



Kandos HIGH SCHOOL

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Official Kandos High School

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Newsletter

Term 2 Week 9 2020

PRINCIPAL'S MESSAGE

The full time return to school has now been in operation for a full cycle and things are pleasingly back on track. While there are still some additional safety restrictions and protocols in place, lessons and curriculum are being delivered as normal. We are still working through extra curricular activities and community use of facilities whilst keeping a watchful eye on media and departmental updates.

We recognise that parents and caregivers play a crucial role in a child's learning and development journey and the Gonski Institute for Education have developed a set of parent guides to support parents through a range of issues related to their child's education. Topics range from digital device use, to social and emotional skills, play and transitioning to high school, among others. Their resource page can be accessed via the address below.

<https://www.gie.unsw.edu.au/research/parent-and-caregiver-resources>

These resources, developed by Dr Amy Graham (Gonski Institute for Education Research Fellow), are designed to provide quality, up-to-date information for parents and carers. The guides combine translated research with practical tips for parents and carers to use with their own child. well worth a look! As we are nearing our Year 6 into Year 7 transition program which will commence in term 3, we have reprinted the moving from primary to high school: How to help your child make the transition resource, on the following pages.

"A single sunbeam is enough to drive away many shadows."

~ Francis of Assisi

Until next time...

Dyanna Thommeny
Principal



What's on?

2020

Monday 22/6/20

Tuesday 23/6/20

Wednesday 24/6/20

Thursday 25/6/20

Friday 26/6/20

Monday 29/6/20

Tuesday 30/6/20

Wednesday 1/7/20

Thursday 2/7/20

Friday 3/7/20

SRC Pyjama Day
School breaks for Term 2

Tuesday 21/7/20

Students return for Term 3

What's the big deal?

Moving from primary to secondary school, or high school, represents significant change for a young person. Not only are they negotiating a new learning environment and greater expectations placed on them, they are also trying to re-adjust their friendships and social position. It is not a one-off event, but a process that must be planned for and worked on well in advance of the first day of high school.

In moving from primary to high school, your child will need to adjust to completing more school work, physically moving around the school to different lessons and adjusting to a number of different specialist teachers, working in a more independent and self-directed way, having more homework expected of them and tackling the new challenges that come with making new friends.

Managing this transition well is critically important. Prior research has found that student performance when moving through from primary to secondary school can dip by as much as 39%.¹

There are many possible reasons for this, and some are outside of your control. For example, some disruption is to be expected when a young person is moving from a small and familiar local primary school to a large secondary college. However, there are many strategies you can use to help your child cross the bridge to high school confidently and successfully.

If you have established a strong engagement in your child's learning journey already, keep this up. You might not be required to help at excursions anymore, and likely your child won't want you being too involved at the school, but you still have a very important role to play in supporting your child at home. You should keep communicating that you have high expectations of them to work hard, show that you care by helping them with homework, and find ways to tap into their interests. While it sometimes seems that your child's friends have more of an influence on

¹ Learning Cultures. (2017). Effective transition from year 6 to year 7. Retrieved from <https://www.learningcultures.org/news/tag/effective-transition-from-year-6-to-year-7/>

your child's behaviour and decisions that you do, research has shown that your parental support has stronger and longer-lasting effects on the success of this transition.²

Frequent and transparent communication with your child's school and teachers is extremely important. It is less likely that you will hear as much about the school day, or any problems your child is facing, from your child yourself as you did when they were in primary school. Therefore, communicating with your child's key teachers will help you get an insight into expectations of them academically and highlight any issues they may be facing. This information will help you collaborate as a partner in their learning.

It is at this time we often see an increase in the use of screens, especially in problematic ways. Encourage your child to keep playing and spending time outside, and keeping up your monitoring and restrictions. These will need to be reviewed once your child has their own phone or screen-based device and want to freely communicate with friends, but the same expectations that you previously established can be applied. For example, keep the same rules about where in the house that phones can be used.

The change from primary to secondary school is obviously much greater if your child needs to physically change schools or campuses. If this is the case, you will need to spend some time familiarising them with the new location, including landmarks around the school and new bus routes or transport arrangements. If you live in a regional, rural or remote area, it is worth investigating the transport options early on in case they are very lengthy or infrequent.

² Raising Children Network (2017). Starting secondary school. Retrieved from <https://raisingchildren.net.au/pre-teens/school-education/school-choosing-starting-moving/starting-secondary-school>

WHAT CAN WE DO AS PARENTS TO HELP OUR CHILDREN ADJUST SUCCESSFULLY?

Moving to high school is a time full of excitement and new opportunities, but it can also be difficult or scary for some children. You can help by making sure your child feels prepared and well-supported.

- ✓ Talk to your children often, and most importantly, listen to what they want to tell you.
- ✓ Accept that your child will likely want to be more independent. Try not to stifle this independence and increase their responsibilities so they understand that with independence, comes responsibility.
- ✓ Reassure your child that worries are normal and that everyone has some. Encourage them to talk to you about what they are concerned about.
- ✓ Share your own positive experiences of secondary school and even some fears you had that you overcame, where appropriate.
- ✓ Help your child keep contact with existing peers, as well as providing opportunities for them to make new friends.
- ✓ Practice time-management and timetabling activities. For example, you can ask your child to prepare a meal for the family. They will need to plan for, budget, shop, prepare, cook and clean up- all very important skills that will help them succeed in high school.
- ✓ Continue extra-curricular activities, especially those sporting or community activities that help your child bond with others.
- ✓ Keep an eye out for signs that your child is not coping with the extra pressure. If he or she seems especially down, withdrawn, anxious, angry or impulsive, or refuses to go to school, seek help from professionals. Getting in early allows small worries be managed, so they don't become major issues.



This guide was written by Dr Amy Graham, UNSW Gonski Institute for Education Research Fellow

EXPLAINING ABSENCES

Absences are recorded by the classroom teacher and monitored by the school and the Home School Liaison Officer (HSLO) in Mudgee.

To explain the absence parent and carers may:

- Send a note, SMS, fax or email to the school;
- Telephone the school; or
- Visit the school.

It is important to explain the reason for the absence.

Reasons that sick leave will be granted include:

- Illness - such as having a tummy bug, the flu, vomiting, strong pain/headache/migraine, nose bleed, rash, asthma, temperatures, infection illnesses eg chicken pox etc
- Injury - such as breaking a limb, spraining an ankle or a broken tooth
- Medical appointments - such as a Paediatrician, Optometrist, Physiotherapist, Speech Therapist, Hearing and Dental appointments
- Family – such as funeral, moving residences, arrival/departure of an immediate relative from overseas, unavoidable involvement in a serious family incident, etc.
- Other reasons – such as transport difficulty, misadventure and unforeseen events eg fire, flood.

In accordance with the Department of Education, reasons that you **CANNOT** receive leave for and that will be recorded as an **UNEXPLAINED ABSENCE** include:

- Slept in
- Helping with housework
- Mental health day
- Relatives visiting / family business
- Haircuts / shopping
- Birthdays



NSW CHS SCHOOL SPORT

The NSW School Sport Unit has advised that all term 3 2020 NSWCHSSA activities are now cancelled and will not be rescheduled. All NSWCHSSA knockouts/statewide competitions have also been cancelled for 2020. For the full list of cancelled events please visit <https://app.education.nsw.gov.au/sport/>

The following CHS trials have been cancelled for KHS students: touch football; cricket; golf; squash; soccer; swimming; rugby league; and opens league.

CANCELLED FEES

Where monies collected by the school have been received for any excursions or activities that have been cancelled (not post-poned) the credits of those payments will be held by the school, unless otherwise requested, as fees in advance. These unallocated credits can be applied in the future against any sibling of the same family for any activity.

The following excursions have been cancelled and monies collected credited against the individual student.

- U14 rugby league (27/3/20)
- Opens soccer (27/3/20)
- Opens touch football (6/4/20)
- 9/10 touch football (31/3/20)
- Year 7 Camp (1/4/20-3/4/20)

As a result any money collected by the school will appear on your student statement as a credit. Please ring the school if you wish to apply these funds to other items, as they arise or request a refund. We are still hoping that some activities will be able to go ahead later in 2020.



Last Thursday, Kandos High School hosted the Biggest Morning Tea to support the Cancer Council - with a twist... takeaway muffins.

A big thank you to Year 12 student Tara Falzon and Mrs Julie Parsons for your cooking efforts and to everyone that supported this fundraiser!

Together we raised \$243

GRIN BIN WINNERS

18/6/20

Latara Hammond

Logan Perry

Zara Field

Angus Standfield

Corey Armstrong-Lane x 2

\$2 TEACHER VOUCHER

18/6/20

Miss T. Steinbeck

Ms T. Newitt

Mrs S. Thorn

Ms M. Toufayli x 3

OLYMPICS UNLEASHED

Last Friday, Year 9 students participated in the Olympics Unleashed Zoom presentation with sprint kayaker Jamie Roberts who will compete in Tokyo 2021.

Jamie spoke about her journey to becoming an Olympian and the challenges and adversities she has faced. A big take away from the presentation was for students to dream big and not set limits when working towards their goals.

The students' 'brain breaks' during the session involved participating in a small snippet of Jamie's training program, as you can see in the image. Thanks for joining us Jamie

Miss Steinbeck



**NO ENTRY THROUGH
KANDOS PUBLIC
SCHOOL GATES**

**ALL ENTRIES INTO KHS
AFTER 9AM MUST
REPORT TO THE OFFICE**



**REMINDER FOR ALL
STUDENTS TO LABEL
THEIR PERSONAL
BELONGINGS AND TO
BRING A DRINK BOTTLE
FOR ACCESSING
WATER AT SCHOOL**



DEEZ

PUBLIC OCCURRENCES

TUESDAY, 23 JUNE - MONDAY, 29 JUNE

GALLERY 47

OPEN

47 LOUEE STREET

6:30 am-3:30 pm

RYLSTONE

7 DAYS

A COLLECTION OF KANDOS HIGH SCHOOL YEAR 11 VISUAL
ARTS PORTRAITURE WORKS

OPENING 5pm TUESDAY 23 JUNE



National Pyjama Day

We're hosting a Pyjama Party
#InMyPJs to raise awareness for kids in foster care!

Friday
3 July 2020



On the last day of term the SRC are holding a Pyjama Day to raise money for Pyjama Angels who support Australian kids in foster care. Wear your Pyjama's to show your support and bring a gold coin to donate or to participate in some fun activities.

At lunchtime the SRC are running activities including a dance off, best/ craziest bed hair, Sleeping Lions and a movie.

Please remember you must wear school appropriate pyjamas and proper shoes. No ugg boots or slippers allowed for safety reasons.

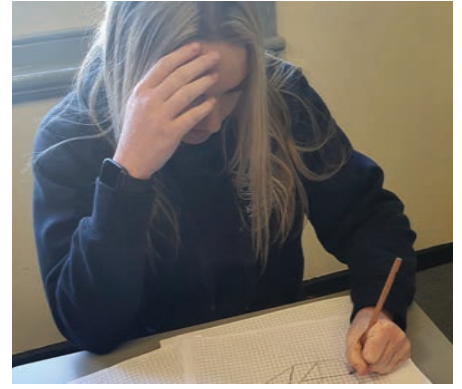
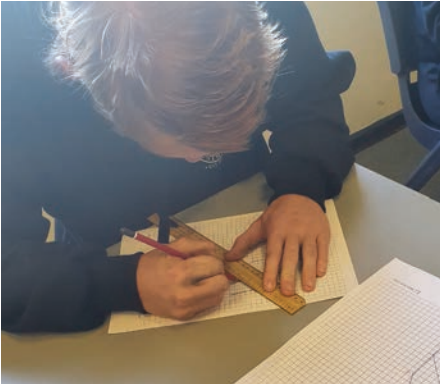
Donate today at nationalpyjamaday.com

AROUND THE SCHOOL



Thursday sport - Group 1 with students in Years 7, 8 and 9, playing volleyball.

Mr Skourmallas



This term Year 12 Mathematics standard students are working on their Networks assignment. They are asked to design and cost the most economical cable network for a company by working with calculations and network theory.

Ms Toufayli



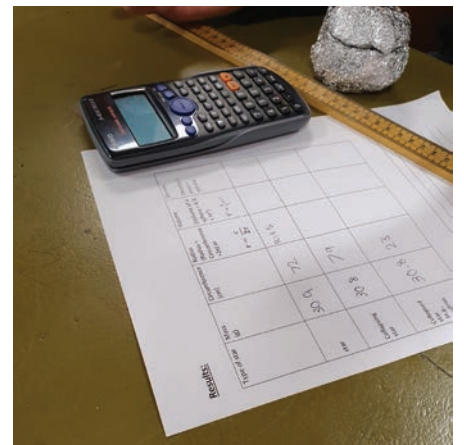
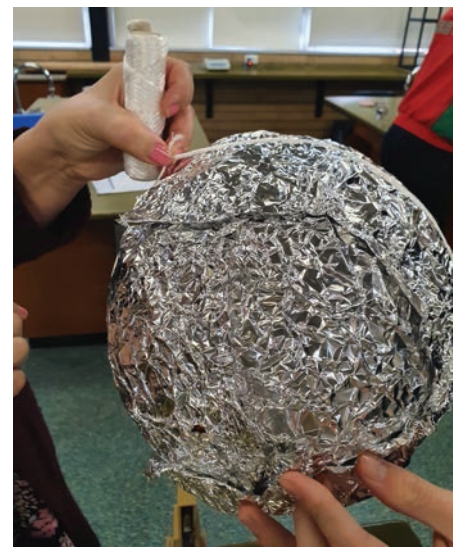
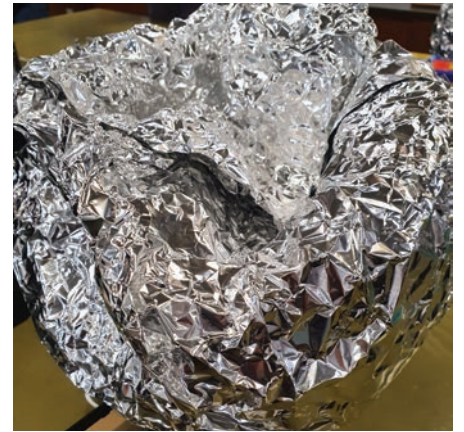
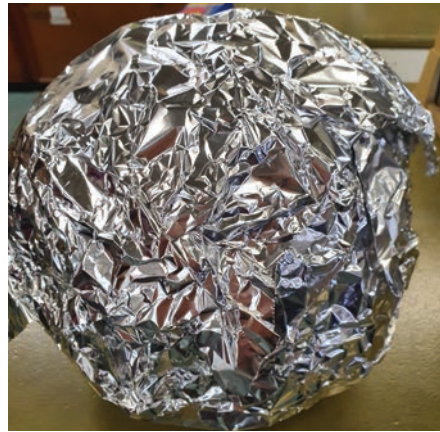
Year 12 Visual Design students designing and preparing props for next year's school production of 'Priscilla'.

Miss Pennell



Students in 8H Wellbeing have been learning about the role of nutritious meals and snacks in achieving positive overall wellbeing. Today they enjoyed a lesson preparing some healthy snacks in the Food Tech room. This was an outstanding demonstration of collaboration and negotiation by all students. Their cooking skills were super impressive too! Well done everyone!

Miss Steinbeck



Year 9 students have been busy in Science learning about the Universe. They performed an experiment on calculating the density of a collapsing star.

The class found out that while the mass remains the same, the density of a collapsing star increases. They were able to prove that through calculations using the density formula.

Ms Toufayli

MISSING THE ACTION?



RETURN TO HOCKEY

STARTING PLAY IN TERM 3

JOIN IN THE FUN
**THE ENTIRE
FAMILY
CAN SIGN UP**

REGISTER NOW TO RECEIVE A SPECIAL OFFER
**JOIN BEFORE JULY 18 AND
RECEIVE 2021 FOR FREE**

ANY MEMBER WHO REGISTERS TO PLAY BEFORE JULY 18TH 2020 WILL RECEIVE A FREE YEAR OF HOCKEY NSW REGISTRATION, ON TOP OF THEIR 2020 SEASON FEES!

CAN'T REGISTER BEFORE JULY 18 FOR THE 2021 SEASON INCENTIVE? DON'T WORRY, REGISTRATIONS WILL STILL REMAIN OPEN!

**REGISTER
YOUR INTEREST TO PLAY NOW:**



CONTACT YOUR LOCAL CLUB OR ASSOCIATION

[HOCKEYNSW.COM.AU/GET-INVOLVED/](https://www.hockeynsw.com.au/get-involved/)

HOCKEY@HOCKEYNSW.COM.AU

UPCOMING PAYMENTS & PERMISSION NOTES



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

- Course Fees and Voluntary Contributions
- All of our excursions scheduled for term 2 have been postponed, we are hoping to re-schedule these for later in the year. Further advice will be forthcoming next term.

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.



**A huge thank you to all of our fabulous cleaners -
Kim, Donna, Jenny & Kylie.**

Your efforts over the past few months have been very much appreciated and have not gone unnoticed by our school community.

We know that there has been extra cleaning required and on behalf of all of our staff and students, we would like to say thank you for helping to keep us all safe!

Kandos High School and Community Bus proudly sponsored by

BOWDENS

SILVER