



Kandos HIGH SCHOOL

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[Official Kandos High School](#)

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Newsletter

Term 3 Week 9 2020

PRINCIPAL'S MESSAGE

Term 3 has continued to move quickly since the last newsletter with many milestones passing by for our senior students and as always high quality teaching and learning happening in the classrooms. It has been refreshing to re-engage in classroom visits recently to check in with students and see the learning that is happening. Last week I visited 8K HSIE, who were working in the computer room on their "Sways". Microsoft Sway as I learnt from the students is an interactive app that makes it easy to create and share information for reports, stories, presentations etc. The students are studying the values of water and have chosen one water source to research the spiritual, economic, aesthetic and environmental values that it has. It was interesting to see the information on very different sources such as our local Ganguddy-Dunns Swamp, the Murray as well as the Colorado river in America. This week I got to go visit Year 12 Biology with Ms Kelson, they have been studying how the human body is affected by disease and this weeks dissection was a kidney. It was a long time ago I studied Biology in Year 12 and back then we got to dissect rats which is not allowed now, the students use food grade lamb kidneys. Always an interesting activity as the reality of looking at organs is very different to the images in the text book. I was pleased to hear most of them have not been turned off steak and kidney pie.

Year 12

It is the final stages of school life for Year 12, with graduation just around the corner. It is a time for our Year 12 students to refine their knowledge and skills in each subject area and continue to work hard towards the HSC examinations. It is also a time for them to capture the memories of school and to reflect upon the friendships and connections that they have made along the way. Every year students revisit Kandos HS (maybe not as many this year) and say that they wish they had made more of school because life beyond can be tricky and the need to 'adult' is daunting. I do wish our current class all the very best beyond school and encourage them to make the most of the last minute learning and preparation towards the HSC.

HSC External Exams

After the holidays, students will move into the examination period for the HSC. We would like to wish every student the best of luck in their examinations and remind students to acquaint themselves with the examination rules and expectations in preparation for the exams. Students are also encouraged to access their teachers throughout the examination period to seek support and refine their skills in preparation. NESA have released a Fact Sheet for HSC students in regards to the external examination arrangements and staying COVID safe during this time. As with all things regarding COVID safety, NESA are doing everything they can to ensure the exams will be conducted in the safest possible manner for everyone. The information is published for your convenience in the newsletter.

What's on?

2020

Monday 14/9/20

Tuesday 15/9/20

Wednesday 16/9/20

Year 11 Exams

Thursday 17/9/20

Year 11 Exams

Friday 18/9/20

Year 11 Exams

Monday 21/9/20

Year 11 Exams

Tuesday 22/9/20

Year 11 Exams

Wednesday 23/9/20

Year 11 Exams

Thursday 24/9/20

Friday 25/9/20

Merit Assembly via Zoom

Study Break Cafe

Last day of Term 3

COVID - 19 INFORMATION FOR STUDENTS SITTING HSC EXAMS

<https://www.educationstandards.nsw.edu.au/wps/portal/nesa/covid-19/coronavirus-advice/hsc/covid-19-safe-hsc-exams>

STAY HEALTHY HSC HUB

<https://education.nsw.gov.au/student-wellbeing/stay-healthy-HSC.html>



HSC Formal Assembly and Graduation

Last week we welcomed the confirmation we will be able to hold a formal event for Year 12 in Term 4. We are waiting for the list of restrictions that we must work within to hold these events in a COVID safe manner and we will be announcing final arrangements as soon as we can to give students and families plenty of time to make preparations.

Senior Leadership Team

It was pleasing to see seven aspirational leaders in Year 11 step up to nominate for the Senior Leadership team. Miss Newitt, Corey Armstrong, Bethany Vidler and myself interviewed the candidates and listened to their speeches they had prepared to provide further feedback and support. A very impressive cohort of leadership potential; Mackenzy Wilson, Laandi Buckland, Miah Currie, Oden Osgood, Raynor Pearce, Raymond Sack and Peter Keeley. They have worked diligently making an application and preparing speeches to highlight their skills they bring to the role, what they value and stand for as a leader and what they would like to see implemented at Kandos HS in working with the student body. This year the candidates presented their speeches via Zoom to students and staff due to our current restrictions on school assemblies. I congratulate all the applicants on their outstanding speeches. The voting process was completed on Monday and we look forward to announcing the captains to the school in the near future. Many thanks to Mr Vaughan for the technology support and Mrs Parsons for coordinating the process.

Year 11

The end of term also brings about another milestone in the lives of our Year 11 students. At the conclusions of examinations this term, the Year 11 HSC course will finish. Next term our Year 11 students will move into the HSC courses and their final year of secondary education. This is in itself a great achievement and a great responsibility. As our Year 12 students conclude their time at Kandos High School our Year 11 students will become our most senior students and great role models for younger peers. We are confident that these students will do themselves, their parents and the school proud in this arena.

" Be strong enough to stand alone, smart enough to know when you need help and brave enough to ask for it".

Until next time

Dyanna Thommeny
Principal

2021 CAPTAIN SPEECHES

Year 11 students presented their Captain speeches for 2021 on Monday via Zoom to fellow students. Voting was held afterwards.

Good luck to Laandi, Peter, Miah, Raynor, Raymond, Oden and Mackenzy!!



YEAR 12 BIOLOGY

Students dissecting eyes and brains in Biology.



COVID-19 INFORMATION FOR STUDENTS SITTING HSC EXAMS

Health and hygiene measures are in place to keep you COVID-safe at the HSC performance, oral language and written exams.

Exam day protocols. You must:

Confirm that you do not have any flu-like symptoms and are not required by NSW Health to self-isolate.

Regularly wash your hands.

Cough and sneeze into the crook of your elbow.

Avoid touching your face.

You may also choose to wear a mask.

Exam rooms will be thoroughly and frequently cleaned. Hygiene supplies will be available and regularly re-stocked.

Do NOT attend the exam(s) if you have:

flu-like **symptoms** (fever, cough, sore/scratchy throat, shortness of breath, loss of taste or sense of smell)

been tested for COVID-19 and have not yet received your test result, been directed by NSW health to **self-isolate**, you test **positive for COVID-19**.

You can access the **COVID-19 illness or misadventure process**. You will need evidence to support your application.

What do I do if... I have flu-like symptoms, but I'm worried that if I get tested, the results won't come back in time for my exam?

Get **tested**.

Say you are a HSC student to get your results **fast tracked** and reduce disruption to your exams.

Do not return until you have a negative result.

You can access the **COVID-19 illness or misadventure process**. You will need evidence to support your application.

I start developing flu-like symptoms during an exam?

Let an exam supervisor know.

If you are told to go home, self-isolate immediately.

Get **tested**.

Follow the **COVID-19 illness or misadventure process**.

I have COVID symptoms when I have an exam?

Do not attend the exam venue.

Contact your school as soon as possible to advise of the issue.

Follow the **COVID-19 illness or misadventure process**.

Get **tested** – request **fast-tracked** results.

Self-isolate while you wait for results

Negative result – your local Public Health Unit will contact you or you will receive a SMS.

Positive result – your doctor or your local Public Health Unit will call you and tell you what you need to do.

My school is closed due to a positive case when I have a HSC written exam?

Follow instructions from NSW Health and your school.

Exams may be moved to a safe alternative venue, or continue at school once it is cleared by NSW Health, for students that do not need to self-isolate.

If you are unable to sit an exam due to COVID-19, including if you need to self-isolate, the **COVID-19 illness or misadventure process** will be available.

Written exams will not be held online or rescheduled.

I am required to self-isolate when I have a HSC written exam?

Do not attend the exam venue.

Contact your school as soon as possible to advise of the issue.

Follow the [COVID-19 illness or misadventure process](#), even if you are otherwise well.

Written exams will not be held online or rescheduled.

I am unable to travel to NSW due to international or state border closures?

You can apply to sit HSC exams at an approved overseas or interstate location. The deadline for applications is 18 September 2020.

For further information contact overseas@nesa.nsw.edu.au or call (02) 9367 8183.

I test positive for COVID-19 when I have an exam?

1. Self isolate and follow the advice provided by your doctor or your local Public Health Unit.
2. Do not attend the exam venue.
3. Contact your school as soon as possible to advise of the issue
4. Follow the [COVID-19 illness or misadventure process](#).

I have a known illness that has similar symptoms to the flu?

Before your exam:

Get a medical certificate from your doctor.

Give your school a copy of the certificate.

My school is closed when I have a HSC performance exam?

Your school will contact you directly with advice.

Your performance exam may be rescheduled.

If this can't be arranged, the [COVID-19 illness or misadventure process](#) will be available.

I am required to self-isolate, but I am otherwise well, when I have a HSC performance exam?

Do not attend the exam venue.

Contact your school as soon as possible to advise of the issue.

Your performance exam may be rescheduled.

If this can't be arranged, the [COVID-19 illness or misadventure process](#) will be available.

My school is closed when I have a HSC oral language exam?

Your school will contact you directly with advice.

Your oral language exam may be rescheduled or held online via video.

If this can't be arranged, the [COVID-19 illness or misadventure process](#) will be available.

I am required to self-isolate, but I am otherwise well, when I have a HSC oral language exam?

Do not attend the exam venue.

Contact your school as soon as possible to advise of the issue.

Your oral language exam may be rescheduled or held online via video.

If this can't be arranged, the [COVID-19 illness or misadventure process](#) will be available.

For current requirements and health advice

Visit the [NSW Government website](#) OR Call the National Coronavirus Helpline – 1800 020 080

FOOTY COLOURS DAY

Last Friday was Footy Colours Day, there was a cake stall and some activities during recess and lunch.

Best Dressed: Oden Osgood

Longest Pass Male: Lachlan Large

Longest Pass Female: Eliza Norbat

Most Passes through the hole in 1 Minute:

4 Way tie for first with 6 passes: Aaron Large, Emily Large, Mr Skourmallas, Lachlan Large (I think the Larges are good at passing!)

Runners up: Billy King and Flynn O'Brien with 5 passes.

We have raised \$294 for the Fight Cancer Foundation from the cake stall and Mufti Day.





YEAR 12 BADGES

'We are in this together'

Along with their regular birthday cakes, Year 12 received special edition COVID-19 badges as their birthday gift for this year.

Designed by their Year Advisor Julie Parsons, they will hopefully keep them as a reminder of a continually challenging year.

Year 12 and their teachers have all received a badge as a memento of a challenging year.



GRIN BIN WINNERS

10/9/20

Robert Curan
Ryan Fuller
Zachary Sack
Chloe Robertson
Laandi Buckland

\$2 TEACHER VOUCHER

10/9/20

Sherie Thorn
Zoe Hudson x 4



**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

THE POWER OF COLLABORATIVE LEARNING

Learning with other students can be a very powerful way to improve your learning outcomes. You might be sitting next to each other discussing what you are learning, or working together in a group online and sharing your screens, or giving a friend feedback about an assignment. There are many benefits to learning to work with other students.

1. MOTIVATION

Studying together can be much more motivating than studying on your own. Setting targets and working towards them together can help keep you focused on completing assignments. Often study done together is more active and engaging than studying on your own and this is much better for retention.

2. DEEPEN UNDERSTANDING

Discussing with a friend, being able to bounce ideas off each other, ask each other questions – all of these activities will help strength your neural networks and deepen your understanding of what you are learning. This can help to develop our higher order thinking skills.

3. DIFFERENT PERSPECTIVES

Sometimes we don't realise that we are only looking at things in one particular way and there are different and diverse viewpoints to ours. Learning with a friend can help you see things in a different light and broaden your perspective. This can help develop our critical thinking skills.

4. BUILD TEAMWORK SKILLS

Learning to cooperate, negotiate and problem solve with other people is a great skill to have in later life. By learning with other students you will have opportunities to learn to be a more active participant in group work and also develop communication and leadership skills.



www.studystudyskillshandbook.com.au



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

Tips by Dr Prue Salter

username:

kandoshs

password:

28success

Chickpea and butternut pumpkin (squash) coconut curry

Ingredients: (between 2)

- ½ onion chopped
- 1 clove garlic, peeled
- ginger thumb-sized piece, peeled and chopped
- ¼ red chilli, diced – (substitute-chilli paste or dried chilli)
- 1 tsp olive oil
- ¼ tsp turmeric
- ¼ tsp ground coriander
- ¼ tsp ground cumin
- ¼ tsp garam masala
- 200 g butternut pumpkin peeled and diced
- 200g chickpeas tin, rinsed and drained
- 200mls coconut milk
- 200ml vegetable stock
- 1 leaf baby spinach

Method:

• STEP 1

Put the onion, garlic, ginger and chilli into a small food processor and blend to a paste.

• STEP 2

Heat 1 tsp oil in a large pan and fry the paste for a few minutes with a pinch of salt, then add the spices, and fry for another minute before adding the squash and chickpeas.

• STEP 3

Mix with the spices, then add the coconut milk and stock. Bring to a simmer and cook for 30 minutes until the pumpkin softens and the sauce thickens.

• STEP 4

Stir in the spinach until wilted.



UPCOMING PAYMENTS & PERMISSION NOTES



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

- Course Fees and Voluntary Contribution

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.

Is your teenager interested in Agriculture?
This workshop is designed for teenagers to gain practical farm skills and knowledge that will help them in the future.
Thursday 1st & 8th October @ Windeyer NSW.
Places are limited. Book now.

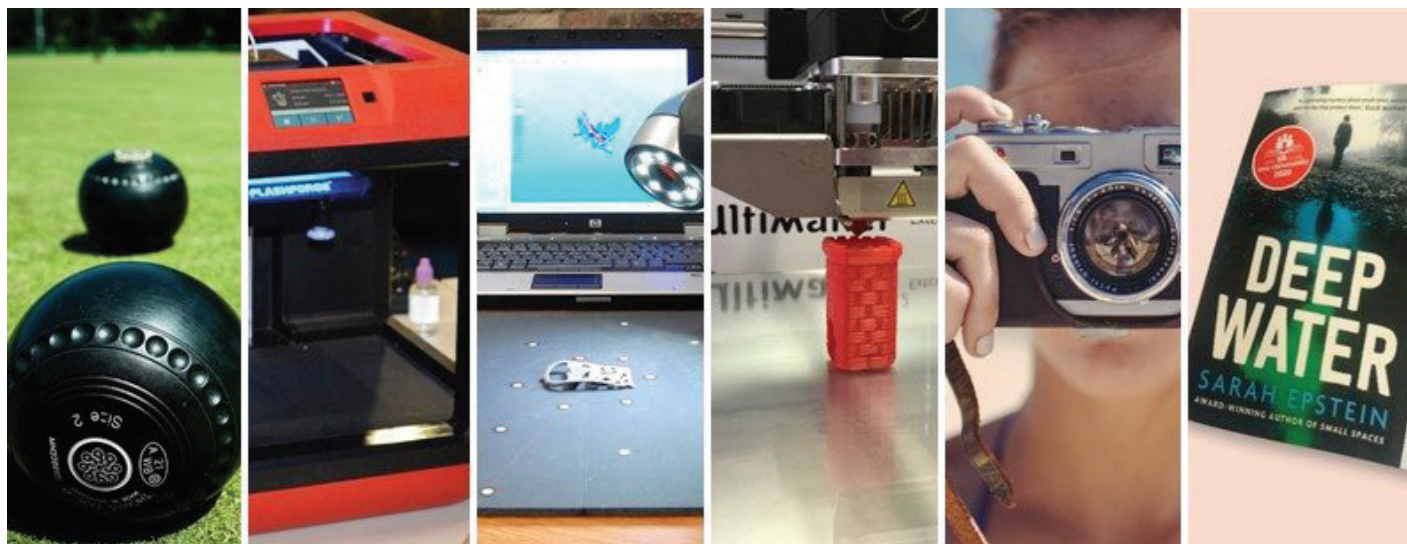
OVER THE FENCE
Small Farm Support



School Holidays
Farm skills
Workshops
For Teenagers



FOR ENQUIRIES & BOOKINGS
E: katie@smallfarmssupport
Ph: 0457 133 094  



SPRING SCHOOL HOLIDAYS

26 September 2020 – 11 October 2020

Mid-Western Regional Youth Council is proud to present a range of youth activities and events across the region, as part of the spring school holidays.

Please note: bookings are essential, and activities are subject to change due to COVID-19 health orders.

Barefoot Bowls

Throw off your shoes, enjoy a cold soft-drink, and challenge your friends to see who can hit the jack!

WHEN Monday 28 September 2020, 2:00pm – 3:30pm

AGES 12–18 years

WHERE Gulgong Bowling Club, 1 Tallawang Road, Gulgong

3D Printing With Andrew Christie

Learn how to create your own 3D printing file and watch it come to life in this hands-on workshop with professional artist and creator, Andrew Christie.

WHEN Tuesday 29 September 2020, 10:00am – 12:00pm

AGES 12–20 years

WHERE The Stables, 84 Market Street, Mudgee

3D Design and Scanning Introduction

Learn how to use photogrammetry and laser scanning to turn real objects, even people, into 3D models. Your scans can be 3D printed and the files are yours to keep and use in 3D modelling, animation and anything else you can imagine!

WHEN Tuesday 29 September 2020, 1:30pm – 4:30pm

AGES 15–20 years

WHERE The Stables, 84 Market Street, Mudgee

3D Printing With Andrew Christie

Learn how to create your own 3D printing file and watch it come to life in this hands-on workshop with professional artist and creator, Andrew Christie.

WHEN Wednesday 30 September 2020, 11:00am – 1:30pm

AGES 12–20 years

WHERE Rylstone Memorial Hall, 73 Louee Street, Rylstone

Spring Photo Competition

Today's the last day to enter your spring-inspired photo into the competition for your chance to win up to \$50 in Mudgee Money. See the event flyer for more details.

CLOSES Thursday 1 October 2020, 5:00pm

AGES 12–25 years

SUBMIT Email entries to youthservices@midwestern.nsw.gov.au

One YA Book One Community – Author Chat

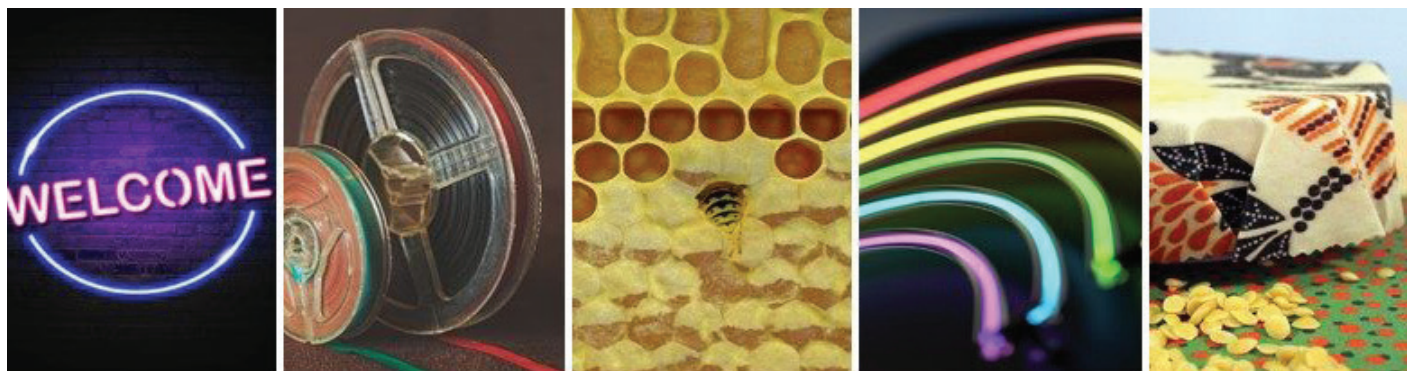
Author Sarah Epstein will answer all your questions about the One YA Book One Community novel *Deep Water*. Tune into the screening on Youth Council's Facebook page. Pick up a copy of the novel from any Mid-Western Regional Council Library branch across the region.

WHEN Friday 2 October 2020, 12:00pm

FOR Anyone who has read the book

WHERE Online, hosted on Youth Council's Facebook page

> MORE EVENTS OVER THE PAGE



Please note: bookings are essential, and activities are subject to change due to COVID-19 health orders.

Neon Signs Workshop

Light up your afternoon by learning how to create a neon-look sign using your bright ideas and EL wire.

WHEN Tuesday 6 October 2020, 2:00pm – 4:00pm

AGES 12–25 years

WHERE The Stables, 84 Market Street, Mudgee

Neon Signs Workshop

Light up your afternoon by learning how to create a neon-look sign using your bright ideas and EL wire.

WHEN Thursday 8 October 2020, 2:00pm – 4:00pm

AGES 12–25 years

WHERE Gulgong Library, 109 Herbert Street, Gulgong

Reel Teens

Nab a comfy cushion, and enjoy some snacks while watching this cult classic dance-off movie.

WHEN Wednesday 7 October 2020, 10:30am – 12:30pm

AGES 12–20 years

WHERE Event Zone, Mudgee Library, 64 Market Street, Mudgee

Beeswax Wraps Workshop

Be guided through everything you need to know to make environmentally friendly, reusable beeswax. You shouldn't need to buy plastic wrap again!

WHEN Friday 9 October 2020, 2:00pm – 3:30pm

AGES 12–25 years

WHERE The Stables, 84 Market Street, Mudgee

Beeswax Wraps Workshop

Be guided through everything you need to know to make environmentally friendly, reusable beeswax wraps. You shouldn't need to buy plastic wrap again!

WHEN Wednesday 7 October 2020, 2:00pm – 3:30pm

AGES 12–25 years

WHERE Kandos Community Hall, Angus Avenue, Kandos

These sessions are being delivered in accordance with COVID-19 health orders and may be subject to change should those orders be revised. If you are attending, please follow physical distancing measures in place.

Proudly funded by



NOTE: ALL EVENTS ARE FREE. SPOTS ARE LIMITED AND BOOKINGS ARE ESSENTIAL TO COMPLY WITH COVID-19 HEALTH ORDERS.

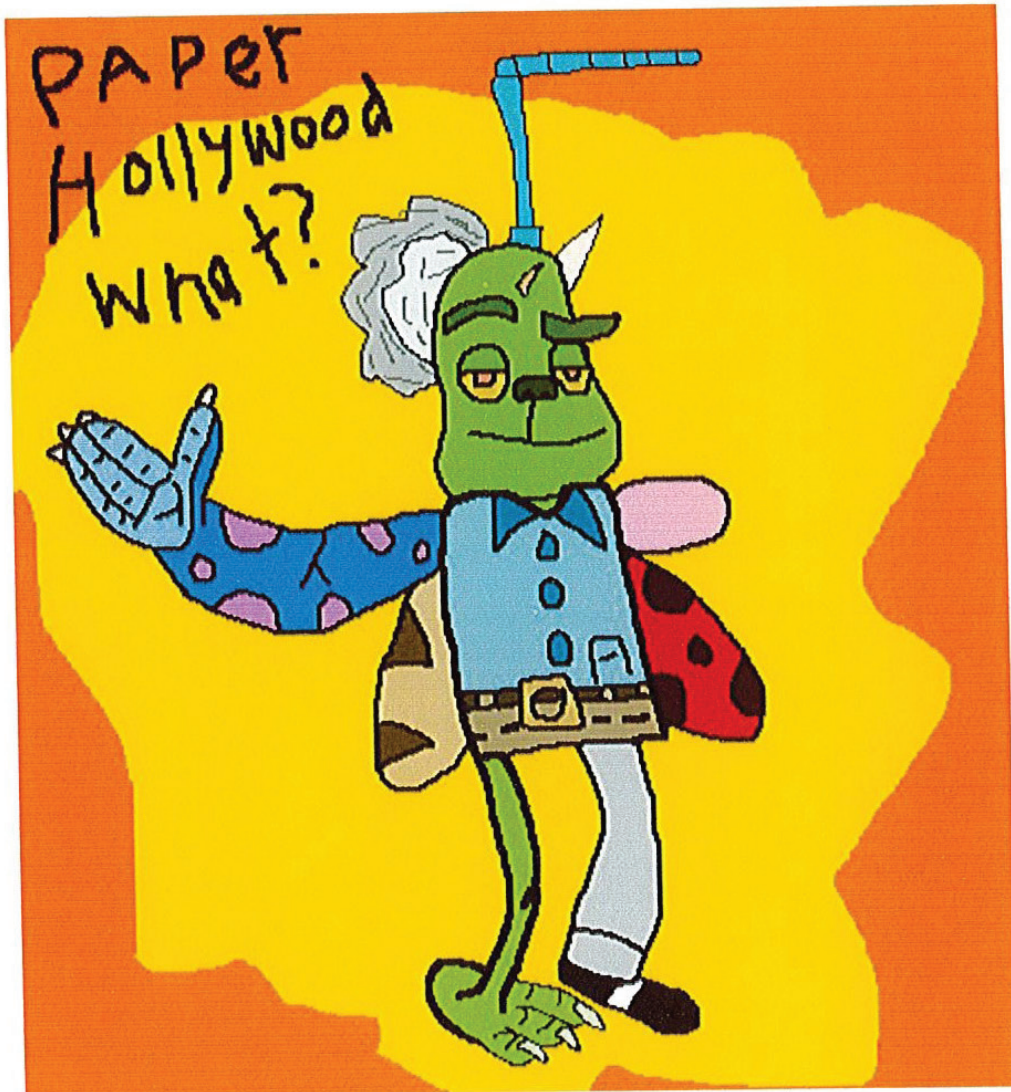
To book, visit mwrceyouth.eventbrite.com



PAPER HOLLYWOOD WHAT?

by

Gordon W Smith



WAYOUT ARTSPACE

October 1 til October 10

Thursday to Saturday 10am til 2pm

71 Angus Avenue KANDOS

SAFER DRIVERS COURSE

PCYC is now taking bookings for the
Safer Driver Course coming up on
Tuesday 29 September 2020.



THE SAFER DRIVERS COURSE INVOLVES TWO MODULES



MODULE ONE:

A three-hour facilitated group discussion on how to manage risks on the road.

This will involve a maximum of 12 participants and will be delivered by a facilitator.



MODULE TWO:

A two-hour, in-vehicle coaching session to develop low-risk driving strategies.

This will involve two participants and a coach.

**LEARNER DRIVERS WHO COMPLETE
THE COURSE WILL RECEIVE 20 HOURS OFF
THEIR LOG BOOK.**

\$140

ALL PARTICIPANTS MUST:

Hold a valid NSW Learner Licence, be under 25 years of age and have completed a minimum of 50 hours of actual on-road driving hours in their Learner Logbook

Book online at www.saferdrivers.org.au



02 6372 1367
mudgee@pcycnsw.org.au

Find us on 



TERM 4

Enjoy the spring school holidays and stay safe.
Staff and Students return on Monday 12 October 2020.



Kandos High School and Community Bus proudly sponsored by

BOWDENS
SILVER