

KANAHOOKA

HIGH SCHOOL

Proud member of Dapto Learning Community and Curriculum Network Illawarra

Newsletter

ISSUE No. 18

22 November 2019

I wanted to take this front page opportunity to acknowledge the amazing students and community that we call our Kanahooka family. Students at this school seek opportunities to better themselves and show the wider community their grit and determination. Over the year we have had students step up to represent our school in sport, through Clontarf, excursions, camps, the arts and in the wider community. These students are a shining example of what it is to be from Kanahooka High School. They have pride in their eyes, spirited determination and good will in their hearts.

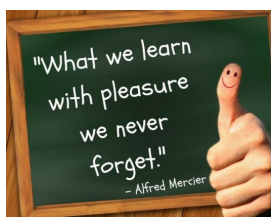
The staff that create these opportunities work tirelessly to seek exciting and innovative ways to engage our learners and support them to become citizens of the world. It is through our teachers that we develop young minds into brilliant adults.

It is our families who stop to tell others about how great our school is and wouldn't have it any other way. It's the P&C who sit behind the scenes and advocate for improvement for our students. It's the nans and pops, the mums and dads, the Aunty Betty's and the Uncle Daron's and that annoying cousin Sam who attend our school events and cheer on success. It is them too that makes Kanahooka great.

I just wanted to take this opportunity to acknowledge you all and celebrate what makes Kanahooka High School a place I am proud to say I work. It's because of all of you that we can!!



Enjoying the Journey



J Burns
Deputy Principal



Robert Street, Dapto 2530
Telephone: 4261 4011

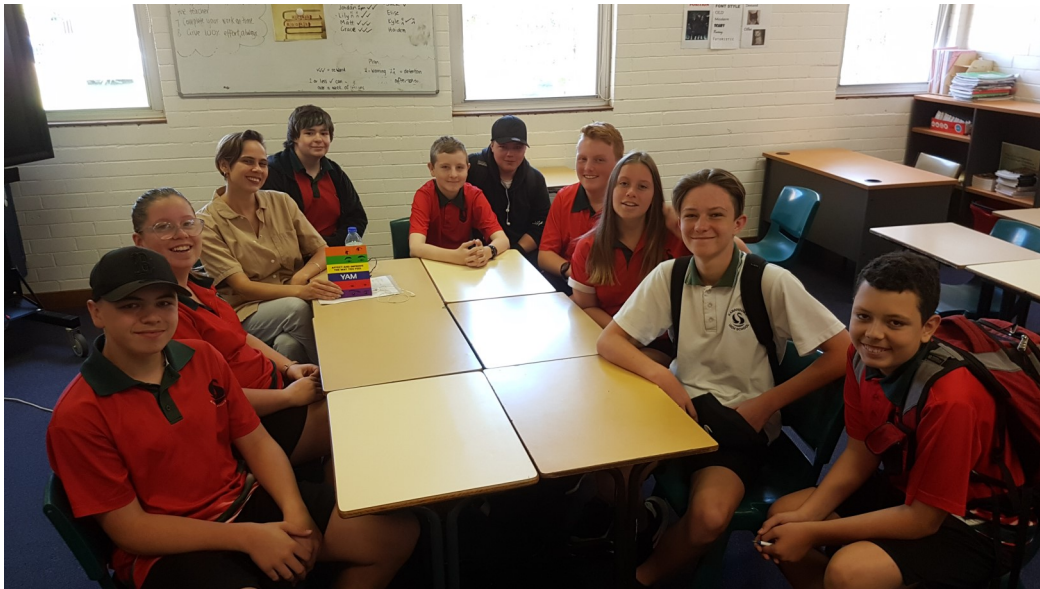
WELLBEING

Kanahooka High School contributes to international mental health research

The last 2 years have seen the introduction of the YAM program (Youth Aware of Mental Health) at Kanahooka High School. This program was developed in Sweden and is presented to Year 9 students to develop skills in understanding their own mental health, increasing awareness of the impacts of mental health changes, and caring for themselves to improve their wellbeing. YAM is part of a NSW community and government campaign called *Lifespan* that you may wish to look at online or through the Blackdog Institute.

We recently had visitors from the USA and Sweden, who held focus groups with our students to better understand the results of the program. The feedback was that our students were confident, capable and knowledgeable about mental health in the community and for themselves. The researchers reported that they felt appreciative and privileged to have spent time hearing the opinions of our students. Our students and Mr Arthur were also interviewed by WIN News due to our contribution to this important initiative.

Congratulations to all involved including Mr Arthur who convened the program this year.



Putting health in mind



G Randall
Head Teacher
Wellbeing



WELLBEING

Year 7

Year 7 has successfully completed their second set of high school exams and our cohort has begun to master the preparation and preparedness cycle that will be required throughout their schooling. Students continue to strive to achieve their best and improve while at school. Well done Year 7!



As occasional conflict and friendship issues were identified as areas of concern for our year group, two assemblies have taken place in response. Year 7 has been encouraged to make sure we are responding to our peers in predictable and sensible ways, and that we are able to identify the traits and actions of a good friend. Each assembly has been followed by classroom activities to work through scenarios.

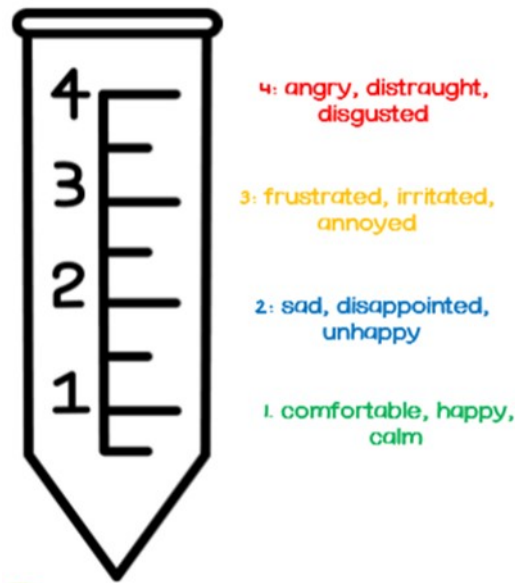


Conflict Resolution

Students involved in conflict and poor behaviour choices were reminded of the silent responses of their peers and how others may feel when their class time is disrupted. This is meant to encourage all to make better choices.

WELLBEING

This thermometer was a gauge of responses with 1 being where we would like to see our cohort.



Thinking about how you react is something we need to know before we are put into a situation. Let's be predictable in a positive way Year 7.

Reactions to Disagreements

Self control and emotional regulation:
Stay calm and don't imitate escalating behaviors of others.

Developing Trust and Cooperation:
Treat the other people in the conversation as equal partners in a discussion.

Active Listening:
Listen to other people's point of view. When people feel heard, they are more willing to work together.

Collaboration:
Have a dialogue, not a negotiation. Work with others to find a common solution if possible.

Predictable
EmotionalDISP 2010: Agree to Disagree

Reactions to Disagreements

Name calling and losing self-control.

Attacking the character or authority of the person you disagree with.

Attacking the tone of the person arguing, not the facts of the argument.

Contradiction: stating the opposite opinion without offering facts or refusing to listen.

Unpredictable
EmotionalDISP 2010: Agree to Disagree

WELLBEING

Year 10

The academic year is quickly coming to a close and Year 10 continue to demonstrate a commitment to themselves and their future by attendance and participation in the many programs the school has to offer.

They have shown me that they can work together as a group and be supportive of each other. I look forward to being of assistance in this final chapter of their schooling and encourage students and parents/carers to continue to express concerns and ask for help if needed.



S Dedini
Year 10 Adviser



WELLBEING

Viva La Gong

On 8 November a group of students with specific needs had an opportunity to experience Viva La Gong without large crowds.

On the excursion, the students visited Wollongong City Youth Centre and were given a tour of the facility. During the tour of the Youth Centre students were shown the art room where they hold their circus equipment. Students were able to toy around with the equipment, and one student even showed off their skills on one wheel.



After the tour of the Youth Centre, students were able to visit Wollongong Art Gallery where they took part in an interactive art display and were given the chance to show their wildest fashion dreams, dressing up in wacky, extravagant costumes and walking the runway.



Lachlan K



WELLBEING

Year 11/12

Well it is finally here, this term marks the beginning of the exciting journey to the HSC for our class of 2020. I would firstly like to take this opportunity to congratulate you all for reaching this academic milestone. I know the amount of hard work and dedication it took to get here.



During the upcoming year there is a range of wellbeing activities planned to help support you to navigate both the often challenging, but ultimately rewarding year in front of you, while also ensuring success in life after KHS.

I want to make it clear that although this year will be filled with important assessments and late night study, it is equally imperative to take time for yourself. Your mental health is essential, and my role is to support you with this task. Please know that I am here to assist when things get tough, so come and see me for a chat at any time.

M Howley
Year 1/12 Adviser



On Monday 11 November, one of our senior students, Lachlan K was awarded the Aboriginal Torres Strait Islander VET Student of the Year Award for 2019. Lachlan also achieved a Certificate of Excellence.

These awards were the result of Lachlan's hard work and commitment to his school-based traineeship, which he has been undertaking for the past two years at Hayes Park Public School in order to achieve his Certificate III in Education Support.

Lachlan was nominated for the award by Kanahooka's Careers Adviser, Anne Phelan, who recognised Lachlan's commitment and drive to achieve his goals.



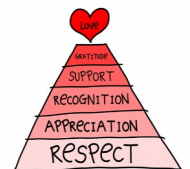
WELLBEING

At the end of Term 3, Year 8 were visited by Lake Illawarra Police School Liaison Officer, Senior Constable Scott Burgess. Students were given a presentation by Senior Constable Burgess on cyber and social media safety. Year 8 engaged in learning about the laws involved with digital online information and some of the mistakes and misconceptions common to their age group. It was great to see students interact keenly, asking questions to find out the information they were unsure of. In doing so, they gained valuable knowledge of how to use online devices in a respectful and safe manner to maintain a clean social media footprint.



Upcoming in Week 7, we have Shoalhaven and Illawarra Social Services coming to Kanahooka to give their Red Flag presentation to our Year 8 students. The presentation will be aimed at developing our student's social skills through educating them about healthy relationships, and fostering positive and respectful interactions with each other.

R Crighton
Year 8 Adviser

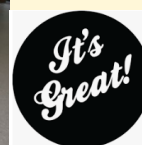


What do you think of our new Dance Room floor?

Well, the Year 7 dance group seem quite impressed. Pictured are the Year 7 group practicing for their Christmas performance. Can't wait to see the final production with costumes and all.



Flooring



SCIENCE

Science News

The HSC examinations for the new Science curriculum are finally over and the comments from our students and teachers are positive. With that being said, there is no time for rest, as our next HSC classes are well into their first module for Year 12 and will shortly be completing their first assessment tasks.

It has been a very busy term so far with all Semester Two examinations now completed with students having received feedback from their teachers. Science teachers are analysing pre and post test data to track the student's learning progress throughout the semester.

Valid 8 examinations have also been completed and we would like to thank Year 8 students for their co-operation during this testing period.

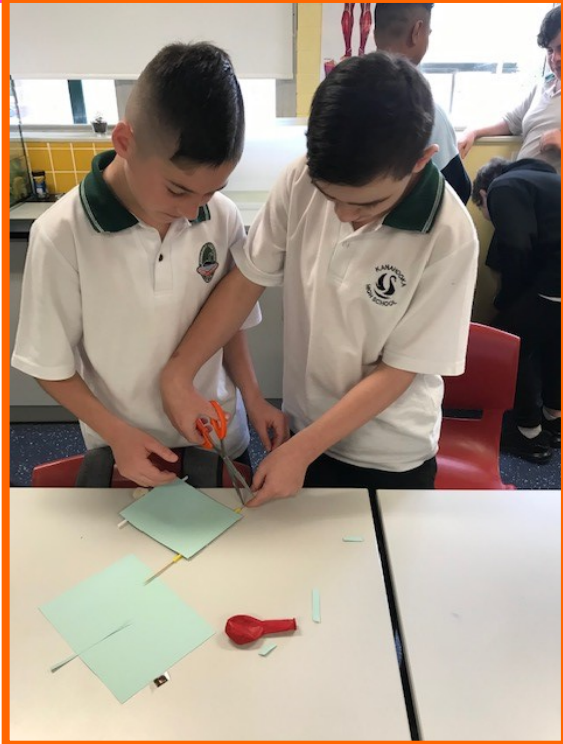
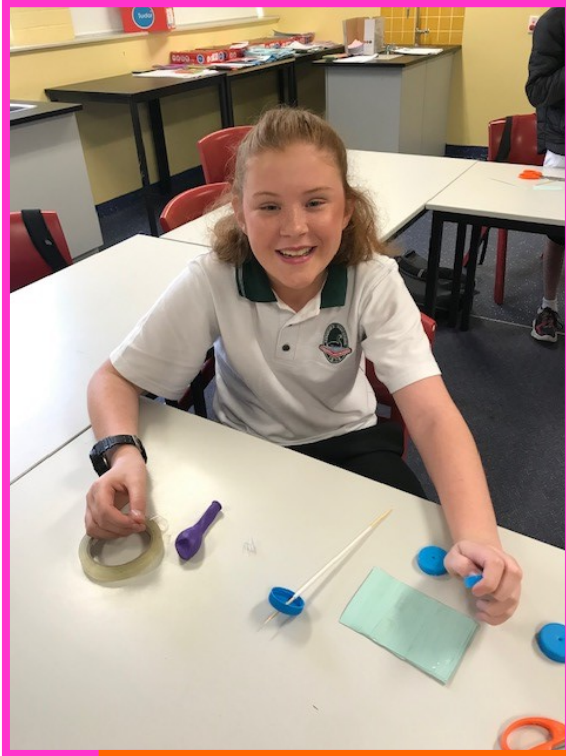


Our Maker Space is coming together and Mr McKay is getting excited to be teaching iSTEM as a Year 9 elective for the first time next year. Mrs Dunn is settling in nicely to the Science faculty and has been renovating Room 602 to give it a fresh new look for her students.



SCIENCE

Year 7 have been experimenting making balloon powered cars.



If you haven't already done so, please like our KHS Science Faculty page to keep up to date with the latest information.

Search **@KHSSCIENCEFACULTY** on Facebook.

C Cohen
Head Teacher Science



KHS Science
@KHSSCIENCEFACULTY



NOTICEBOARD



Kannahooka High School

UNIFORM PRICE LIST

Junior Girls All Seasons Uniform

BLOUSE:	WHITE WITH PIPING AND EMBLEM		\$37.95
POLO TOP:	WHITE WITH COLLAR AND EMBLEM	From	\$34.95
DRESS:	GREEN/WHITE CHECK WITH TIE		\$67.95
SKIRT:	GREEN/WHITE CHECK		\$57.95
SLOPPY JOE:	BLACK WITH EMBLEM		\$44.95
SHORTS:	BLACK TAILORED WITH INITIALS		\$44.95
PANTS:	BLACK TAILORED WITH INITIALS		\$54.95
SOCKS:	WHITE ANKLE		\$5.95

Senior Girls All Seasons Uniform

BLOUSE:	WHITE WITH PIPING AND EMBLEM		\$37.95
POLO TOP:	WHITE WITH COLLAR AND EMBLEM	From	\$34.95
DRESS:	GREEN/WHITE CHECK WITH TIE		\$67.95
SKIRT:	GREEN/WHITE CHECK		\$57.95
SLOPPY JOE:	RED WITH EMBLEM		\$44.95
SHORTS:	BLACK TAILORED WITH INITIALS		\$44.95
PANTS:	BLACK TAILORED WITH INITIALS		\$54.95
SOCKS:	WHITE ANKLE		\$5.95

Junior Boys All Seasons Uniform

POLO TOP:	WHITE WITH COLLAR AND EMBLEM	From	\$34.95
SHORTS:	BLACK ELASTIC WITH EMBLEM	From	\$27.95
PANTS:	BLACK ELASTIC WITH INITIALS	From	\$29.95
SLOPPY JOE:	BLACK WITH EMBLEM		\$44.95
SOCKS:	BLACK ANKLE		\$5.95

Senior Boys All Seasons Uniform

POLO TOP:	WHITE WITH COLLAR AND EMBLEM	From	\$34.95
SHORTS:	BLACK ELASTIC WITH EMBLEM	From	\$27.95
PANTS:	BLACK ELASTIC WITH INITIALS	From	\$29.95
SLOPPY JOE:	RED WITH EMBLEM		\$44.95
SOCKS:	BLACK ANKLE		\$5.95

Sports Uniform

POLO:	SUBLIMATED WITH EMBLEM	From	\$34.95
SHORTS:	BLACK MICROFIBRE WITH EMBLEM	From	\$39.95
JACKET:	BLACK MICROFIBRE WITH EMBLEM		\$74.95
TRACKPANTS:	BLACK MICROFIBRE WITH INITIALS		\$44.95
SOCKS:	WHITE ANKLE (SPORTS STYLE)		\$4.95

**** ALL PRICES ARE SUBJECT TO ALTERATION ****

PLEASE NOTE:

JEANS OR TIGHTS ARE NOT PERMITTED.

HOODED TOPS AND BEANIES ARE NOT ACCEPTABLE UNIFORM ITEMS.

BLACK LEATHER OR LEATHER-LIKE COVERED SHOES (NOT CANVAS) ARE A REQUIREMENT.

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NOTICEBOARD

Do you have your L's? Want to get more hours for your log book?

The Learner Log Book Run is an opportunity for you and your supervisor to experience a variety of driving conditions to increase safe driver behaviour.

All learner drivers must have 40 or more log book hours.

Bookings are essential.

Please contact Council on 4227 7111 or rso@wollongong.nsw.gov.au to book into the upcoming Log Book Run.

Spots are still available for Wollongong Council's upcoming Learner Log Book Run this Sunday on 24 November.



LEARN SAFE

Free 2HR workshop for parents and supervisors of learner drivers. Accompanied learner drivers welcome.

Workshops are held by Wollongong City, Shellharbour City and Kiama councils.

To help you with practical advice about:

- Supervising learner drivers
- Completing the learner driver log book
- Providing on road driver practise
- L & P Plate licence laws

Workshops are held from 6pm – 8pm

Bookings are essential

Please contact Council for a suitable workshop

Wollongong

4227 7111

rso@wollongong.nsw.gov.au

Shellharbour

4221 6124

jenny.davies@shellharbour.nsw.gov.au

Book online: www.shellharbour.nsw.gov.au/youngdrivers

Kiama

4232 0444

council@kiama.nsw.gov.au

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

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

An opportunity for you and your supervisor to experience a variety of driving conditions to increase safe driver behaviour.

All learner drivers must have 40 or more log book hours

Bookings are essential. Please contact Council for a suitable workshop See overleaf for contact details.



LEARNER LOGBOOK RUN

DO YOU HAVE YOUR L's?

Want to get more hours for your log book?

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



NOTICEBOARD



WHY NOT GIVE IT A GO AND JOIN THE FUN!



BMX AUSTRALIA

WOMEN & GIRLS PROGRAM

SOUTHLAKE/ILLAWARRA BMX CLUB INVITES YOU TO ATTEND OUR WOMEN AND GIRLS PROGRAM WITH MOVE IT WITH BMX!

DATES/TIMES:
SUNDAY 10TH NOVEMBER 2019 - 2:00PM-3:00PM
SUNDAY 17TH NOVEMBER 2019 - 2:00PM-3:00PM
SUNDAY 24TH NOVEMBER 2019 - 2:00PM-3:00PM

LOCATION:
CROOME RD, ALBION PARK RAIL NSW 2527

EVENT CONTACT:
MICHAEL BAILEY
SOUTHLAKEBMX@GMAIL.COM



WHY NOT GIVE IT A GO AND JOIN THE FUN!



BMX AUSTRALIA

ADULTS / PARENTS PROGRAM

SOUTHLAKE/ILLAWARRA BMX CLUB INVITES YOU TO ATTEND OUR ADULTS/PARENTS PROGRAM WITH MOVE IT WITH BMX!

DATES/TIMES:
SUNDAY 10TH NOVEMBER 2019 - 2:00PM-3:00PM
SUNDAY 17TH NOVEMBER 2019 - 2:00PM-3:00PM
SUNDAY 24TH NOVEMBER 2019 - 2:00PM-3:00PM

LOCATION:
CROOME RD, ALBION PARK RAIL NSW 2527

EVENT CONTACT:
MICHAEL BAILEY - SOUTHLAKEBMX@GMAIL.COM

“Education is the key to unlocking the world, a passport to freedom.”

Oprah Winfrey

Did you know the newsletter can be emailed directly to you?

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



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.

NOTICEBOARD



Did you know plaque contains hundreds of species of bacteria?
Dental plaque cause tooth decay and gum disease and is linked to many health conditions such as diabetes and stroke.

NO GAP

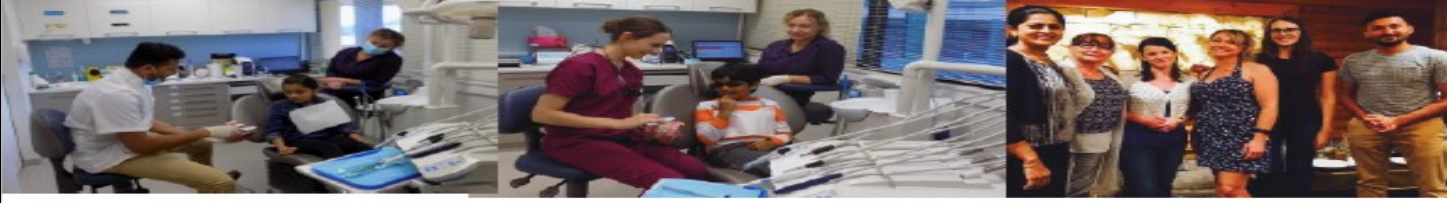
- Comprehensive Examination
- Scale and Clean
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- Fluoride Application

*Terms & Conditions Apply


Not a health fund member? Only \$145 for Adults or \$125 for kids under 17 (Normally \$350)

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Children's Dentistry



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Dr Clare Compton
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& Children's Dentistry




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& Children's Dentistry

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Port Kembla Baptist Church: 81 Illawarra Street, Port Kembla NSW 2527

OPEN HOURS: **Wednesday 9:00am - 11:00am**

Food for Life is a local, independent, not-for-profit, self-funding organisation.

www.FoodForLife.cc

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\$30.00
for a bag of food

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Contact Murray: **0409 020 686**


Food for Life Community Care
www.FoodForLife.cc



*Also at Southern Life Care
1076 Tonggara Rd
Albion Park
Tuesdays 9-11am*




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

Breakfast Club

St Vincent de Paul

Breakfast club is open every Tuesday

All students welcome!
Open: 7:30-8:30am

NOTICEBOARD

Your family can get FREE dental care

Did you know...?

- ALL CHILDREN under 18 years old can have FREE general dental care in our outpatient clinics
- Waiting times are reducing so it's a good time to register your family!

PHONE NOW!

(All child patients must have a valid Medicare card)



CLINIC LOCATIONS

Wollongong • Port Kembla • Warilla • Kiama
Nowra • Ulladulla

Ph: 1300 369 651



Health
Illawarra Shoalhaven
Local Health District



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Child Dental Benefits Schedule

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Dr. Fiona Rana**

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WOLLONGONG CITY COUNCIL

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Web www.wollongong.nsw.gov.au • ABN 43 139 525 939 - GST Registered

The Resident

Our Ref: Z19/252119
File: PJ-3396
Date: 18 November 2019

Dear Sir/Madam

T19/18 – DEMOLITION AND CONSTRUCTION OF WEBB PARK AMENITIES BUILDING KANAHOOKA

Demolition and Construction of Webb Park Amenities Building, are scheduled to commence on 25 November 2019. These works will greatly improve the overall use of the building and provide disability compliant access as part of Council's commitment to improve and maintain the City's assets.

Works are expected to be completed during April 2020 subject to favourable weather conditions.

Works are anticipated to take place on weekdays from 7.00 am to 6.00 pm and on Saturday from 8.00 am to 1.00 pm.

We apologise for any inconvenience during this time.

If you have any enquiries concerning these works, please contact Council's Representative on the number below.

This letter is authorised by

Daniel Ferraro
Council Representative
Wollongong City Council
Direct Line (02) 4227 7512

Want to
know about
fostering

ASK A
FOSTER
CARER

Watch our
video series at
caresouth.org.au

and check out our socials too!

EVERYDAY CareSouth



UPCOMING EVENTS

- Tuesday 3 December
Year 7 2020 Orientation Day
- Wednesday 18 December
Last day of Term 4 for Students & Staff



UNIFORM PRICES

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



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

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

The Smith Family

Learning for Life Scholarship

DO YOU NEED SUPPORT WITH THE COST OF YOUR CHILD'S EDUCATION?



The Learning for Life Scholarship can provide parents with two payments a year for each child (max 4 children) which can be spent on expenses related to education such as uniforms, school shoes, stationary, BYOD, excursions.

(Payments are to be used for school expenses only!)

You may be eligible for the scholarship if your family:

- ✓ Holds a Pension Concession or Health Care Card and
- ✓ Attends one of our partner schools*
- ✓ Student is enrolled in Kindy to Year 8
- ✓ Demonstrates a commitment to education (children attend school regularly)

Payments are made in January and July.

KINDY TO YEAR 10 students receive \$450 a year.

Year 11 and YEAR 12 students receive \$727 a year.

(Receipts must be provided)



For more information please contact Shannon Couley
Text or call 0466745454 or email
Shannon.couley@thesmithfamily.com.au

* Dapto High, Kanahooka High, Illawarra Sports High school.

* Mount Brown Primary School, Koonawarra Primary School, Lakelands Primary School, Hayes Park Primary School, Berkeley Primary School, Farmborough Road Primary School, Berkeley West Primary School.

Kanahooka High School After School Tutorial Centre

All welcome and it's FREE!

*Held in the School Library with
Teacher supervision.*

Refreshments provided.

**Every Tuesday & Wednesday
from 2.30 to 3.30pm**

Come along and get help with your
homework, assignments and assessments.

KEEP
CALM
AND
STUDY
ON