



Kandos
HIGH SCHOOL

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Newsletter

Term 4 Week 4 2016

PINK UP KANDOS HIGH SCHOOL



What's on?

Monday 7/11/16

Homework Centre 3.30 to 4.30pm

Play Rehearsals 3.30 to 4.30pm

Tuesday 8/11/16

Wednesday 9/11/16

Thursday 10/11/16

Yrs 7-10 Assessment Week

Carved up

Friday 11/11/16

Study Break Cafe 1.00 - 1.30pm

Yrs 7-10 Assessment Week

Monday 14/11/16

Homework Centre 3.30 to 4.30pm

Play Rehearsals 3.30 to 4.30pm

Yrs 7-10 Assessment Week

Tuesday 15/11/16

Yrs 7-10 Assessment Week

Wednesday 16/11/16

Yrs 7-10 Assessment Week

Thursday 17/11/16

Carved up

Friday 18/11/16

PINK UP DAY

Well done to the School Captains and Leaders who turned our school pink in line with Pink Up Mudgee.

A Pink Day was also organised for Friday, 21st October, where most students and staff wore pink for a gold coin donation.

There was a cake stall at recess with proceeds also going to support the McGrath and Breast Cancer Foundation.

Study Break Cafe proceeds for Friday 28th October will also go towards this fundraiser.

Thank you to everyone for their support.



WASTE TO ART COMPETITION

Congratulations to the students who entered the Rylstone/Kandos Family Fun Day. Our students demonstrated skills in innovation and technical accomplishment with a variety of artworks using recycled materials.

Year 7 student, Rowena Jenik, was awarded first place which consisted of a lovely range of art materials so that she can continue developing her creativity. We also had entries from Year 11 students, Jade Botham-Barnes, Amanda Edwards, Castle Vidler and Travis Lewis-Phillips.

Mrs K Brown
Visual Arts Teacher



Amanda Edwards

Year 7 Student Rowena Jenik and her winning art work.



Jade Botham-Barnes



Castle Vidler



Travis Lewis-Phillips



7/8 TOUCH FOOTBALL

We have amazing students at Kandos High School. I had the privilege of taking the 7/8 girls and boys touch teams to Bathurst for the regional competition on 19th October. All students put in 100% effort and improved as the day continued.

The girls team were extremely impressive. They came second in their pool to a very strong Orange side and were beaten in the semi final by St Mary's Catholic College. They were lead strongly by their Captain Eliza Norbat, Jemma Besant and Molly Best. Huge improvement and super effort from Ella Dann and Hayley Large. Great determination and surprising competitiveness shown by Lucy Waddell, Bethany Vidler and Zowee Roberts. With the young guns Miah Currie and Bianca Annetts growing in confidence and ability with every game.

The boys had some very tough games, but were able to learn and grow in ability and confidence with each game. I was very proud of all the students and it was a pleasure to take them.

Thank you to Tanya Besant for helping transport students and coach. Thank you also to Drew Cini and Caragh Mulheron for refereeing on the day.

Kerry Reynolds



YEAR 7 GIRLS

ROCK AND WATER PROGRAM

On Tuesday 18th October the Rock & Water program was at KHS for all year 7 girls.

The course run by Mrs Jordan and Miss Steinbeck has a martial arts background with a focus on building resilience, developing self esteem and individuality, and learning and practicing skills for coping in unpredictable or stressful situations.

Rock & water is symbolic of different personality traits and students workshoped how to apply a combination of both in different experiences throughout life.

Rock= I am strong, I can stand up for myself and make decisions for myself & travel my own path

Water= I am strong, I can make friends and connect to other's while retaining my individuality



YEAR 7 BOYS ACTIVITIES DAY

On Tuesday the 18th of October whilst the Year 7 girls participated in the Rock and Water program all year 7 boys got together for a "Day With the Boys."

The day started with a talk about the importance of personal hygiene and the standards of hygiene expected of them when using our shared amenities block. Time spent looking at some of the worlds worst toilets convinced us all of the benefits of keeping our facilities in top working order!

The boy's then took part in team building exercises and a host of Tug of War games. This was followed by some fun with the boxing gear and some solid fitness work.

After lunch the boys went to the Henbury Golf course to spend time hitting balls.

I would like to thank the boys for the good spirit they showed throughout the whole day and also for the way they looked after each other and made sure that every boy was included in the fun.

I would also like to thank the Henbury Golf course for the generous use of their wonderful facilities. We all had a great day and left feeling glad to have spent time amongst such a great bunch of lads!

Nic Nassis



KHS CHESS UPDATE

During the term 3 holidays a number of KHS students took part in the *NSWJCL Orange Spring U18 Chess Tournament*. This tournament also doubles as the Western Division qualifier for the NSW Country Championship, with the winner and runner-up automatically qualifying.

The KHS students participating this season were Niki Maunder, Emerson Maunder, Jackson Cunningham, Harry Cunningham and Mathew Jenik. Parents kibitzed from the sidelines, analysing and sharing in the atmosphere of what it's like to concentrate in the minefield that is chess.

I am pleased to report that our chess squad performed very well overall and that two players in particular, having worked consistently at their chess took 1st and 2nd place in the U18 section and have qualified for the NSW Country title.

Well done to the winner of the tournament Mathew Jenik, and Jackson Cunningham for reaching the next stage of the competition.

Congratulations to all for also attaining non-provisional ratings status!
Darryl Brown

SCHOOL TRADE AWARDS - MAJOR WORKS ON DISPLAY

If you are heading to Mudgee anytime soon, please drop into Mitre 10 and have a look at the School Trade Awards 2016. Two of our Year 12 students, Brendan King and Reece Oldfield have their work on display, please vote for our talented students to go into a draw for a \$50 Mitre 10 voucher.
Good luck Brendan and Reece!

VOTE & WIN!

PETRIES MITRE 10 SCHOOL TRADE AWARDS 2016

Mudgee High, St Matthews & Kandos High

Year 12 Students will be displaying their work in store
Monday 31 October – Wednesday 9th November 2016

**YOUR CHANCE TO WIN
A \$50 MITRE 10
GIFT VOUCHER**
Vote for your
favourite piece to
go in the draw!

Connor Adlington
Thomas Ashton
Beeree Egan
Luke Hill
Samuel Maher
Christopher Murphy

Nicklaus Pearce
Rhyan Pickering
Aiden Dryburgh
Nathan Salomoni
Reece Oldfield
Brendan King

**AWARDS NIGHT WILL BE HELD AT PETRIES MITRE 10
WEDNESDAY 9 NOVEMBER 2016 FROM 6 – 7PM**

MIGHTY HELPFUL MITRE 10

PETRIES MITRE 10, 144 CHURCH ST, MUDGEE. PH 6372 1111

WHY WE NEED LIBRARIES IN A WORLD FULL OF NOISE

Here is a valuable link to an interesting article. Please take the time to have a read and think about it for your family.

<http://ajjuliani.com/libraries/>

GRIN BIN WINNERS

Ben Abrahams

Taylah Natoli

Zowee Roberts

Ieva Perkons

Jake Morrissey

Katelyn Lewis-Phillips

STUDY SKILLS HANDBOOK and TEST-TAKING TECHNIQUES

What do you do in the few days before an examination?

At least a few days before the exam, make sure you do the following:

- Plan out how much time you should spend on each section of the test.
- By looking at past papers, get a feel for the types of instructions that will be on your paper.
- Do some exercise so you can burn off the pent-up stress that can come before exams.
- Look after your body – lots of water to juice up your brain, healthy food, decent sleep.
- To calm nerves, make mental pictures of yourself sitting down and doing well in the test.
- Purchase any equipment you may need, extra calculator batteries, pens, rulers etc.
- Ensure you know what equipment is allowed in the test or exam.
- Focus on reviewing the key points, perhaps a condensed version of your summaries.
- Practise as many past test papers as you can get your hands on.
- Check the timetable to ensure you have a clear picture of when each exam is being held.

The night before the test or exam:

- Pack your bag with everything you will need for the next day, ensuring you have all necessary equipment.
- Plan what time you need to leave to ensure you have plenty of time for unexpected delays.
- Don't go to bed too late – you need to make sure your brain is fresh and alert.
- Don't ring friends and discuss your preparation or the examination.
- Just before you go to sleep, look through your notes briefly.
- If you have a number of exams, check the timetable to doubly confirm the date, time and location of the exam.

The morning of the test or exam:

- Visualise success. Before you get out of bed close your eyes and picture yourself going into the exam, doing well and coming out pleased with your efforts.
- Review your notes. You are not doing intense study at this stage, just looking through and reminding yourself of the main things you want to remember.
- Eat breakfast. Your brain needs fuel so eat a hearty breakfast so you can focus and concentrate in the exam.
- Be on time. Make sure you leave enough time for contingencies so you won't be late.
- Avoid negativity. Don't stand around in the group discussing what you did and didn't study.

You can learn more about exam techniques at www.studyskillshandbook.com.au



**Rylstone Kandos
Preschool**

Enrolling now for 3, 4 and 5
year old for 2017.

Please contact Tammy in the
office on
6379 4273.

PBL Creative Competition

Staff, Students and Community of Kandos
High School are invited to create a Logo
for our new PBL values at
Kandos High School.

Positive – Relationships

Respectful

Responsible

Use these three values to create a catchy logo to be
displayed around the school, on school documents, on
the website and on social media.

You can enter as many times as you like.

All entries need to use appropriate language and images.

For more details, please see Mrs Reynolds, Mrs O'Brien or Mrs Monaghan.

Entries Close **Friday 18th November 2016**