



Kandos HIGH SCHOOL

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Official Kandos High School

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Newsletter

Term 3 Week 4 2020

PRINCIPAL'S MESSAGE

This year is certainly moving forward as we are nearly half way through Term 3. We continue to provide opportunities and a quality education for all our students, whilst following the Department of Education guidelines around managing restrictions. Our school continues to have onsite cleaning throughout the school day and students and visitors are making use of the newly purchased automatic hand sanitizer in the office foyer and the entry breezeway. We still have many school activities limited, cancelled or postponed at the moment.

Non essential adults are still not permitted on school grounds, which limits our opportunities to celebrate the great achievements of our students. However this week Head Teachers and Year Advisors held several mini-assemblies in the hall to acknowledge those students who have worked diligently and received merit awards. Student reports have been posted home this week, please note they are a modified version as the reporting bracket encompassed the remote period of learning. Overall students have shown great resilience and have adapted back into our regular learning routines.

Subject selection booklets are heading out to students and Miss Parsons is developing a presentation for parents and carers regarding the NESA guidelines and requirements, as we are unable to hold the information evening. Please find some advice on the next pages regarding subject selection to work through with your child, this is an important decision and they need to make the right choices to maximise their potential pathways, job happiness and satisfaction.

Just a reminder to all families if your students is sick please keep them at home. Please keep the school informed re COVID-19 testing, as we are obliged to keep a record of this. The Department of Education has a weblink for families with advice surrounding a range of COVID-19 topics.

<https://education.nsw.gov.au/covid-19/advice-for-families>

"Everything in your life is a reflection of a choice you once made. If you want different results, make different choices."

~ Anonymous

Until next time...

Dyanna Thommeny
Principal



What's on?

2020

Monday 17/8/20

Tuesday 18/8/20

Wednesday 19/8/20

Thursday 20/8/20

Friday 21/8/20

Study Break Cafe

Monday 24/8/20

Tuesday 25/8/20

Wednesday 26/8/20

MSP Photography - 8:00am - 8:15am
for Year 12 & TAFE Students please

Thursday 27/8/20

Friday 28/8/20

Study Break Cafe

OUR PHOTO DAY

Wednesday
26 August 2020



msp
photography

MSP Photography Central West

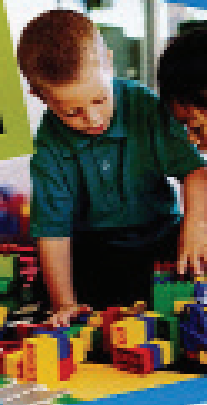
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**REMINDER
TO ALL TAFE &
YEAR 12 STUDENTS
TO ARRIVE AT
SCHOOL BY 8:15**

Parents, please remember

On photo day please send your child to school with:

1. A completed envelope (even if not placing an order or ordering online).
NB: Family envelopes can be picked up from the office before photoday.
2. Best school clothes (clean is always best)
3. Their best smile

**LIFE IS.
EASIER
WITHMSP**

TERM 2 AWARDS

Congratulations to all of the students listed below on receiving the following school awards for Term 2:

GOLD AWARDS

YEAR 12

Tess Botham-Barnes
Jasmine Kernaghan
Jasmyn Maw

Bethany Vidler
Lucy Waddell

PRINCIPAL AWARDS

YEAR 12

Tess Botham-Barnes
Jasmine Kernaghan

SILVER AWARDS

YEAR 7

Alexandra Grimshaw
Bailey Kuchta
Emily Large
Charlie Mackenzie
Roxy Sultana

YEAR 8

Tegan Godwin

YEAR 10

Clare Chadwick
Annalise Healey

YEAR 11

Laandi Buckland
Mackensy Farrar
Brooke Howe
Oden Osgood
Raynor Pearce
Montgomery Smith

YEAR 12

Molly Best
Tess Botham-Barnes
Jasmine Kernaghan
Lachlan Large
Jasmyn Maw
Eliza Norbat
Seian Palmer-Bradley
Bethany Vidler
Lucy Waddell
Corey Witcher

BRONZE AWARDS

YEAR 7

Lleyton Boyd
Aleisha Brennan
Willow Connellan
Alexis Farrugia
Alexandra Grimshaw
Bailey Kuchta
Emily Large
Charlie Mackenzie
Shania Norris
Cody Perry-Weekes
Chloe Robertson
Roxy Sultana

YEAR 8

Jasmin Abrahams
Jessica Gallaher
Tegan Godwin
Halli O'Brien
Alejandra Rodriguez Hannouf
Gabriela Rodriguez Hannouf
Felikss Sander
Jorja Witcher

YEAR 9

Shane Allison
Dean Blain
Amelia Burlington
Madeleine Connellan
William Derwent
Christopher Edwards
Brayden Moore
Blainey Pearce
Ky Reddish

YEAR 10

Clare Chadwick
Lainey Fuller
Latara Hammond
Annalise Healey
Gina McDonald

YEAR 11

Laandi Buckland
Mackensy Farrar
Charlotte Hoetink
Brooke Howe
Nadine Jones

Peter Keeley
Oden Osgood
Alexis Rovella-Hoye
Raymond Sack
Montgomery Smith
Emma Turner
Ava Vidler
Emma Wisser

YEAR 12

Molly Best
Jesse Lee Daniel
Lister Ellis
Tara Falzon
Shaun Hinton
Lachlan Large
Eliza Norbat
Seian Palmer-Bradley
Angus Standfield
Bethany Vidler
Corey Witcher

WHY IS SUBJECT SELECTION IMPORTANT?

The subjects you do at school can often determine the type of career paths you will be able to follow. By choosing subjects that interest you, life at school is more rewarding, you will be engaged in subjects that interest you and are more likely to do well when learning is enjoyable.

How to Decide

You may have a clear idea about a certain career or perhaps you have no idea at all what you want to do.

Recognise this is an important decision and take time to find out about and consider all the options.

Discuss your plans with a wide range of people: your family, your Careers Adviser, your teachers, people who do the job you are planning for, and the school liaison staff at universities.

Reflect on your abilities and get to know yourself as a senior student, be honest and realistic.

- What are your strengths and areas for improvement?
- What areas are you good at?
- What are your interests?
- What are your work/career goals? Be realistic! Think about different pathways: TAFE college or University; Traineeship or Apprenticeship.
- Are you being influenced by your friends too much in your choice of subject?

When Choosing Subjects think about:

Ability - choose subjects you are good at

Interest - choose subjects you enjoy

Motivation - choose subjects you really want to learn

Career Pathway - choose subjects that you need for your career

Your subject decisions should not be because:

- Your friends are taking it. Your friends may have different abilities, interests and motivations to you.
- Your favourite teacher is teaching it. Teachers often change classes or even schools.
- You want to go on a particular excursion. You could endure years of content you don't enjoy for the sake of that excursion, or the excursion may be cancelled.
- You've heard it's an 'easy' subject. If someone tells you a subject is easy, chances are that they are taking it easy and will probably do poorly.
- Boys/girls don't do that subject. There are no separate subjects for boys and girls. If you are good at or interested in a subject, then do it. There can even be career benefits to getting into a career traditionally dominated by the opposite sex. There are sometimes incentives to assist you to develop your career plans.
- You need to do it even though you hate it. If you need to do a subject to get into a particular course at university, there will be a lot of that subject within the university course. Think about whether you really want to spend a lot of years studying something you don't enjoy to aim for a career you may not like.

GRIN BIN WINNERS

14/8/20

Tess Botham-Barnes x 2

Zara Field

Blayney Pearce

Dakota Smith

\$2 TEACHER VOUCHER

14/8/20

Mrs C. Heap x 2

Mrs L. Thorn

Mr M. Curtis

Ms T. Therese



DON'T FORGET TO LET THE FRONT OFFICE KNOW IF YOUR CHILD IS ABSENT FROM SCHOOL, VIA PHONE, NOTE OR SMS

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

Think About These Questions in your final selection:

- What careers am I interested in?
- What courses lead to these careers?
- What TAFE/university offers these courses?
- What are the entry requirements for these institutions/courses?
- What are the pre-requisites/assumed knowledge for these courses?
- What school subjects line up with these entry requirements?



Goodluck,
Miss Thommeny

MAX POTENTIAL

Over the last two terms, two of our Year 10 students have participated in the Max Potential Program. Students in the program are matched with community coaches to work on a community service pitch. This work assists students to increase their confidence and challenge themselves to achieve goals and to inspire others.

This year's program has been faced with exceptional challenges due to the COVID-19 pandemic. Much of the program had to move online. Friday 31 July's showcase, usually held at Club Mudgee at the conclusion of the program, was relocated to each student's school, ours being held in the school library via Zoom.



The presentation was a fabulous celebration of each student's community service pitch. Well done to Clare Chadwick and Annalise Healey! Thanks must also be extended to the Max Potential team and community coaches. In particular, the co-ordinator of the program, Mr Damian Walsh.

If you would like to view the student's exceptional community pitches, visit the Max Potential website by following the link provided. <https://www.maxpotential.com.au/csp-s>

2021 ENROLMENTS

Year 7 enrolment forms for 2021 are due to the front office as soon as possible.

Please make sure that you fill out every section correctly and bring any additional documents (medical, proof of address, birth certificate, etc).

If your child is currently enrolled in Year 6 in a local government school within our area, and will not be attending Kandos High School in 2021, but is enrolling in private school or moving out of the area, please let us know. It is a Department of Education requirement that we record this information.



CELEBRATING EDUCATION WEEK!

YEAR 9/10 INDUSTRIAL TECHNOLOGY

Years 9/10 Industrial Technology
Timber students have been busy making step ladders!

Mr Vaughan



ANIME CLUB

Last week at Anime, students tried Dried Shiitake Mushroom Chips. They surprised themselves, and found they tasted good!

Miss Kelson

YEAR 9 EXCURSION

Due to ongoing COVID-19 concerns and DET restrictions surrounding school excursions, the Year 9 Sydney Excursion will not occur this term.

The excursion will go ahead when restrictions have been lifted.

Any fees paid towards the excursion will be held over unless parents/guardians request these to be transferred to other activities.

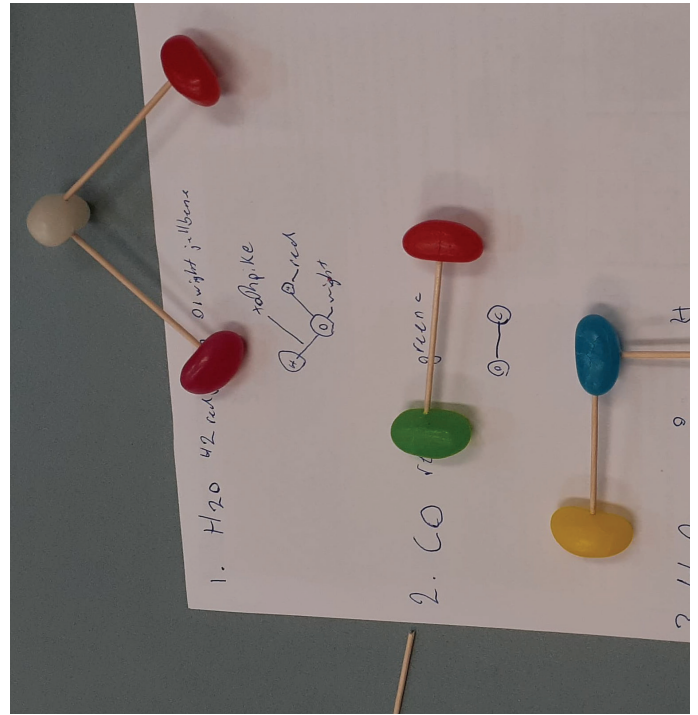
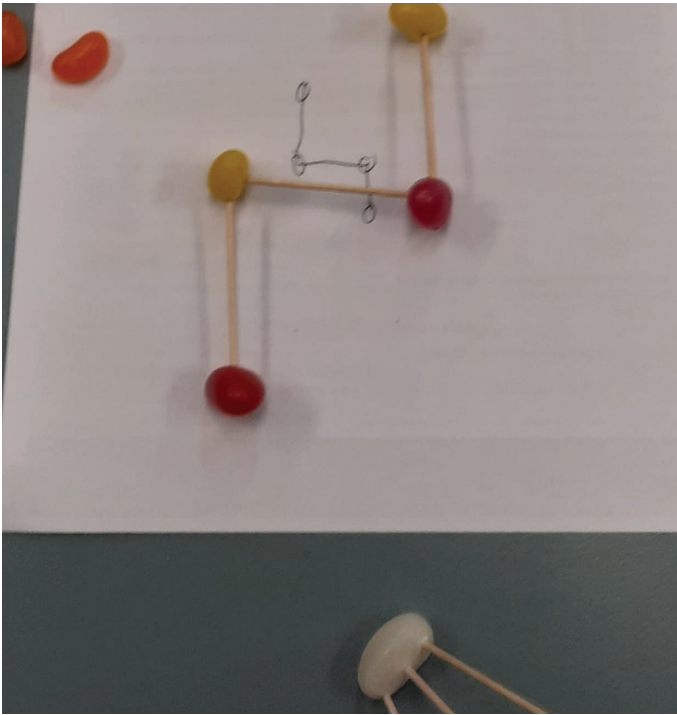
Miss Steinbeck



SCIENCE

In Science students have been learning about compounds, elements and mixtures. Here a few models of compounds made from jelly beans and toothpicks that the students have been making.

Mr Skourmallas



OCCUPATIONAL THERAPY

Kye Semple enjoyed working with Kat McDonald today, making Monster balls, that turned into monster slice.

Ms Thorn





“KOOKABURRA”

On Thursday 6 August, we finally got to meet our new school mascot the ‘Kookaburra’, it came to meet and greet the students at lunchtime, and to spread the message of Responsibility, Positive Relationships and Respectful.

The Kookaburra was chosen as our mascot because they are a symbol of positivity and responsibility in Aboriginal Culture. Kookaburras are family orientated and territorial, which reflects our school values.

Over the next coming week, we will be running a competition for students to name our new mascot, entries can be dropped in a box at the front office.



ABA - What do students think?

Understanding how children and young people make sense of bullying within their peer and social groups is central to understanding their actions.

- **Research has found that young people most commonly suggest the reason for bullying at school is enhancing social status within the peer group.**



Social status and belonging to their peer group are increasingly important to most children and young people from the middle years of school into adolescence. In the process of forming a friendship group, bullying can be used to strengthen the group by excluding those who are not part of it.

A school's social environment can unintentionally create a rigid social hierarchy for students, which can lead to bullying. Students sometimes report that the student 'leadership' structures and roles actually promote bullying.

- **Research into the views of students suggests that those who bully others may appear to be popular but are not always liked.**

In addition, young people identify that bullying happens to some students more often because they are considered different, odd or unusual in some way. Students also sometimes think that those who do the bullying have personal problems.



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Making the Most of Your Learning

Learning is not just what you do in the classroom. Study is not just what you do the night before a test. Both of these are ongoing activities that are enhanced by the correct pre and post activities. See which of these 5 Ps you do.



PREPARE

This is the stage where you ensure you have all of the materials you need for learning and have completed any pre-tasks such as reading sections of your textbook in advance or any other activities your teacher asks you to complete prior to the class.



PARTICIPATE

Engaging in your learning is the best way to start to embed it in your memory and ensure you understand. Having the opportunity to discuss and interact and complete different styles of learning activities really helps your brain to process what you are learning.



PLAN

Take the time to look at the assessments for the course and plan when you will start, work on and complete tasks. Anytime you are asked to complete work for class, plan when you will do it and even better write your plan into your diary or online planner.



PRACTISE

One of the best ways to learn is to do practise questions. When you apply what you have learnt to actual questions, you will engage retrieval and cognitive pathways in the brain and reinforce your learning and uncover areas that need extra study.



PINPOINT

After a test or assessment is returned to you, celebrate your successes but also use it to pinpoint areas of weakness. This allows you to then spend time building your strengths in these areas without the pressure of an exam looming.

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**Enhanced Learning
Educational Services**
"the study skills specialist"

username:

kandoshs

Tips by Dr Prue Salter

password:

28success

TEACHING SOMEONE TO DRIVE

Mid-Western Regional Council is partnering with Transport for NSW to deliver a FREE online community workshop to parents, grandparents, siblings, partners, guardians or friends about to embark on teaching someone how to drive.

The workshop will offer practical advice and information about the Graduated Licensing Scheme and its log book requirements.

The workshop will be delivered via Zoom with two sessions available:

- Wednesday 19 August 2020 at 6-7.15pm
- Thursday 20 August 2020 at 12.30-1.45pm

Registrations must be made online at <https://www.trybooking.com/BKUAG>

Places are limited.

Please call Council on 6378 2850 to find out more.

Kind regards

Samantha Cecchini



Teaching someone to drive can be a **happy** experience.

You can learn all the simple steps on how to teach a learner driver at a **FREE** workshop.

The next workshop will be held:

TIME & DATE: 6.00-7.15pm 19 August 2020 Or 12.30-1.45pm 20 August 2020	VENUE: Via zoom – from the comfort of home	BOOK NOW ON: Online via: www.trybooking.com/BKUAG or phone 6378 2850. Bookings essential.
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Helping learner drivers become safe drivers



HEADLICE

Headlice have been reported to be present in the hair of some students at the high school, please check your child's hair for nits/lice tonight using the methods recommended in information from NSW Health (<http://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx>).

If you find any eggs or lice please commence treatment as recommended.

Further information on head lice is available on the NSW Health website (details above) or through the Department's website at <http://www.schools.nsw.edu.au/student-support/studenthealth/conditions/headlice/index.php>.



UPCOMING PAYMENTS & PERMISSION NOTES

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

- Course Fees and Voluntary Contributions
- Year 12 (2021) Jerseys note and payment \$85 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.



Youth Services is still running small sessions of their Level Up monthly gaming - the next one is on Thursday 20 August starting at 3.45pm. Roll the dice and play out your fate

Bookings are essential: <https://mwrcyouth.eventbrite.com.au/>

Kandos High School and Community Bus proudly sponsored by

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