



Kandos HIGH SCHOOL

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[Official Kandos High School](#)

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Newsletter

Term 4 Week 4 2019

PRINCIPAL'S MESSAGE

STUDENT LEADERSHIP DAY

Our captains attended a student leadership development day on Tuesday at Kelso High School. Students from across central west public schools had the opportunity to see a guest speaker and participate in activities to share and learn from each other. Inspirational speaker, author and leader John Coutis worked with senior students and encouraged them to follow their passion. Mr Coutis, who was born with spina bifida and had both legs amputated when he was 17, spoke of the challenges he endured as a child, and more importantly how he has overcome them. He told the next generation of leaders to *'find something they love and share it with the world.'*

STAFFING

We are working hard to have permanent teaching staff in place for next year to ensure the continuity of curriculum instruction for our students. Ms Heilman is currently recruiting for our Special Education vacancy. I am pleased to announce that Ms Jennifer Seach (English) will be joining the Kandos High School team in 2020. Jennifer has been working at Mudgee High School this year we are looking forward to welcoming her. Ms Momsen is returning to the South Coast next year, her science expertise will be missed and we wish her well. We will be farewelling her later this term. We are still working with staffing to fill Ms Momsen's Science position.

*"Children want the same things we want.
To laugh, to be challenged, to be entertained, and delighted."*
Dr Suess

Until next time....

Dyanna Thommeny
Principal



What's on?

2019

Monday 11/11/19

Remembrance Day

Year 9 & 10 Yearly Exams

Tuesday 12/11/19

Maths Tutoring 3.30 - 4.30pm Rm 3

RFS First Aid Training

Year 9 & 10 Yearly Exams

Wednesday 13/11/19

Year 9 & 10 Yearly Exams

Thursday 14/11/19

Year 9 & 10 Yearly Exams

Friday 15/11/19

YES Program TAFE - CLIP Students

Year 9 & 10 Yearly Exams

Monday 18/11/19

Year 7 & 8 Yearly Exams

Tuesday 19/11/19

Maths Tutoring 3.30 - 4.30pm Rm 3

Year 7 & 8 Yearly Exams

Wednesday 20/11/19

YES Program TAFE - CLIP Students

Year 7 & 8 Yearly Exams

Thursday 21/11/19

Year 7 & 8 Yearly Exams

Friday 8/11/19

Year 7 & 8 Yearly Exams

MITRE 10 INDUSTRIAL TECHNOLOGY AWARDS

Over the past three weeks a selection of Industrial Technology Projects have been on show at Petrie's Mitre 10 Mudgee for their annual public display. This showcase looks at celebrating the enormous work that goes into creating a Major Project and is judged by the community and local professionals.

This year Nickho Roberts was successful in winning the major prize of Judges Choice for his Hall Table and Mirror. It has been some time since a Kandos High School student has won this award. Alec Murphy was successful in gaining runner up in People's Choice for his Metal Safe.

These awards are hotly contested between all the schools in the Mudgee area and the result is a credit to the Industrial Technology students at Kandos High. Congratulations to all the students who displayed their projects and parents who attended the presentation evening.

Kandos High would like to thank Petrie's Mitre 10 for their commitment in encouraging our students who all received a Trade Pack.

Mr Mick Vaughan
Industrial Technology



*Nickho Roberts receiving the
Major Award*



*Nickho Roberts, Alec Murphy, Shellie Campbell and Niki Maunder
who all displayed projects*

GRIN BIN WINNERS

7/11/19

Billy King

Felikss Sander x 2

Jorja Witcher

Khy Docherty

\$2 TEACHER VOUCHER

7/11/19

Mrs K. Cooke

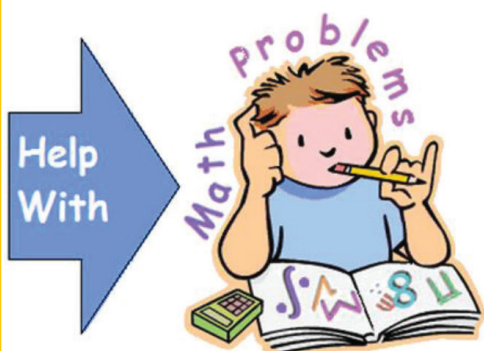
Ms L. Besant

Ms D. Johnston

Mrs S. Thorn

Mrs C. Murray

**Working towards
MUFTI-DAY**



The Maths department will be running after school maths tutorials this year.

If you need assistance with your maths work come to

ROOM 3, TUESDAY 3:30 - 4:30 PM

This is a free service provided by the teachers to assist Kandos High students and parents. All Students and Parents are welcome to attend.

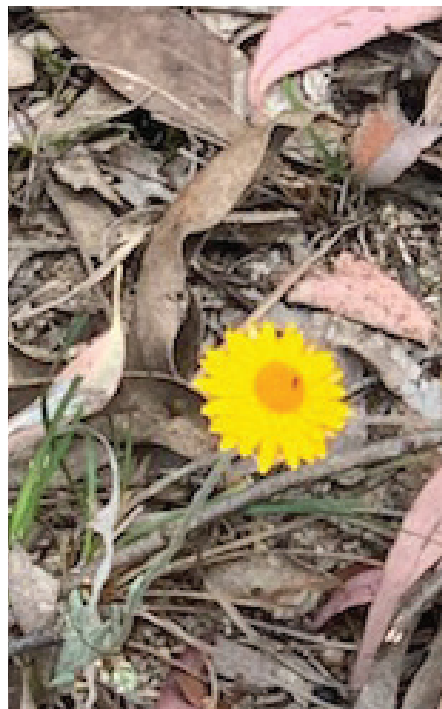
McGRATH FOUNDATION

Last Friday, students and staff at Kandos High School turned pink in support of the McGrath Foundation. The SRC held a cake stall and they were amazing! Together we raised \$283.50 to donate, well done!



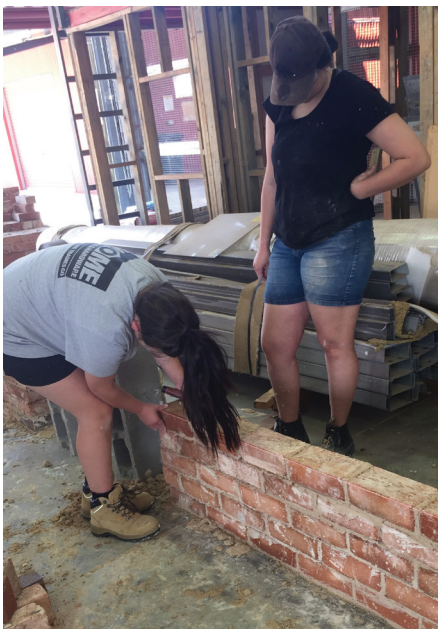
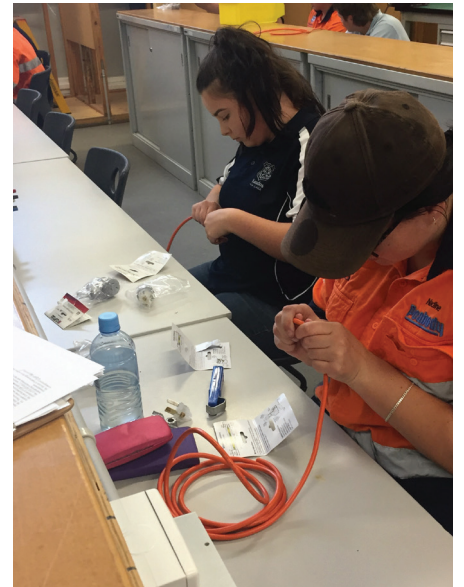
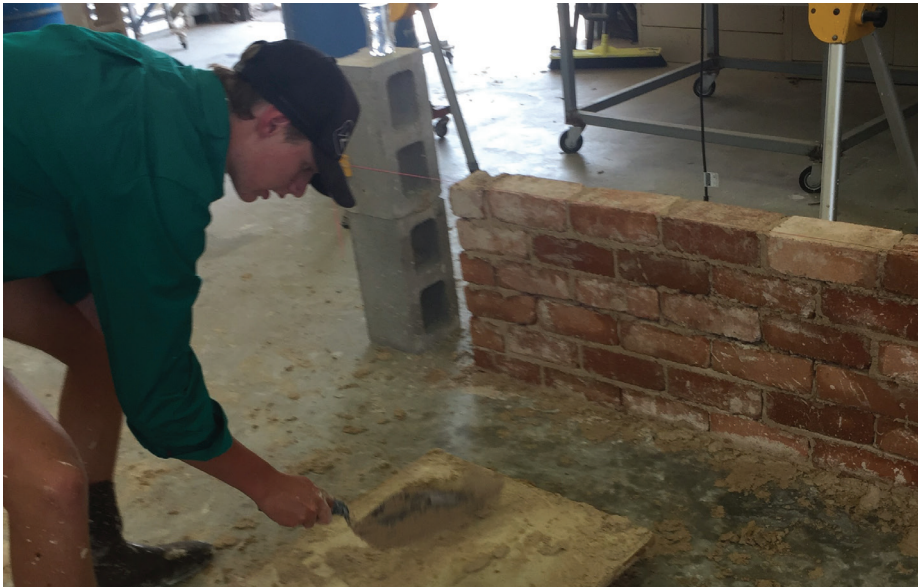
YEAR 11 BIOLOGY DUNN SWAMP







CLIP CLASS - TAFE BRICKLAYING & ELECTRICAL



'MARCH FOR MUZZA' POP-UP RESTAURANT

A huge thank you everyone in our small community that came and supported 'March for Muzza' Pop-Up Restaurant, a fundraiser for the Leukaemia Foundation on Wednesday 30th October, it was an amazing night of great food, fun and company. Together we raised about \$1400.00

A huge thank-you to Craig and Julie Parsons, Helen Franks, Debbie-Ann Johnston and Joy Murray for your cooking excellence. A special thanks to our dedicated students for your efforts. Phil and Tylanda Murray head off on Monday; to get their blood pumping! We wish them a fabulous venture on the Kokoda Trek.

Mrs Cheryl Murray



AROUND THE SCHOOL









Can you believe it, there are only
2 Markets left until
Christmas.



Saturday 9th November 2019

Yes, that's THIS coming Saturday

**So you better get those Christmas lists written
and started as it will be here before you know it.**

**We have some wonderful food, cakes and coffee
on offer with
The BBQ from Rotary
Pies, Cakes & Cookies from Brenda
and of course the all important
Coffee, Tea & Milkshakes.
So why not pop down for Brunch.**

New and casual stall holders are always welcome

**Do you have some great Christmas gift ideas?
Why not book a stall between now and Christmas**

See you all on Saturday

***We really want to see our wonderful friendly market continue to thrive
and it's only with your help
and support that this can happen.***

**So spread the word, remind your friends & Neighbours
and make it a monthly
catch up at the Markets.**

Feel free to call me if that is easier.

Keryn - 0400 780 722

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Hello!

Please find some information below regarding Skillset Youth Connect. Skillset Youth Connect is a free service that works with you to plan, set and achieve the training and career goals that are right for you.

How can we help?

Our Youth Connect Consultants provide free advice and support that's all about you

- Learn about the personal strengths and skills you have already.
- Receive realistic career advice and a career plan that is unique to you.
- Access local training that builds those skills to get the future you want.
- Connect with employers to gain work experience and paid job opportunities.

Who can we help?

- Anyone aged 15 to 19.
- Not currently enrolled in school, training or working in a paid job.
- Living in the Central West region.
- Not currently engaged with a Job Active Provider.

Where can we help?

Skillset Youth Connect is available in:

For more information regarding the service, please see our contact details below:

Email:

youthconnect@skillset.com.au

Phone:

1300 853 525

Website:

www.skillset.com.au





2020 Traineeship/Apprenticeship Intake: Cabonne Council and Skillset

AREA	DESCRIPTION
Molong	Heavy Vehicle Apprenticeship Water/Town Maintenance Traineeship Civil Construction Apprenticeship
Canowindra	Water/Town Maintenance Traineeship
Cudal	Civil Construction Apprenticeship (Plant Operations)

CURRENT JOBS AVAILABLE

AREA	JOB	DESCRIPTION
Orange, NSW	2020 Intake: - Orange City Council and Skillset Horticulture Traineeship Certificate III Horticulture	This opportunity is suited to a driven, hard-working individual with a keen interest in pursuing a career with Local Government and/or the Horticulture field.
Orange, NSW	2020 Intake: - Orange City Council and Skillset Carpentry Apprenticeship Certificate III Carpentry	Skillset in conjunction with Orange City Council are seeking applications for a Carpentry Apprentice. The successful candidate will complete a Certificate III in Carpentry and receive formal and on the job training from industry professionals.

To apply for these exciting opportunities or for more information, visit our jobs board:

<https://skillset.jobreadygateway.com.au/vacancies>

BE THE FIRST TO KNOW ABOUT CURRENT APPRENTICESHIP AND TRAINEESHIP OPPORTUNITIES.

FOLLOW US ON:



1300 853 525

info@skillset.com.au

skillset.com.au

APPRENTICESHIPS & TRAINEESHIPS ARE JOBS WHERE YOU GAIN SKILLS AS YOU WORK. COMPLETE FORMAL STUDY WITH A TRAINING PROVIDER AND ARE ALSO PAID A TRAINING WAGE.

APPRENTICESHIPS AND TRAINEESHIPS CAN SPAN FROM 1-4 YEARS AND LEAD TO A NATIONALLY RECOGNISED QUALIFICATION.

2020 School Based Traineeships: Orange City Council and Skillset

TEAM/DIVISION	DESCRIPTION
Human Resources & Safety	Completing a Certificate III in Business Administration you will assist with training, recruitment and safety
Information Technology	Completing a Certificate III in Information, Digital, Media and Technology you will be assisting our IT helpdesk and projects in the area
Business Development	Completing a Certificate III in Tourism you will focus on tourism, events and economic development
Central West Libraries	Completing a Certificate III in Business Administration you will assist in a range of duties within library services
Development Services	Completing a Certificate III in Business Administration you will support health and building surveyors and town planners
Community Services	Completing a Certificate III in Community Services you may assist in any of our community programs such as youth development, migrant support, disability services, childcare and ageing services

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AREA	JOB	DESCRIPTION
Dubbo, NSW	Early Childhood Traineeship Certificate III in Early Childhood Education	Are you passionate about caring for children and interested in a future in the childcare industry? Why not apply for an Early Childhood Traineeship opportunity.
Narramine, NSW	Trainee Storeperson Certificate III in Warehousing Operations	If you are a team-player with an eye for detail, who is great with technology and keen to pursue a career in the warehouse/stores industry, this may be the role for you.
Mudgee, NSW	Underground Operations Trainees Certificate III in Underground Coal Operations	Interested in a career in Underground Mining? This entry-level opportunity is suited to applicants who are highly-motivated, team players and keen to pursue a career in the Underground Coal Mining industry.

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AREA	JOB	DESCRIPTION
Orange, NSW	Fitter Machinist Apprenticeship Certificate III Engineering (Mechanical Trade)	This entry level opportunity is suited to applicants who are highly-motivated, have a passion for hands learning, interest in engineering and keen to pursue a career in the Mechanical Trade.
Orange, NSW	Boilermaker Apprenticeship Certificate III Engineering (Fabrication Trade)	This entry level opportunity is suited to applicants who are highly-motivated, have a passion for hands learning, interest in fabrications and keen to pursue a career in the Fabrication industry.
Orange, NSW	Plastering Apprenticeship Certificate III in Wall and Ceiling Lining	This is a fantastic opportunity for applicants to join a well-known and prominent organisation whilst entering a full time, four-year placement that will provide both on the job experience and study.
Bathurst, NSW	Cabinet Maker Apprenticeship Certificate III in Cabinet Making	Do you want an exciting and rewarding career in the Timber & Construction Industry? Do you have a keen eye for detail? Gain your Certificate III in Cabinet Making as a Skillset Apprentice. Apply now!
Bathurst, NSW	Chef Apprenticeship Certificate III in Commercial Cookery	Passionate about the food and hospitality industry? We are currently taking applications for a 1 st Year Chef Apprentice to join our client's leading hotel operation.

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STUDY SKILLS TIP FOR NOVEMBER - HOW TO STAY POSITIVE AS EXAMS (OR ANY CHALLENGING SITUATIONS) APPROACH

It can be difficult to stay positive or “be up” as exams approach. The more important we perceive the exam to be, the more stress we can feel. While feeling some stress can be positive and help us get motivated to study, we all have a tipping point. When our stress levels reach our personal tipping point, this higher level of stress can lead to inaction, where we avoid doing the work necessary to be prepared and as a result feel even more overwhelmed. If not dealt with, the stress can build and lead to anxiety and depression.

The key to being positive and managing negative emotions such as anxiety and feeling down and depressed in any pressure situation including exams is to “fuel up”. It goes without saying that if we are exhausted, tired, stressed, depressed etc. it is very difficult if not impossible to deal with the pressure of exams. “Fuelling Up” is about boosting wellbeing factors in your life. You need to boost the wellbeing factors in your BODY, MIND and EMOTIONS.

BODY: Put your health first and eat healthily, exercise regularly and get enough sleep. We all know what to do, but we need to make the decision to prioritise our own well-being. Without the right fuel you will feel exhausted and depleted and it is very hard to be positive when you aren’t feeling your best.

MIND: To think more positively, challenge your perceptions. Write down your top 5 fears and worries. What’s the worst thing that can happen? How valid are these fears? Usually fears and worries are not based on reality but on imagined scenarios that have little to no evidence. If it’s something that can’t be changed bring acceptance to it, but if it can be changed, take action.

EMOTIONS: To help yourself feel more positive every day think of 3 good things that happened that day and how they made you feel. Also take the focus off yourself and do 3 simple but deliberate acts of kindness every day. It might be a kind word, a compliment, helping someone or surprising someone with a kind act. You will be amazed at how making other people feel better lifts your mood as well.

Learn more at www.studyskillshandbook.com.au.

Our school’s subscription details are -

Username: kandoshs

Password: 28success



UPCOMING PAYMENTS & PERMISSION NOTES

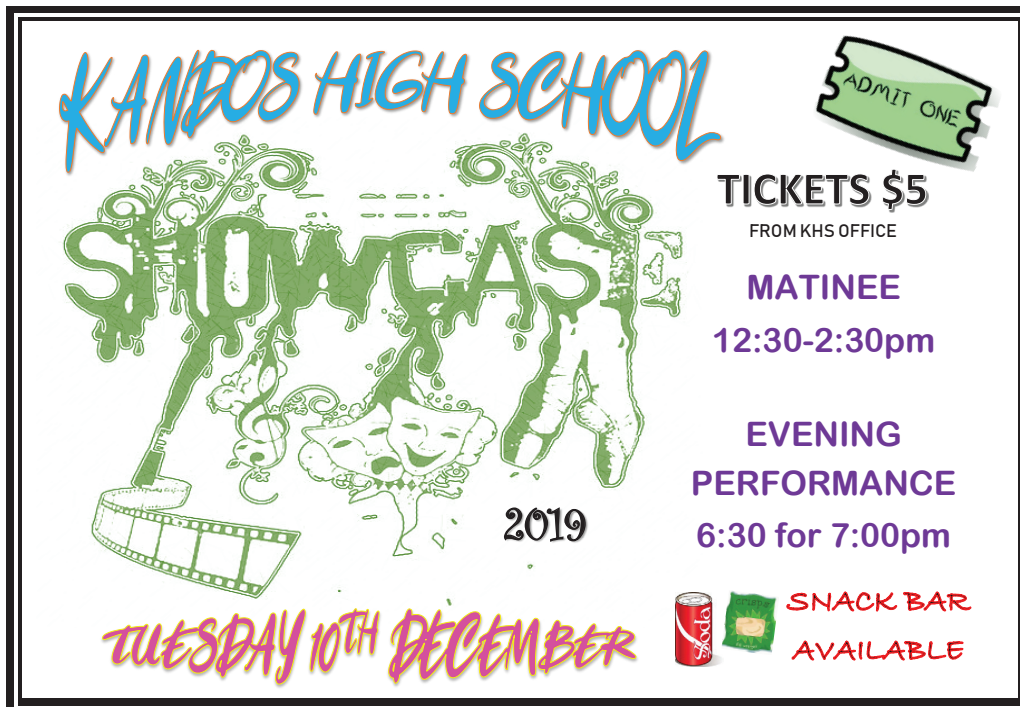
Just a reminder that payments and permission notes are due for the following:

- Course Fees and Voluntary Contributions
- First Aid Training, note due
- 22nd Nov - CEMENTA19 Performance of Swimming Pool, note due 21st Nov
- 15th Nov - HSC Extension 2 Student Information Day, note and \$50 payment due 8th Nov
- 30th Nov - Expression of Interest Year 9 Excursion 2020, note and \$25 deposit due 8th Nov
- 2019 Showcase Rehearsals, note due
- 2020 Wollongong Discovery Day, note and \$70 due

Save the date!

PARENT PAYMENTS

Cash, cheque or EFT payments can be made directly at the school office. Alternately, parents have the option to pay by using an online option, the Parent Online Payments (POP), via Kandos High School's website, by clicking on the "[Make a Payment](#)" tab and following the instructions.



KANDOS HIGH SCHOOL

SHOWCASE

2019

TUESDAY 10TH DECEMBER

TICKETS \$5
FROM KHS OFFICE

MATINEE
12:30-2:30pm

EVENING PERFORMANCE
6:30 for 7:00pm

SNACK BAR AVAILABLE

ADMIT ONE

Illustrations include a film strip, a soda can, and a green packet.

Kandos High School and Community Bus proudly sponsored by

BOWDENS SILVER