

KANAHOOKA HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

Newsletter ISSUE No. 5 6 May 2022

Wow what a start to 2022! All of our new staff have hit the ground running and are so happy to be working in our school. They are constantly in awe of our wonderful students and families. They are so very impressed with our resources and how helpful and welcoming everyone has been.



I am very pleased to announce our new Deputy Principal permanently appointed is Jocelyn Burns. Jocelyn started at Kanahooka as a student a while ago. She returned as our Aboriginal Education Officer and then became a Student Support Officer, a teacher and then a Head Teacher. She is super excited to step into her new role at our school.

Tom Curry joins us as a permanent appointed TAS teacher working in the Transition Centre. We are so lucky to have Tom and his wealth of experience as a qualified Carpenter/Builder and now a teacher! Lots of great plans for Term 2 to give students the best opportunities in the ever changing landscape of education.



Here it is, Term 2 already! I hope we can all look forward to seeing more sunshine this term. Our Athletics Carnival will be held on Wednesday 11 May at Myimbarr Fields, Shellharbour.

The Cross Country has been rescheduled to May 20 and will be at the usual place, Black Beach Kiama.

C Toohey
Principal





32 Robert Street, Kanahooka 2530
Dharawal Country

Phone: 4261 4011

Staff Profiles

Staff members were asked the following questions about themselves:

1. ***What do you like most about your job?***
2. ***What are you passionate about?***
3. ***Where did you grow up?***
4. ***What is your favorite food?***
5. ***What is your favorite season of the year?***
6. ***What is your best Holiday?***

| | |
|---|---|
| <p>Chris Toohey – Principal</p> <ol style="list-style-type: none"> 1. Working with such dedicated loyal staff. I enjoy catching up with all the students and seeing their smiling faces. Talking to parents/carers and the community is great as well. 2. Public education for all students regardless of their backgrounds, finances, religion/ beliefs or nationality. I believe in a peaceful school that always looks out for each other. 3. Cabramatta in South West Sydney. I have such awesome memories of such a diverse 'salt of the earth' community and still have friends and family there. 4. Vegies, chocolate, BBQ's, Thai, Chinese, Indian, Italian, Greek ... everything but not oysters or prawns. 5. Spring/Autumn ... not too hot or cold. Life is waking up or getting ready to sleep. I do enjoy a hot day at the beach and also rugging up on rainy and cold winter days. 6. Western Australia. Spending time with family and exploring the coast, deserts and towns. Everyone should go! |  |
| <p>Tracey Palmer – Administration Officer Science</p> <ol style="list-style-type: none"> 1. I really like the people I work closely with in the Science Faculty. I find my work interesting and challenging which guarantees my job is never boring. 4. What isn't my favourite food? I love seafood, BBQ's, Asian, Italian, Greek and Turkish... the list is endless. 6. I used to really enjoy camping holidays when my children were young. |  |
| <p>Tina Moore – Administration Officer</p> <ol style="list-style-type: none"> 1. The variety it offers. 2. My family and my culture. 3. Gamilaroi Country. Collarenebri, NSW 4. Anything with Worcestershire sauce. 5. Autumn 6. Travelling around Tasmania for a month. |  |
| <p>Adrienne (Ajaye) McKenzie – Administration Officer</p> <ol style="list-style-type: none"> 1. I work with a great bunch of easy going people. 2. Being healthy, active and organised. 3. Port Kembla 4. Steamed green vegetables, cheese, chocolate and cherry tomatoes and hot apple pie with ice cream. 5. Autumn 6. Hawaii - riding a bike down a big mountain and zip lining - it was the best! |  |

Staff Profiles

Mary Lotus – Administration Officer

1. The fact that no day is ever the same. My work colleagues are wonderful people.
2. Reading and my family.
3. Woonona
4. Pasta and cheese and mostly savoury food.
5. Spring or Autumn.
6. Cruising the Mediterranean.



Melinda Arrighi – Administration Manager

1. Love the fabulous staff I work with and each day is different.
2. Food
3. Figtree
4. Cake
5. Summer
6. Every holiday is amazing, I don't think I can choose a best!



Suzanne Richards—Business Manager

1. Seeing changes in the school and when students are excited about it and appreciate what we do. I love how everyday is different. We have a great staff and community.
2. My family and friends and being healthy.
3. Figtree
4. Seafood and Italian.
5. Summer when its hot and your outside and can go to the beach.
6. When my hubby, children and mum spent Christmas in Barrow-in-Furness in the UK and then Paris.



Lynne Mayo – Administration Officer

1. The friendly welcoming staff and interacting with students.
2. Doing my best.
3. Gynea then Corrimal.
4. Oysters
5. Winter - Skiing.
6. Vietnam



Gabi Chappell - Administration Officer

1. The beautiful staff I work with and no day is the same.
2. Healthy lifestyle, having fun, travel
3. Port Kembla
4. I love all food.
5. Summer
6. Travelling through Europe for 4 months and Mexico.



Silvana Petrovski—Administration Officer

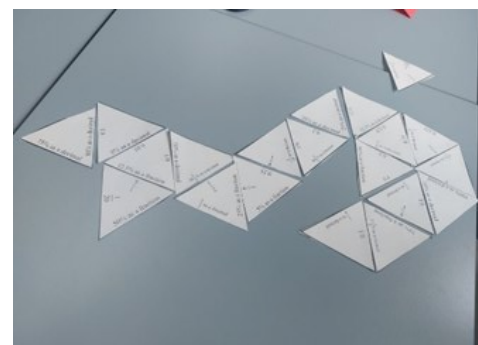
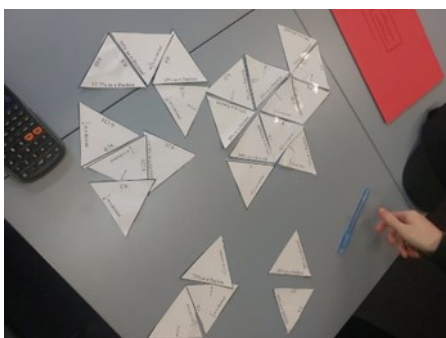
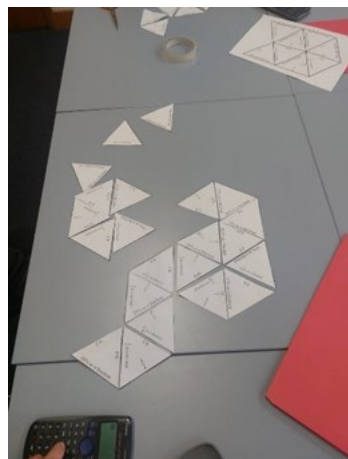
1. I love all the staff and students I work with.
2. Travel and family.
3. Warrawong
4. Pasta, cheese boards.
5. Summer
6. Peru and cruising in Europe.



MATHEMATICS

During Term 1, the Mathematics Faculty's core objective has been to support students in being confident to apply numerical reasoning and Mathematical thinking. Students are encouraged to communicate solutions and make logical conclusions to problems. By using Kinaesthetic learning to improve their critical thinking and analytical skills through trial-and-error experimentation, students have been engaged and challenged.

Year 7 through to Year 12 have now completed all their investigative and prepared assessment tasks and should be congratulated on their efforts.



Another Handshake Problem



There are 7 people in a room: Andrew, Beatrice, Camilla, Darcy, Edward, Fiona, and Gary. Here's what we know:

- (1) Everyone shakes hands with exactly 2 people.
- (2) Gary shakes with Andrew but not Beatrice.
- (3) Darcy shakes hands with Fiona and Edward.
- (3) Fiona shakes with Andrew.

Question: Who does Camilla shake hands with?

9 Activities for Kinesthetic Learning

- 1 Use letter tiles**
Activities that use letter tiles are some of the most effective activities for teaching reading and spelling.
- 2 Get outside**
Trace letters, words, or phonograms in the sand or dirt. Is it winter? Go outside and stomp giant letters in the snow.
- 3 Ooey-gooey fun**
Fill a zip-top baggie with shaving cream, whipped cream, soap, glue, or pudding. Seal and write letters on the bag!
- 4 Bounce around**
Spell words while jumping on a trampoline, bouncing a ball, or playing catch. Yell out one letter for every jump, bounce, or toss!
- 5 Get crafty**
Use playdough, pipe cleaners, or Wikki Stix to form letters and words.
- 6 Play hopscotch**
Write letters or words in each square of a hopscotch grid. When your child picks up his marker, have him read the letter or word in the square.
- 7 Use a beach ball**
Write letters or words on a beach ball. Have your child throw the ball in the air, catch it, and say the letters or words closest to his thumb.
- 8 Have a "snowball" fight**
Use ping pong balls, Nerf balls, or crumpled paper as snowballs. Write letters or words on index cards and tape them to the wall. As you call out letters or words, your child must find them and throw snowballs at them.
- 9 Play hide and seek**
Write words and sentences on pieces of paper and hide them around the room. When your child finds a piece of paper, he must read it before searching for the next one.

Want more? Find **10** more activities on our blog!

<https://blog.allaboutlearningpress.com/19-activities-for-kinesthetic-learning>

©blog.AllAboutLearningPress.com

SCIENCE

It is a great opportunity for students to reflect on what they have accomplished so far in their learning this year. For Year 10 students in particular, this time of year is also critical to begin forward planning for what the rest of their schooling years will look like. As all Year 10 students are aware, over the coming terms they will make subject selections for Years 11 and 12. These decisions are important and are almost always difficult ones to make.

In Science, we believe the courses we offer for Years 11 and 12 are incredibly important – and that is not just because we are passionate about our Science. With our global society changing rapidly, new technologies emerging almost daily, and new problems and challenges arising almost hourly, our students will need the knowledge, understanding and, most importantly, the skills required to make sure our planet is “liveable” in the future. The courses we offer provide students the opportunity to achieve this.

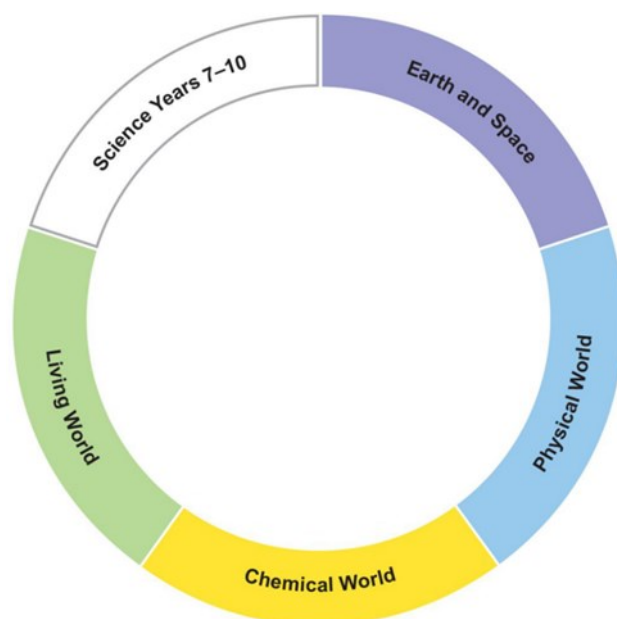
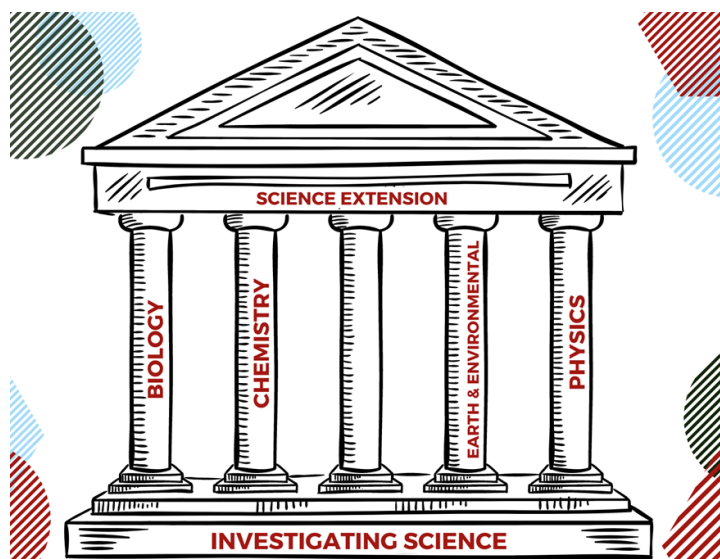
Overview of Stage 6 Science courses:

The Stage 6 Science curriculum consists of five courses. All of these courses require students to develop their Working Scientifically skills. These are the skills that underpin not only learning in Science, but also their school-based assessment, as well as their HSC examination. Suitable students may also receive the opportunity to study a Science Extension course from Year 12.



| Course | Key Points |
|--|--|
| Investigating Science | A course about how to ‘do’ science. This course underpins learning in all other Science courses and has been designed to directly compliment and support the learning within other courses. Students have the opportunity to strongly develop deep research, analysis and communication skills. |
| Biology | A course about the living world. Students explore the diversity of life from a molecular to a biological systems level. Students examine the interactions between living things and their environments, as well as exploring the applications of biology and their significance in finding solutions to health and sustainability issues. |
| Chemistry | A course about the chemical world. Students explore the structure, composition and reactions of and between all elements, compounds and mixtures that exist in the Universe. Students examine the discovery and synthesis of new compounds, and develop an understanding of industrial processes and their application to ensure human progress and development of future industries. |
| Earth & Environmental Science | A course about the Earth, its history and its future. Students explore the Earth’s renewable and non-renewable resources and also environmental issues. Students develop an understanding of our resources and the ability to live sustainably on the planet. |
| Physics | A course about the physical world. Students study matter and its motion through space and time, along with how they are related to energy and force. Students study phenomena on scales of space and time – from nuclear particles and their interactions up to the size and age of the Universe. Students better understand the physical world and how it works as well as develop an appreciation for the uniqueness of the Universe. |
| Marine Studies | A course about the marine and freshwater environments and how humans use and relate to these environments. Students have opportunity to explore a variety of marine-based leisure experiences, as well as biological, ethical and sustainability perspectives. Student learning is directed heavily by student interest, providing both practical and theoretical learning opportunities. This course is a non-ATAR course and has a vocational focus. |

SCIENCE



Recommendations from the Science Faculty:

Through our experience, we have a few recommendations which we believe students should consider before studying a Science course.

Investigating Science is designed to compliment all other Science courses. If you study any Science course, you are strongly recommended to study Investigating Science.

Earth and Environmental Science and Investigating Science are courses which we believe are highly suited to our students. We strongly encouraged all students to consider studying these courses. Biology and PDHPE have a significant amount of similar content. Students can benefit from learning similar concepts across two courses.

Physics requires strong mathematical skills and students are recommended to study Mathematics 2 Unit. Marine Studies requires students to demonstrate interest and willingness to learn and participate in a variety of hands-on, practical aspects, as well as theory-based learning. Students who have a love for all things ocean, surfing, environment, animals, aquariums, and/or fishing should consider studying this course.

Certain subjects compliment each other, and we often see common study patterns over time. Here are some recommendations on what other courses can support learning in Science.

If you have any questions, please do not hesitate to contact myself or any Science teacher.

M Gunner
Head Teacher Science

| Course | Pairs well with |
|--|--|
| Investigating Science | All Science courses Community and Family Studies Geography Mathematics 2 Unit or Standard English Advanced |
| Biology | Investigating Science Chemistry Earth & Environmental Science PDHPE English Advanced |
| Chemistry | Investigating Science Biology Physics Mathematics 2 Unit |
| Earth & Environmental Science | All Science courses Geography Community and Family Studies |
| Physics | Investigating Science Mathematics 2 Unit Chemistry |

TRANSITION CENTRE

The Transition Centre staff were asked for follow questions:

1. What is the greatest thing about working in the Transition Centre?
2. Where did you grow up?
3. Fun Fact.

Michelle Arkell - Student Learning Support Officer

1. Helping student transition into TAFE/work/life and being active as part of our school community.
2. Cobblers Hill
3. I spend my days off working as Pitt Crew on a race car and fishing.



Luke Thurston - Student Learning Support Officer

1. Seeing students reach their potential and goals they didn't know they had!
2. Bulli
3. Still the 'around the world' champion!



Rachael Daws - Student Learning Support Officer

1. Meeting all the wonderful students and Dodgeball!
2. Adelaide
3. I am a triplet



Brandon Ahling - Student Learning Support Officer

1. The positive atmosphere shared by everyone in the Transition Centre.
2. Shellharbour
3. I am the strongest person in the Transition Centre.



Michelle Davies - Transition Centre Front Office

1. I love the dynamics of both students and staff and the relationships that have developed over time. Every day is different.
2. I moved from Lake Illawarra South to Dapto when I was 8 years old and have been here ever since.
3. I love camping in my caravan off the grid among the gum trees.



Mary Stewart - Student Learning Support Officer

1. Everyday is exciting and fun with the students and staff
2. North Berwick, Scotland
3. Having a crazy German Shepherd who gets so excited when we get home, and needs a cuddle before eating his dinner.



TRANSITION CENTRE

Michelle Hogan - Student Learning Support Officer

1. I enjoy working in the Transition Centre helping and watching the students achieve their goals and being part of a working team.
2. I grew up in a suburb called Lurnea.
3. I love gardening and playing with my dog George, cooking slices for my grandchildren.



Kate Limon - Student Learning Support Officer

1. I love helping the students and the staff are all such amazing people to work with.
2. Born in Wollongong, went to Wollongong High School, still in Wollongong.
3. I have 3 kids who all love sport and going to the beach which is great because so do I.



Avalon Rose - Student Learning Support Officer

1. Building positive relationships with each student every morning during the healthy lifestyles program
2. Copacabana on the Central Coast of NSW
3. I have a sausage dog call Luna



Annette Colman - Student Learning Support Officer

1. Being able to help students to learn and achieve in a happy environment.
2. Figtree.
3. I like listening to music and enjoy the company of my pets.



Louise Burns - Transition Centre Front Office

1. Being able to see students achieve their goals.
2. Dapto
3. I have 10 pets



Thomas Curry - Teacher

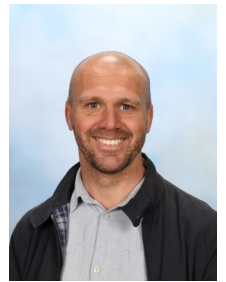
1. The transition Centre is such a fun environment to work in and I love having the opportunity to teach students practical skills.
2. Noosa, QLD
3. Tug of war champion of Kanahooka High School



TRANSITION CENTRE

Drew Shaw - Teacher

1. One of the most satisfying is the comradery and sharing passion for improving the learning outcomes of the students. The greatest thing would be the relationships with the students and the friendly banter we share.
2. I'm a local boy, I grew up in the area and attended Kanahooka High School.
3. When I first started teaching a Kanahooka High School I had a big curly afro.

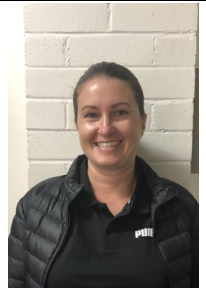


Illya Szwec - Teacher

1. Everyone is working together to make something positive for now and for the future whether it be 'hands on' activities in the café, cooking or in the garden, or working to improve reading and writing skills.
2. I grew up in Russell Vale and then Woonona.
3. My favourite beach is Killalea followed closely by Port Kembla.

Melinda Long - Teacher

1. Helping students achieve their coffee making goals in the TC Café.
2. Dapto
3. My favourite animal is a Magpie.



Damien Case - Teacher

1. Celebrating the success of our hard-working students with colleagues that are supportive, kind, and have a great sense of humour. Everyday in the Transition Centre is eventful, rewarding and fun.
2. I grew up on the fringes of Sydney in a suburb called Macquaire Fields.
3. Puedo hablar un pocito Espanol. (I speak a little Spanish!)



Sandra Thatcher - Teacher

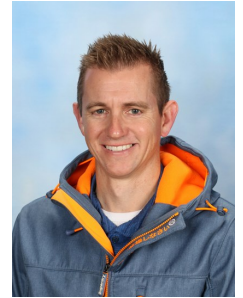
1. I enjoy sharing the journey of all our students and making connections with the community.
2. Dubbo
3. I enjoy local wildlife, feeding wild birds and speaking to crows.



TRANSITION CENTRE

Clayton Rugg - Teacher

1. It is fun working in such a diverse team to provide so many learning opportunities for our students and give them every chance to achieve success.
2. Albion Park
3. I was lucky enough to have competed in an age group Olympic Triathlon in Sydney that involved swimming across Farm Cove, Cycling across the Harbour Bridge and finishing the run at the Opera House in front of thousands of people.



Effie Logan - Teacher

1. The best part of the Transition Centre is the connections made between staff and students.
2. Canberra
3. I can plank longer than Mr Lozanoski.



Ben Rostron - Teacher

1. Being part of the learning journey that our amazing students are on. They have so much to offer which makes working in this learning community rewarding and so much fun.!
2. Narooma then Bowral.
3. I am a twin (Non identical)



Daniel Lozanoski - Teacher

1. Meeting all the wonderful students and Dodgeball!
2. Wollongong
3. I am a Very passionate Liverpool FC supporter.



James Last - Teacher

1. Having our amazing students make awesome hot chocolate and coffee in our TC Café each morning.
2. Kiama
3. I love to play video games and my favourite movie is Disney's Alice in Wonderland.



Jocelyn Burns - Deputy Principal

1. I love working in the Transition Centre because all of the staff put in 150% to improve opportunities for students in our school. I've honestly never worked with a greater group of people.
2. I was born in Newtown, Sydney. My family moved to Dapto when I was 12 and I started here at Kanahooka High School.
3. I love Fishing - but mostly when I actually catch a fish!



Wellbeing, Learning and Support Newsletter

I would like to take this opportunity to showcase a range of wellbeing resources available. Resources available are as follows:

Are you in danger?

If you or someone you are with is in immediate danger, please

Phone: 000 Or go to your nearest hospital emergency department.

If you are looking for online support and counselling for your wellbeing and mental health. You may find the following resources helpful:

Kids Help Line

Phone: 1800 55 1800

Age Group: 5 to 25 years

About: A private and confidential 24/7 phone and online counselling service for young people their family and friends.

Link: <https://kidshelpline.com.au/get-help/webchat-counselling>

Chat Online: 24/7

Youth



Beyond Blue

Phone: 1300 22 4636

Age Group: All ages

About: 24/7 information and support to help everyone in Australia achieve their best possible mental health, wherever they live.

Link: <https://www.beyondblue.org.au/who-does-it-affect/young-people>

Chat Online: 3PM – Midnight



1800RESPECT

Phone: 1800 737 732

Age Group: All ages

Interpreter: 13 14 50

About: A confidential information, counselling and support service for people impacted by sexual assault, domestic or family violence and abuse.

Link: <https://chat.1800respect.org.au/#/welcome>

Chat Online: 24/7

1800RESPECT

Headspace

Age Group: 12 to 25 years

About: A 24/7 online and telephone support and counselling service for young people, their families and friends.

Link: <https://headspace.org.au/online-and-phone-support/>

Chat Online: Group chat 24/7, 1-on-1 chat 9AM - 1AM 7 days.



WELLBEING

Suicide Call Back Service

Phone: 1300 659 467

Age Group: All ages

About: A 24/7 nationwide online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide.

Link: <https://www.suicidecallbackservice.org.au/phone-and-online-counselling/>

Chat Online & Video: 24/7



Mental Health Line

Phone: 1800 011 511

Age Group: All ages

About: A mental health professional will answer your call about mental health concerns for you or someone you are concerned about including children, teens, adults and older people.

Link: <https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx>

Phone: 24/7

Mental Health Line
1800 011 511 

13 Yarn

Phone: 13 92 76

About: Thirteen Yarn is a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week.

Link: <https://www.13yarn.org.au/>

Phone: 24/7



Looking for more information?

Black Dog Institute

About: Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.

Link: <https://www.blackdoginstitute.org.au/>



Reach Out

About: Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.

Link: <https://au.reachout.com/>



WELLBEING

Looking for an app?

Calm Harm

About: Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.

Cost: Free

Available: App Store & Google Play



Clear Fear

About: The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

Cost: Free

Available: App Store & Google Play



ReachOut Worry Time

About: ReachOut Worry Time interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7

Cost: Free

Available: App Store



ReachOut Breathe

About: ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone

Cost: Free

Available: App Store



Smiling Mind

About: Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.

Cost: Free

Available: App Store & Google Play



Please do not hesitate to reach out if you have any questions, as we are always happy to work with you and provide support.

J Thompson

Head Teacher Wellbeing, Learning and Support



DANCE

Southern Stars – Our first rehearsal

On Friday 29 April, some of our dance students attended their first rehearsal for Southern Stars at the Illawarra Sports Stadium in Berkeley. Their item this year is named '*What A Man Gotta Do*' and is in an upbeat style of rock n roll jazz.

It was wonderful to see so many smiling faces having lots of fun and meeting other students from other NSW Public Schools across the regions from Kirrawee all the way down to Vincentia.

Tickets for the Southern Stars Arena Spectacular go on sale on Monday 20 June and can be purchased at www.ticketmaster.com.au More updates to come!



NOTICEBOARD

EFTPOS is available at the school office or you can POP online via the school website.



SCHOOL UNIFORMS

KHS is no longer selling school uniforms at the office.

You can purchase school uniforms at Lowes Dapto.



Got a favourite song?

Like to hear it all week?

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

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



Early Departures

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



Student's Full Name
Date and time
Reason
Signature

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

NOTICEBOARD



MARTIAL ARTS CLASSES

FOR ALL AGES
Learn a unique powerful and practical Martial Art that promotes health & fitness, confidence, discipline and respect.

Monday & Thursday evenings at
Figtree Community Centre
(East)

**FIRST CLASS
FREE &
20% OFF
FIRST MONTH**

**CALL
VINCE ON
0421 806
319**

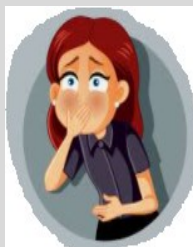


WWW.ATTACKFITNESSANDMARTIALARTS.COM

Not feeling well at school?

1. Inform your teacher
2. Your teacher will send you to the office with a note
3. The Office staff will then call home

This is the correct procedure.



Term Dates

| | |
|------------|----------------------|
| 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 19/12/22 |