.

Special thanks to Vili Sorilo, The Clontarf Foundation Regional Manager for South Coast of NSW for attending the Student Recognition Morning Tea.

Thank you to those who also assisted with catering food and drinks for the morning tea. We look forward to continuing to acknowledge students at Kanahooka High School moving into next year.



STUDENT RECOGNITION MORNING TEA



Congratulations
to all

We appreciate
your efforts.



WELLBEING

Kanahooka High School welcomes a new permanent member of staff to our school. Welcome Brooke Duffy who is our new Learning and Support Teacher (LaST).

Students have been progressing well on the attendance initiative 'Operation Roll Call'. We recently recognised those roll call classes who demonstrated an improvement in attendance at the Week 5 mark.

Congratulations to the following Roll Call classes who were the winners of the Week 5 Challenge and received a milkshake made by staff and students in the Transition Centre: S4RC, 8RC1, S5RC, S6RC, 11RC2 and MC1RC. Well done to all involved.

During this term on Tuesdays, our Student Support Officer (SSO) Emma has taken the following students: Kara T, Lara F, Teigan T, Jamie-Jean S and Sahara P out to the Young Women's Program. Students undertaking this program, have learnt about mental health and wellbeing, positive relationships, self-esteem and body positivity. Students attending the program have always represented our school with pride. Well done to all involved.



On Friday 21 October, Year 7 and Year 8 students had the opportunity to attend the Warner Youth Education presentation. The workshop supported students in gaining knowledge and awareness around Graffiti prevention and improving pro-social behaviours. In the lead up to the event, students unpacked information about Graffiti during their Visual Art classes. It was great to see students engaged and attentive during this special production.

On Thursday 27 October and 3 November, Kanahooka High School welcomed Year 6 students who were part of an additional transition program. These students actively engaged in wellbeing activities to assist with the transition to our school. The activities also included working with Year 9 Peer Support Leaders who did a fantastic job. Year 6 students worked collectively with each other and demonstrated great resilience and teamwork on the day. We look forward to having the new incoming Year 7 students join us next year.

Hope you are all travelling well as we head toward the end of the term.



WELLBEING



On Friday 18 November, Kanahooka High School acknowledged White Ribbon Day with Wollongong Youth Services attending onsite and a lunch time handball game in the quad.

They addressed the students at assembly explaining that White Ribbon Day is part of a global social movement to end gendered violence. It is an opportunity to bring people together in order to raise awareness and commit to action. Special thanks go to Wollongong Youth Services for giving up their time to attend this event and provide support to our students.

Students and Staff were also able to purchase White Ribbons.



The Wellbeing, Learning and Support team are always happy to help and provide support.

If you have any questions, and/or if there is anything, we can do assist I encourage you to reach out to us.

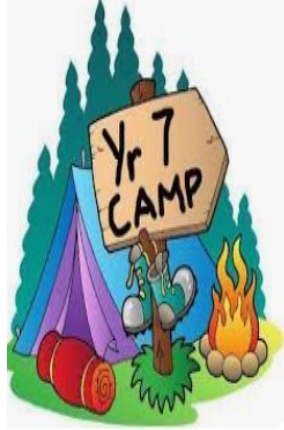


J Thompson
Head Teacher Wellbeing, Learning and Support



YEAR 7 CAMP

Year 7 students had an amazing time at camp this term! Electric blue skies made the perfect backdrop for archery, obstacle courses and so many other outdoor team building activities. When night fell, the party continued with marshmallow roasting, fireside storytelling and a fancy-dress dance party that will live on as a highlight for staff and students!



J Wilson
Year 7 Adviser

Stage 4 and 5 Beach Activities

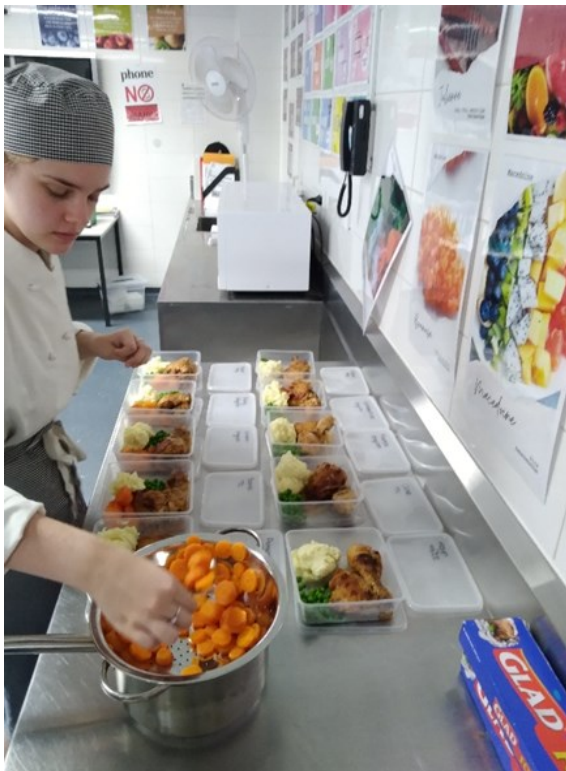


Food Glorious Food

The Year 11 Hospitality class have been making fantastic progress on their practical assessments and providing meals to staff.

One week it was *Poached eggs served with corn fritters, bacon and freshly made hollandaise sauce*. This has been sold out every week and been a staff favourite. The alternative week the students have made a *Braised chicken served with mashed potatoes, peas and carrots* and also a *dessert of apple tart and custard*.

Students have worked hard on their communication skills, organisation, and time management. Students have been cooking in bulk and serving meals to industry standards in a very restrictive timeframe.



Braised Chicken
Served with
creamy mashed
potatoes, peas and
carrots

Apple Tart with
custard



Poached eggs served with corn
fritters, bacon and freshly made
hollandaise sauce.

Well done!
S Chambers
TAS



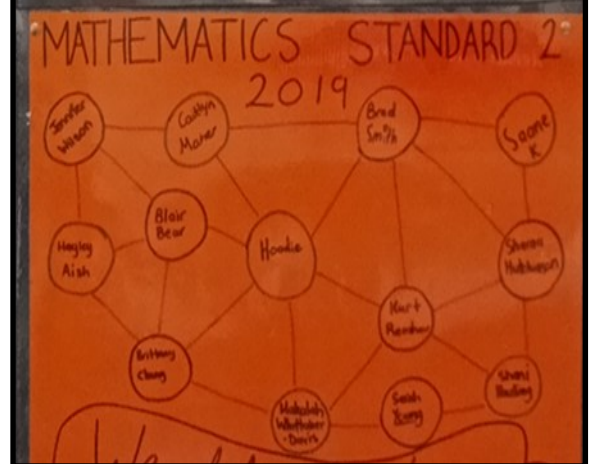
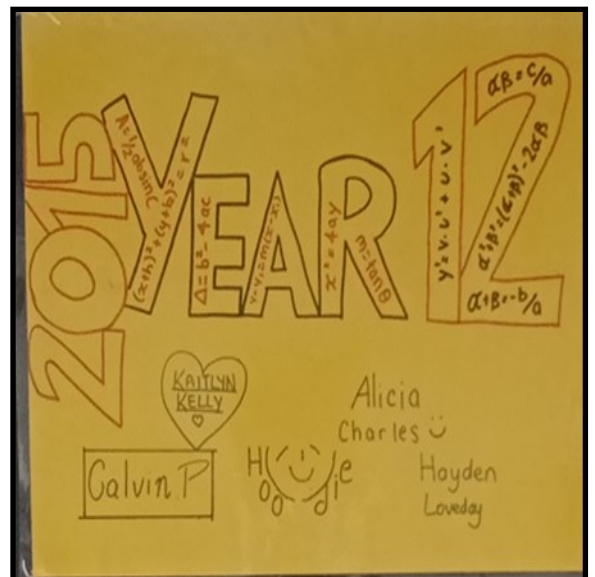
MATHEMATICS

After 40 years of teaching, 38 of these as part of the Kanahooka High School Community, I will be taking leave in 2023 with the view to retiring. The school's community has been a huge part of mine and my family's life. I look back with gratitude. I entered a profession dedicated to assisting young people achieve their potential, to revealing or finding their best selves. As I leave it, I am taking many of you with me as you will live on in my memories.

I'll always remember the things we achieved together: having an influence on so many students who became Maths teachers, being Turaku's House Patron for many years and then Year Adviser after the school's welfare system changed, organising the many camps and sport days against other schools, and finally seeing students reach for and attain their goals.

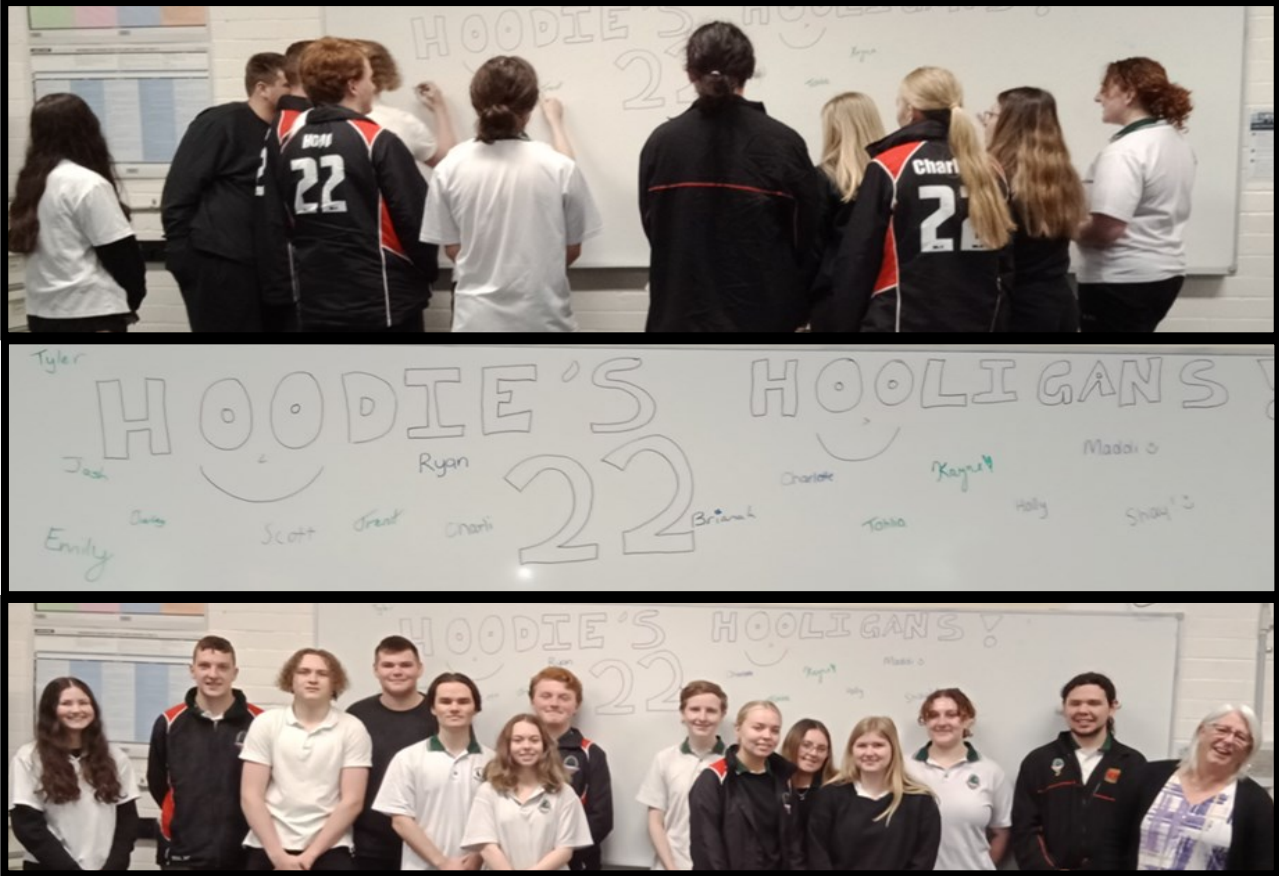
The posters of my Year 12 students names over the years have often been a talking point of my current classes and many students have asked me if I have taught their mum, dad, aunt, or uncle. I would also look at these and remember all the students that I taught, it would put a smile on my dial. 😊

So if you were a student of mine, have a look to see if you can find your name and know that I cherished the time in class with you all.



MATHEMATICS

Finally, to my last ever Year 12 Class of 2022. I wish you every bit of happiness and success as you venture out into the real world. You all jumped so many hurdles to finish your school life and it has made you all the stronger.



Who would have guessed that this was going to be our last cross-country day back in 2021? After talking about what we were going to dress up as for this year, regrettably it didn't happen due to the wet weather.



A Hood
Mathematics



THE PDHPE FACULTY TERM 4 SNAPSHOT

CHILD STUDIES



This term has been extremely busy for our Year 9 and 10 Child Studies students. Each class has had a sleepless term taking home the Virtual Babies as a part of their assessment task.

STAGE 6 SUPERSTARS



Our Stage 6 PDHPE and CAFS classes have been working hard to understand and apply key concepts learnt throughout their first term of Year 12.

CLASSES IN THE SPOTLIGHT

This term the PDHPE faculty have chosen to shine light on a handful of classes that have been up to some amazing things during school hours.



9PASS AND SYDNEY THUNDER



Year 9 PASS and Transition Stage 5 have been given the opportunity to participate in an exciting program run by the Sydney Thunder Cricket organisation!

SPORTS PERSON OF THE WEEK

Each week on Thursday morning whole-school assemblies, we recognise a student that has gone above and beyond in terms of their attitude and participation in KHS Sport.

JAMBEROO EXCURSION

We are getting excited for the Aquatics Day out at Jamberoo Action Park on December 12. Students attending are from 9PASS, 10PASS, 11SLR & Transition.



CREATING CHANCES



The Creating Chances Coaches Program for 2022 is coming to an end in Week 9 and our students have been working hard to prepare for their final sessions.

GAME ON RECYCLING

Game On Recycling is passionate about helping schools and kids have a positive impact on the environment.



What has been happening in PDHPE this term?

Term 4 has been a busy one for the PDHPE Faculty with many exciting events and opportunities occurring. We still have our PASS, SLR and Transition Centre Healthy Lifestyles excursion to Jamberoo Recreation Park coming up and are midway through our Leadership program with Sydney Thunder Cricket.

We are busily preparing for 2023 and the opening of our new and exciting space. This innovative space is one of a kind and is going to bring so many more opportunities for our students in relation to physical activity and technology in sport. Along with this we also have some exciting developments with Mountain Biking for next year!

This term we have had the pleasure of mentoring 4 students studying Physical and Health Education degrees at the University of Wollongong. They have all thoroughly enjoyed their time at Kanahooka High School, a real testament to our students for making their experiences such a positive and valuable one.

Stage 5 Child Studies have had a sleepless term taking home the Virtual Babies as a part of their assessment task.

As this is our last newsletter item for this year, we remind everyone to stay safe and keep physically active during the summer break. We look forward to working with you all again in 2023!

C Jardine
Head Teacher PDHPE



It's been a sleepless term for our Year 9 Child Studies students!



This semester, Year 9 Child Studies completed their Newborn Care and Growth and Development units. The Newborn Care unit involved students developing practical care skills including nappy changing, wrapping, changing clothing, bathing and safe sleeping guidelines. Students practiced and demonstrated these skills as part of their assessment, and also experienced an overnight visit with one of our interactive babies. These babies simulate real life newborn schedules and require round the clock care and attention. Whilst our students enjoyed this experience, they recognised how challenging the demands of caring for a newborn are and provided the following accounts of their time:

Lily K: The experience of taking the baby home was a real reality check and eye opener of the struggles of constant care for looking after a newborn. Although it was a challenge at times it was an enjoyable overnight experience and helped to put into place my skills which I had been learning about and practicing during class.

Lilli R: I enjoyed taking the baby home as it gave us an idea of what it's like having a baby and preparing us for motherhood. It was a challenging task as we aren't used to having a newborn of our own.

Tahlia D: Taking the baby home was a challenging task, having to look after the baby through the night. It was also an enjoyable task as having the experience to look after a baby for a night.

A Fenton
PDHPE



Year 10 Child Studies students have been putting their taste buds to the test!

This semester Year 10 Child Studies focused on Food and Nutrition in Childhood and Childcare and Career Opportunities. The Food and Nutrition Assessment involved students designing and making their own baby or toddler food product, including creation of a brand and packaging. Prior to the completion of this task the students participated in a blind taste testing of a range of foods and were required to identify target groups based on ingredients, taste and texture. This assisted students in executing their final assessments, which were creative, innovative and well considered. Students also gained a valuable understanding of a range of food allergies and intolerances experienced by children and how to manage these in care settings.

Congratulations to Brooke C who has been successful in gaining a Childcare Traineeship for 2023. We wish you good luck in your new career!

A Fenton
PDHPE



The Sydney Thunder Cricket Program is in full swing!

Students from 9PASS have been participating in the Sydney Thunder Leadership Program. Students have learnt about goal setting and building leadership skills over the weekly sessions. They have also spent time during the program, analysing the technique of different cricket players and then participate in workshops to apply these skills to practical cricket games.

C Kent
KHS Sports Organiser



TERM 4 Jamberoo Excursion

We are getting excited for the Aquatics Day out at Jamberoo Action Park on December 12. Students attending are from 9PASS, 10PASS, 11SLR & Transition. Looking forward to trying out the new rides and spending the day with our various classes.



Does 10A have the fastest reflexes at KHS?

10A are getting ready to become seniors in 2023. The students are enjoying their last 3 weeks as a class together. The class participated in a modified dodgeball game last week, where students were eliminated if they got hit by the ball. Congratulations to Dominic E (11SLR) and Jayden M (10A) on winning the championships on the day.

N Tate
PDHPE



KHS Sports Person of the Week RECAP



Week 1
CODY



Week 2
TAHLIA



Week 4
NOAH



Week 5
DANIEL



Week 7
ZACH

Each week on Thursday morning whole-school assemblies, we recognise a student that has gone above and beyond in terms of their attitude and participation in KHS sport.

The Creating Chances Coaches are smashing GOALS this term!



Our Year 10 Creating Chances students have grown into confident and motivated young leaders over this term's coaching sessions.

This term, our twelve Year 10 students have been running coaching sessions at Koonawarra Public School. The students have been working with one another to plan and deliver quality lessons that prioritise safety, inclusivity and enjoyment. As their confidence has grown, so has their impact on the Year 5 and 6 students they have been coaching. The Creating Chances students have grown as leaders and demonstrated what it means to represent Kanahooka High School with pride.

In Week 5 of this term, I also had the pleasure of accompanying a group of our Creating Chances students and Year 9 Peer Support Leaders to Koonawarra Public School to be referees for the school's Sporting Success Gala Day. Our students were in charge of refereeing, overseeing and encouraging 6 different sporting teams on the day and exceeded the already high expectations. We cannot wait to see the amazing things our future Creating Chances students will be involved with moving into 2023.

D Behan
KHS Creating Chances Co-ordinator

Stage 6 SUPERSTARS: Year 12 PDHPE

Students in 12PDHPE worked in the library for two lessons in small groups, analysing and interpreting various case studies. These case studies put them in unfamiliar situations such as being a physiotherapist or racing as a cyclist. They then applied their knowledge in written extended response questions. Students were thoroughly engaged and enjoyed using the expanded space.

C Kent
PDHPE



Stage 6 SUPERSTARS: Year 12 Community and Family Studies

Year 12 have begun their HSC course this term with Core 1: Research Methodology. This has involved examining what is involved in conducting research an essential skill for those planning on further study following completion of their HSC.

For their first assessment students are required to complete an Independent Research Project on a topic of their choice with links to the CAFS syllabus. This will involve students creating and distributing a Questionnaire in order to collect data on their chosen topic, to analyse and draw conclusions from. This assessment is completed over a time frame of 20 weeks, so requires great commitment and planning. Our students have been working diligently to complete various components and Mrs Fenton would like to congratulate them on their progress.

CAFS students will be completing their data collection during Week 9 on school grounds. They will be asking for student volunteers to complete their questionnaires, enabling their data collection. All assistance from students will be greatly appreciated (and rewarded!).

A Fenton
PDHPE



Game On Recycling have challenged KHS to help heal our planet!

The PDHPE Faculty are proud to partner with Game On Recycling. It is a pilot program that is aiming to create a national recycling scheme for sports equipment. That means rather than being thrown into landfills, tennis balls, basketballs, volleyballs, soccer balls, etc will be recycled.

This sustainable approach means we are positively contributing to a reduction in the size of landfills, conserving natural resources and generating employment opportunities in the recycling sector.

C Jardine
PDHPE



PREMIERS SPORTING CHALLENGE Stage Four Diamond Award Recipients

Students from Years 7-10 participated in the NSW Premiers Sporting Challenge over the course of Term 3. Each week, they had to track their progress on the PSC Online Tracker and log how many minutes of physical activity they were completing on a weekly basis. The Stage 4 certificates arrived this week, and over 20 students in this cohort achieved the highest possible level known as Diamond. This required students to complete roughly 9 hours of physical activity per week! A massive congratulations to all KHS students involved in this year's challenge.

D Behan
PDHPE



DANCE

On Monday 28 November, several of our Dance students travelled to Hayes Park alongside Ms Constantine and myself. Here we ran a Drama and a Dance workshop with some of the Year 5 and 6 students in the school hall.

It was fantastic to see our students act as great leaders and ambassadors for our school. There were lots of our students who loved seeing their old teachers and other siblings or friends and it was great to hear some funny stories or happy memories of primary school days. Well done to all of our students who were involved in this fantastic event.



Year 7	Year 8	Year 9	Year 10
Ruby S Ayleigha S	Amelia C Piper C Chloe L Josephine S	Larrissa M Mackenzie M Jazmyne M Clair N	Tameca-Lee A Amelia H Olivia M Aleisha M



A McClelland
Dance

NOTICEBOARD

Making Payments for School

POP is now the preferred payment method. Its fast and easy ... details are here

We can no longer accept payment over the phone.

You can still come in and pay in person if required.



Our school has a new look **online payment page!**

We're now accepting payments for Kanahooka High School via the school's website. To make a payment simply:



Visit our school website on your mobile, tablet or desktop computer
www.kanahooka-h.schools.nsw.gov.au



Select 'Make a payment' from the main page menu



Enter the required student, contact and payment details

Note:
You are NOT required to provide the 9-digit Student Registration Number.
You are NOT required to provide the Statement or Invoice Number.



Check your email for a copy of the receipt of payment



Education

Will your child be in year 7 or 10 next year?



GOVERNMENT

You can provide consent for your child's routine school vaccinations online in 2023.

At the beginning of the school year, your child's school will share the link to complete the online consent form.



Year 7

Diphtheria-Tetanus-Pertussis (dTpa)

Human Papillomavirus (HPV)

Year 10

Meningococcal ACWY

More information on the school vaccination program:
health.nsw.gov.au/schoolvaccination

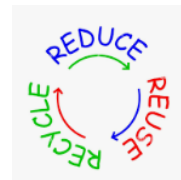
October 2022 © NSW Health, SHPN (HP NSW) 220945.

NSW Health

SCHOOL UNIFORMS

Do you have any school uniform items you have outgrown or no longer need?

Donations of uniform items are greatly appreciated and can be dropped off at the office.



Term Dates 2022

Term One	1/02/22 to 8/04/22
Term Two	27/04/22 to 1/07/22
Term Three	19/07/22 to 23/09/22
Term Four	10/10/22 to 16/12/22

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.

Back to School in 2023

Tuesday 31 January 2023
All students from Year 7 to 12
Return to school.



Term Dates 2023

Term One	31/1/23 to 6/04/23
Term Two	24/04/23 to 30/06/23
Term Three	17/07/23 to 22/09/23
Term Four	09/10/23 to 19/12/23

Kanahooka High School would like to thank the following for their kind donations towards our presentation day. Their generosity helps make this day a special event to those students receiving Awards.



Anna Watson MP
ANSTO
Ampol
Australian Defence Force
Booktopia
Bunnings Kembla Grange
Dapto Mall

Floral Image
Fitzmoore Group
Food Works Brownsville
Lions Club Dapto
Morgan Fitness
Priceline Dapto
Rueben F. Scarf
Stephen Jones MP

Thank You!

Kanahooka High School P&C

KHS P&C meet once a term and we would love to see you there!
It's a great opportunity to collaborate with our Principal, Deputy Principals and Teachers to help guide decisions that benefit all of our students at Kanahooka HS.

We proudly run the school canteen, offering an excellent variety and adhering to the Healthy Canteen requirements and volunteers are welcome!

All proceeds go back to our wonderful school

Our next meeting, Term 1 2023
AGM and General meeting
1st March 2023 at 3:30pm

Feel free to get in touch via khspcassos@gmail.com