



**Kandos**  
HIGH SCHOOL

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Official Kandos High School

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# Newsletter

Term 4 Week 3 2021



## WELCOME BACK!

With the release from stay-at-home orders staff have welcomed students back into the classroom. As a staff member who attended school every day during the remote learning phase, I can honestly tell you that a school is not a school without students!! While we are operating at Level 3, it is hoped that in the future we will move to Level 2 and again be able to welcome parents and community members back into our school.

Our Year 12 students have entered their final sprint to the end and it is pleasing to see that many have accepted the offer from their teachers to continue to attend classes and receive guided support in their revision in the lead up to HSC Examinations commencing on the 9th November. Due to local government elections, the Year 12 Formal has had to be rescheduled to Saturday 11th December. Further information about this celebration will be provided as the Department releases advice.

There are numerous benefits to living in a small community and we are encouraged to shop locally and support our local businesses so that our locals have employment. Schools are exactly the same – we provide a local service, employ locals and also require your support. While Kandos High School is a small school, we provide our students with big opportunities. Many of these opportunities are possible because of the strong community partnerships that have developed between our school and local businesses and organisations. As a proud past Kandos High student, I know that my acceptance into university, graduation as a teacher and now Relieving as Deputy Principal is a testament to the support I was provided. Classes that I attended were not filled to capacity so I had one on one time with the teacher when I needed points to be clarified. My teachers were qualified and cared about me as a whole student and not just for the 40 minutes that I was in class. Kandos High School is a school where even the Principal - it was Mr Brabin back then - knew my name along with every other student in the school.



## What's on?

### 2021

Monday, 25 October 2021

Tuesday, 26 October 2021

Wednesday, 27 October 2021

Thursday, 28 October 2021

Friday, 29 October 2021

Monday, 1 November 2021

Tuesday, 2 November 2021

Wednesday, 3 November 2021

Thursday, 4 November 2021

Friday, 5 November 2021

Year 12 Final Assembly

Tuesday, 9 November 2021

HSC Written Exams start

Saturday, 11 December 2021

Year 12 Formal

Monday, 13 December 2021

Annual Presentation 2021

In this newsletter and on Facebook, we are celebrating the success of Kandos High School students who are transitioning into life beyond our gates, whether that be a celebration of employment or entry into university. The support offered to these students through the school and the community as a whole has contributed to their success and for this we thank you.

With some restrictions around student interaction reducing, we can proceed with Year 6 Orientation, starting with our school visits in Week 6. Mrs Vidler and our newly elected school leaders are eager to meet with students and Mr Nassis is going to deliver a lesson to students using our Sphero Balls and simple computer coding. Year 6 will then be invited to attend an Orientation Day at the High School on Wednesday 24th November where they will participate in some lessons and end the day at the pool. Due to guidelines around Orientation provided by the Department of Education, Year 6 students attending this day will need to have completed and returned enrolment forms to the front office prior to this date. Parent attendance is also limited at this time. To allow parents the opportunity to view our learning spaces, early in Term 1 parents will be invited to attend a BBQ and participate in a guided school tour.

Due to the disruption that remote learning has caused to the delivery of course work, the decision has been made to remove Yearly Examinations from the assessment schedule this year. Teachers will instead be using the completion of tasks in class to inform final reports.

NAPLAN results were distributed to students at the beginning of the term to take home for parents. Students in Year 7 have performed about state average in a range of bands in the area of reading, punctuation and numeracy. Year 9 have shown growth through their results and performed above state average in a range of bands in reading, writing, punctuation and numeracy. Well done to students and teachers who have worked together to achieve these results. This student achievement indicates that as a school we are performing at the same level or better than students from across NSW.

Kandos High School staff and students would like to take this opportunity to wish Ms Heilman all the best in her retirement.

Take care and see you all again soon...

*Deb Johnston*

**Relieving Deputy Principal**



## GRIN BIN WINNERS

Emily Gallaher  
Lleyton Boyd  
Jasmin Abrahams  
Shanae White  
Ryan Moore  
Raynor Pearce

## \$2 TEACHER VOUCHER

Miss E. Kelson x 2  
Ms T. Newitt  
Mrs P. Munday  
Mr M. Curtis  
Mr D. Skourmallas

# UNIVERSITY EARLY ENTRY & WORK PLACE SUCCESS!

We would like to formally congratulate the following Year 12 Kandos High School students:



Charlotte Hoetink has been accepted into University of Wollongong to study *Bachelor of Business*.

This is an opportunity for Charlotte to extend and develop her marketing and business knowledge.

Mitchell Godwin on his new job at Mudgee Toyota



Miah Currie has received an offer to study a *Bachelor of Animal Science* at Charles Sturt University in Wagga Wagga in 2022.

This course will enable Miah to develop an extensive knowledge and skills in animal production, management and welfare across a range of domestic and wildlife animal species.

Nick Walker on his apprenticeship at Wilpinjong Mine



Ava Vidler has been offered a position to study a *Bachelor of Arts* at Western Sydney University in Sydney in 2022.

Ava is hoping to further develop her passion for Korean studies and writing.

We would also like to wish the following Year 10 and 11 students the best of luck after securing employment within our school community: Flynn O'Brien with A W Building & Contracting; Tallon McLean with McCarroll Motors Mudgee; and Khy Docherty with R&K Engineering.

Well done, we look forward to hearing about other students achievements, in the future and celebrating their successes with them!



# TERM 3 MERIT ASSEMBLY

## YEAR 7

### **BRONZE AWARDS**

Mia Waterton

### **SILVER AWARDS**

Audrey Beck

Malaki Brennan

Seanna Duffield

Brienna Fuller

Lilliarna George

Oskar Sander

Eleanor Vidler

### **GOLD AWARDS**

Alexander Edwards

Tansy Fisher

Emily Gallaher

Lilliarna George

Jan Maw

Mitchell Moore

Mia Reddish

Oskar Sander

### **PRINCIPAL AWARDS**

Mitchell Moore

Mia Reddish



## YEAR 8

### **BRONZE AWARDS**

Aleisha Brennan

Bridget Grimshaw

Cody Perry-Weekes

Chloe Robertson

### **SILVER AWARDS**

Haidee Burlington

Nicholas Ellery

Bridget Grimshaw

Bailey Kuchta

Dakota Smith

### **GOLD AWARDS**

Lleyton Boyd

Alexis Farrugia

Bailey Kuchta

Shania Norris

### **PRINCIPAL AWARDS**

Willow Connellan

Alexis Farrugia

Teegan Reynolds

## YEAR 9

### **BRONZE AWARDS**

Matthew Elkins

Sarah Falzon

Isabelle Furner

### **SILVER AWARDS**

Jenna Benjamin

Matthew Elkins

Chloe Farrugia

Jorja Witcher

## YEAR 9

### **GOLD AWARDS**

Jasmin Abrahams

Tegan Godwin

Halli O'Brien

Felikss Sander

### **PRINCIPAL AWARDS**

Tegan Godwin

## YEAR 10

### **BRONZE AWARDS**

Dean Blain

William Derwent

Alexander Harris

Daniel Keeley

Laura Kubbere

Tailah Mason

Brayden Moore

Gabrielle Moore

Logan Perry

Ella Quarmby

Kiah Rovella Hoye

Jordan Sant



## YEAR 10

### SILVER AWARDS

Reine Annovazzi-Palme  
Ryan Attwood  
Madeleine Connellan  
Cooper Duff  
Paxton Fisher  
Todd Jones  
Noah Kernaghan

### GOLD AWARDS

Reine Annovazzi-Palme  
Amelia Burlington  
Christopher Edwards  
Vivienne George  
Blainey Pearce  
Ky Reddish  
Jaiden Rutter

### PRINCIPAL AWARDS

Ella Quarmby  
Ky Reddish  
Jaiden Rutter

## YEAR 11

### BRONZE AWARDS

Stephen Allans  
Tara Cubis  
Jack Murphy

### SILVER AWARDS

Daisy Bufete  
Tyler Jupp  
Chloe Mackander  
Flynn O'Brien

### GOLD AWARDS

Clare Chadwick  
Lainey Fuller  
Latara Hammond  
Annalise Healey  
Gina McDonald

### PRINCIPAL AWARDS

Clare Chadwick  
Lainey Fuller  
Latara Hammond  
Annalise Healey  
Ty Stone

## YEAR 12

### BRONZE AWARDS

Bella Henderson  
Nadine Jones  
Seth Robinson

Monty Smith

### SILVER AWARDS

Benjamin Abrahams  
Miah Currie  
Mackensy Farrar  
Mitchell Godwin  
Brooke Howe  
Nadine Jones  
Shannon Odgers  
Raynor Pearce  
Seth Robinson  
Raymond Sack  
Nicholas Walker  
Mackenzzy Wilson

### GOLD AWARDS

Benjamin Abrahams  
Mackensy Farrar  
Charlotte Hoetink  
Peter Keeley  
Raynor Pearce  
Gnomoss Roberts  
Emma Turner  
Mackenzzy Wilson

### PRINCIPAL AWARDS

Charlotte Hoetink  
Peter Keeley  
Oden Osgood  
Gnomoss Roberts  
Emma Turner  
Emma Wisser

*Congratulations*  
*to all award recipients for Term 3!*



## BEES HAVE BEEN BEE-ZY!

With the number of bee swarms that have been seen around the local area, we thought that it was time to check our hives. So after suiting up, Todd Jones and Shane Allison used their apiary skills to inspect frames for honey and assess the health of bees and strength of the hive. The good news is that there is honey ready for robbing so in the coming week the spinner will be back in operation and honey will be for sale.



## BAA BAA BLACK SHEEP

Last year Ken and Sylvana Thompson discussed the possibility of the school starting a coloured sheep competition team. During the holidays, they have kindly donated 2 ewes and a ram to the school to start our coloured sheep herd. The ewes are Corriedale and the ram is a Corriedale X. All display Moorit traits, which means that they have a mutation that results in them having coloured wool.

Students in 2022 will be participating in Black and Coloured Sheep Shows in various locations around the state.



## SHEEP WHISPERING

While students still cannot decide on names for our 3 sheep (currently tossing up between Politicians and Home & Away characters.... so closely related). The sheep show team, under the guidance of Mrs Thorn, have started to put them on leads and prepare them for showing in the new school year.

*Deb Johnston*  
**Relieving Deputy Principal**



# School Travel for 2022



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## 2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can [apply](#) now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before the **end of term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

# SCHOOL CANTEEN - NEW MENU!

We are very excited that the school canteen will reopen in Week 5 of Term 4. Please note that the canteen will be CLOSED in Week 4

Canteen Food is made fresh every day. We stock our fridges and oven for Recess and Lunch. To make sure you get the Food you like – PLEASE order in the morning.

We look forward to seeing everyone soon,.

*Simone & Julie*

## HOT FOOD

- Small Pie \$1.00
- Large Beef Pie \$4.20
- Small Sausage Roll \$1.00
- Large Beef Sausage Roll \$3.20
- Chicken Nuggets 80c each
- Chicken Chippies 80c each
- Chicken Crackles 50c each
- Chicken Tenders \$2.00
- Beef or Vege Dim Sims \$1.50
- Spaghetti Bolognaise \$4.00
- Lasagne \$4.00
- Vegetable Lasagne \$4.00
- Potato Bake \$4.00
- Fried Rice \$3.50
- Chicken or Beef Noodles \$1.20
- Chicken on a Stick \$2.00

## BURGERS

- Grilled Chicken Burger \$5.50
- Schnitzel Burger \$6.50
- Works Schnitzel Burger \$10.00
- Cheese Burger \$4.50
- Plain Hamburger \$6.50
- Works Hamburger \$10.00
- Egg & Bacon Roll \$4.50
- BLT Burger \$5.00

## PIZZA BREAD

- Bacon & Cheese \$3.00
- Ham & Cheese \$3.00
- Ham & Cheese Pineapple \$3.00

## TOASTED SANDWICHES

- Ham & Cheese \$3.00
- Ham, Cheese & Tomato \$3.50
- Chicken & Cheese \$4.00
- Raisin Toast 50c each

## KEBABS

- Chicken or Beef \$7.50 each

## SANDWICHES & WRAPS

- Chicken & Mayonnaise \$4.50
- Chicken, Lettuce & Mayonnaise \$4.70
- Chicken & Salad \$6.50
- Salad \$5.00
- Ham & Salad \$6.00
- Ham & Cheese \$3.50
- Ham, Cheese & Tomato \$4.00
- Chicken, Avocado & Garlic Aioli \$5.50
- Chicken, Avocado, Baby Spinach, Sundried Tomato & Garlic Aioli \$7.00

Extras 50c each

## SUSHI

- Variety of flavours: Vegetable, Tuna, Chicken, Beef & Salmon
- Small \$4.00 (GF) Large \$5.00 (GF)

## SALADS

- Plain Salad
- Small \$3.00 Large \$4.00 (GF)
- Greek Salad Small \$3.00 (GF)
- Egg Salad Small \$3.00
- Vegan Salad
- Small \$3.00 Large \$4.00 (GF)
- Extras:
- Ham or Chicken or Egg 50c each

## TOASTED WRAPS

- Ham & Cheese \$5.00 (half \$2.50)
- Chicken & Cheese \$5.00 (half \$2.50)

## RICE PAPER ROLLS

- Variety of flavours: Vegetable, Chicken, Ham, Beef, Tuna & Salmon
- Small \$4.00 (GF) Large \$5.00 (GF)

## FRUIT

- Fruit Salad Small \$1.20 Large \$2.00
- Fruit Box Small \$3.00 Large \$4.00
- Piece of Fruit 30c-60c each
- Fruit Cups in Syrup \$1.20

***Gluten-free Bread & Wraps Available (GF)***

***Lactose Free Options***

***Please advise when ordering.***



## SNACKS

Rice crackers & cheese \$1.00  
Yoghurt & Muesli \$3.00  
Chocolate Mousse \$2.00  
Fruit Salad Small \$1.00 Large \$2.50  
Jelly Small \$1.00  
Jelly & Custard  
Small \$1.00 Large \$2.00  
Plain Yoghurt Small \$1.00  
Custard Small \$1.00  
Cups Fruit in Syrup \$1.20  
Fruit Box Small \$2.50  
Piece of Fruit 30c-60c each

## CHIPS

Sea Salt \$2.00  
Grain Waves \$2.00  
Noodles \$1.00  
Mini Rice Cakes \$1.00

## ICE BLOCKS

TNT \$1.20  
Cup Juice \$1.00  
Ice Cream Cup  
Small \$1.00 Large \$1.50

## DRINKS

Pop Tops \$2.00  
Poppers \$2.00  
Cup Juice \$1.00  
Large Daily Juice \$3.50  
Chocolate & Strawberry Milk \$2.50  
Water Small \$1.20 Large \$2.00  
Milkshake \$3.50

## HOT DRINKS

Tea  
Hot Chocolate  
Hot Milo  
Small \$2.00 Medium \$2.50

## TEACHERS & STAFF YEAR 11 & 12 ONLY

Cappuccino | Latte  
Long Black | Mocha  
Medium \$2.50 Large \$3.50

**Lactose-free Milk, Skim Milk & Soy Milk available**



***We also cook a variety of biscuits, mini muffins, banana bread, carrot cake, yum yum balls and popcorns. Priced between 30c and \$2.50.***

***All nibbles and snacks are made by the canteen daily.***

Apply now for a **\$1000**  
Youth Development  
**Scholarship**



## YOUTH DEVELOPMENT SCHOLARSHIPS AVAILABLE

Focusing on school is not always easy, especially if you're facing challenges with your health, caring duties, home life, or the cost of education and training.

The NSW Government's Youth Development Scholarship program is now open for applications. Eligibility requirements include being in Year 10, 11 or 12 or the TAFE equivalent in 2022. You must also be living in social housing or out-of-home care.

Successful applicants will receive a \$1000 scholarship to assist with school expenses and secondary support services.

For more information on how to apply:  
[www.dcj.nsw.gov.au/scholarships](http://www.dcj.nsw.gov.au/scholarships)

## Your Child's New Device Checklist

- Sign a Carly Ryan Foundation family contract together. Download the form from [carlyryanfoundation.com/resources/online-safety-contract](http://carlyryanfoundation.com/resources/online-safety-contract)
- Go through all settings – understand your device.
- Turn off Location Services for social media, camera phone & photos. Choose locations for the apps that require this, such as Maps or Find My Phone.
- For Apple devices, turn receiving off for Airdrop.
- Setup 'Find My Phone'.
- Join your trusted home Wi-Fi networks, and ensure your passwords are secure.
- Setup passcodes for device (digit or fingerprint).
- Download apps together, and understand how they function. For future downloads, features like Google Family Link or Family Sharing allow you to remotely approve or deny app download requests.
- Setup bed times and app limits using the aforementioned Google Family Link or Family Sharing features.

the *Carly Ryan* foundation,

# MENTAL HEALTH MONTH

October is Mental Health Month, If the last two years have taught us nothing else, we certainly all now know how important one's mental health is.

The Government is encouraging everyone to tune into their mental health this month, and have created a website full of great tips and info, check it out at: [mentalhealthmonth.org.au](http://mentalhealthmonth.org.au)

Here are 10 tips to calm your mind from the website:

1. Listen to music
2. Connect with friends and socialise
3. Spend time with family and loved ones (fur covered family members count too!)
4. Nourish your body (with fresh healthy food)
5. Get enough sleep
6. Speak to someone you trust
7. Practise mindfulness
8. Make time for yourself (do something you enjoy)
9. Get moving, and be active (extra benefits if you do so while getting some safe vitamin D from the sun)
10. Take a break, or change your environment

Remember if you need to talk to a professional, there's no shame in that and the following are two free and helpful resources that specialise in helping people 25 and under:

Kids helpline ~ 1800 55 1800 ~ [kidshelpline.com.au](http://kidshelpline.com.au)

Headspace ~ 5852 1900 ~ [headspace.org.au](http://headspace.org.au)

**Australian Unity**  
Real Wellbeing

**Chemists' Own**  
Your trusted brand in pharmacy

22 OCTOBER	23 OCTOBER	24 OCTOBER	25 OCTOBER	26 OCTOBER	27 OCTOBER
<b>Symposium on the Mental Health of Mental Health Professionals*</b> 10:00 am - 12:00 pm Perth Convention Centre	<b>VIRTUAL Paramedics' Mental Health Symposium</b> 10:00am - 12:00pm	<b>VIRTUAL Parenting and Mental Health Forum</b> 1:00 pm - 3:00 pm	<b>VIRTUAL Pharmacists' Mental Health Symposium</b> 10:00am - 12:00pm	<b>VIRTUAL Food and Mood Forum</b> 10:00am - 12:00pm Virtual <b>VIRTUAL Indigenous Mental Health Symposium</b> 1:00pm - 3:00pm Virtual	<b>VIRTUAL Finance Professionals' Mental Health Symposium</b> 10:00 am - 12:00 pm Virtual
28 OCTOBER	29 OCTOBER	30 OCTOBER	31 OCTOBER		
<b>Mental Health Symposium on Post Pandemic Recovery Challenges, Resilience &amp; Religion</b> 10:00am - 12:00pm Adelaide Town Hall	<b>Defence and Mental Health Symposium</b> 10:00am - 12:00pm Brisbane Town Hall	<b>VIRTUAL Future Leaders' Forum</b> 6:30 pm - 8:00 pm	<b>VIRTUAL Seniors' Mental Health Forum</b> 1:00 pm - 3:00 pm	<b>National Mental Health 2021 Closing Ceremony</b> 2:30pm - 4:00pm	<b>VIRTUAL LGBTQIA+ Mental Health Forum</b> 1:00 pm - 3:00 pm Virtual

**1300 643 287**  
**WWW.MHFA.ORG.AU**



Facebook is a social networking service where millions of people go to interact with others. Facebook has over one billion active users, more than half of them use Facebook on a mobile device. The user can create a personal profile with photos, lists of personal interests, contact information, and other personal information which is shared among their chosen friends.

Facebook users have the ability to interact with a wide range of individuals. Through Facebook's news feed, users have the ability to interact in public conversations with people who are not within their friends list.

## How to make your Facebook profile private

### Step 1

- 1 Click on the three parallel lines at the bottom right corner of the screen.
- 2 Scroll to the bottom and click the 'Settings & Privacy' tab and click 'Settings'.
- 3 Click on the 'Timeline and Tagging' option. You can control everything with regards to who gets to post and tag on your Timeline and also who can see it. Go through all seven options and customise it for you. Activating 'Timeline review' is also recommended. Once you've done this your Timeline will only be visible to the people you choose to look at it.

### Step 2

Go to the 'Privacy' tab in the settings page. Facebook offers you several different options as you can adjust exactly how private you want to be. Check your privacy settings regularly. Often when Facebook updates the settings may go back to public by default.

### Other Privacy Settings

To manage your privacy on Facebook (on a computer), access the privacy settings by clicking on the downward facing arrow in the upper right-hand side of the page and select 'Settings'. In the left hand column, click on 'Privacy'.

To access these settings on a mobile device select the three lines on the bottom right of your screen. Scroll down to 'Settings & Privacy'. Here you can change a number of settings: Restricting who can see the users profile and timeline.

Under the 'Who can see my stuff?' section, users can manage who is able to access their timeline and profile. Next to 'Who can see your future posts?', click on 'Edit' to ensure that 'Friends' is selected.

### How can I report a fake profile?

If you have a Facebook account and want to report someone that's pretending to be you or someone you know:

- Go to the profile of the impersonating account.
- Click on the cover photo and select 'Report'.
- Follow the on-screen instructions for impersonation to file a report.

### How do I block another user on Facebook?

- Click at the top right of any Facebook page.
- Click 'Privacy Shortcuts'.
- Click 'How do I stop someone from bothering me?'
- Enter the name of the person you want to block and click 'Block'.
- Select the specific person you want to block from the list that appears and click 'Block again'.

App Fact Sheets available from the Carly Ryan Foundation. Please email: [info@carlyryanfoundation.com](mailto:info@carlyryanfoundation.com)

# TIK TOK

(Including Musical.ly)



Tik Tok is a social media platform for creating, sharing and discovering short music videos. Every day, millions of people use Tik Tok as an outlet to express themselves through singing, dancing, comedy, and lip-synching. The app celebrates creativity with videos recorded in 15 seconds or less and shared across the Tik Tok community.

You have the ability to make cool, short videos—songs or short dialogues – that you can share with the world, and people can see them. Think MTV meets SNL meets karaoke meets Dabmash meets American Idol meets Instagram.

## Challenges

- 12+ content in the songs lyrics. Swearing and adult concepts in the provided music.
- Pornography, graphic content, suicide notes.
- Tik Tok users can search for other users to view or follow near their own location/zip.
- User generated videos can be viewed and shared onto other social media and messaging apps increasing exposure.
- Bullying in comments.
- Users can publicize their messenger usernames or social media profiles on their Tik Tok profile.
- Many underage accounts with large amounts of followers.
- Easy for users to create multiple accounts and hide them from their parents.
- Finds Tik Tok apps on the app store that charge for download or offer followers.

**NOTE:** TikTok offers a live feature for users with 1000+ followers on their profile. This service is intended for ages 16+

## How Do I Delete My Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the person icon at the lower right of your screen to open your profile.
- Click on the three dots located in the upper right corner.
- Click on 'Privacy and Settings'.
- Click on 'Manage my Account'.
- Add a phone number if you haven't already.

- A verified phone number is a requirement for removing your Tik Tok account.
- Scroll to the bottom of the page where it says "Thinking about removing your account?" Tap it.
- Tap "Send Code".
- Wait for the code to be sent.
- Enter the 4-digit code within 60 seconds of it being sent to you. Then hit continue.
- Read over the implications of removing your account. Hit continue if you agree with the terms.
- Hit "Delete Account". You'll be logged out and your account will be deleted.

## How Do I Block a Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the magnifying glass.
- Search for the user you want to block.
- Tap their name or photo.
- Tap on the -- icon.
- Tap 'Block'.

## How Do I Report a Tik Tok Account?

- Open the Tik Tok app and login.
- Tap on the magnifying glass.
- Search for the user you want to block.
- Tap their name or photo.
- Tap on the -- icon.
- Tap 'Report' and fill out the user report.

App Fact Sheets available from the Carly Ryan Foundation. Please email: [info@carlyryanfoundation.com](mailto:info@carlyryanfoundation.com)

# INSTAGRAM



**Instagram is a photo and video sharing app that has been an almost exclusively mobile platform. Once the user has either taken/selected a photo or video they can scroll through the editing filters and experiment with the best one for that particular image.**

## How does it work?

After the user has created an account they can follow other Instagram users and 'like' or 'comment' on their photos and videos. Instagram is owned by Facebook and accounts between the two can be linked to verify the users age and identity.

Instagram accounts are public by default, but can be set to 'private' if the user wishes. If an account is set to public then it opens it up for any other user on Instagram to view. If the account is set to 'private' then only the users that follow the account are able to view it. Setting an account to private allows the user to choose who follows them, which gives the user more control of who is able to view their content.

Instagram is being used by young people to share their lives with their friends. Some challenges around the use of Instagram are young people taking nude selfies and seeking attention and acceptance from strangers, bullying comments and the ability to access inappropriate photos and videos. It is important you know how to block and report inappropriate users on Instagram.

## Privacy Settings

Account settings can be found by selecting the three dots on the right hand side of the top of your profile page:

- Scroll to 'Privacy and security'
- Tap 'Account privacy'
- Switch on the toggle 'Private Account'

**We would recommend turning off the location function for the camera on the users mobile device.**

By doing this, it ensures that the location of where the photo was taken isn't embedded in the image. If location services are turned on for the camera then any one can drag and drop a photo's geotag information into a Google search and locate exactly where the photo was taken. For most smart devices, this option can be toggled within their 'Settings' menu.

## How do I block or report another user on Instagram?

### To report a post:

Tap the three dots above the post  
Tap Report and follow the on-screen instructions

### To report a profile:

Tap the three dots at the top of the profile  
Tap Report and follow the on-screen instructions

Like any social media Instagram can be a positive social activity that keeps kids connected to their friends. Just be mindful of screen time and be aware of who they are connecting with. We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from the Carly Ryan Foundation. Please email: [info@carlyryanfoundation.com](mailto:info@carlyryanfoundation.com)

the *Carly Ryan* foundation. APP FACTS

# APEX LEGENDS



**Apex Legends** is a free-to-play online battle royale game where users drop into a map in the hunt for weapons and equipment. The users then hunt each other down in the hope to become number 1. Players can either play by themselves, in pairs or in a squad of three.

**Apex** was released for Microsoft Windows, PlayStation 4, and Xbox One on February 4, 2019 and registered 25 million players in their first week; **Fortnite** taking two weeks to reach that same number. **Apex Legends** is similar to **Fortnite** in the way that the game is free to download and available for everyone. Users also have the choice to buy cosmetic items (micro transactions) which allow their character to look unique to others.

### Challenges

Users are able to connect with other random users around the world through their in-game voice chat feature. This poses potentially inappropriate content between users.

Be aware if your child has access to a bank card, or bank card details that have been previously saved onto a device as they may be able to purchase in-game cosmetic items through the game's in-game micro transaction store.

### How do I report / unfriend another user?

Users can report other users for harassment, inappropriate language, bullying and hocking but it has to be done manually.

### To Report

Due to no in-game reporting system, Apex players must file a report through EA's website <https://help.ea.com/en/contact-us/> and file a claim with whatever evidence they are able to provide. EA will then contact them after their assessments.

### A few helpful tips when reporting players:

Make sure to include the player(s) full in-game name, spelled as accurately as possible if it looks like the player is using unusual or uncommon characters in their in-game name, screenshots and videos are totally acceptable documentation. Screenshots & videos are incredibly useful tools for validation.

### Understanding the in-game store:

**Apex Legends** is free to play, but it's monetized with a loot box system that is similar to that of **Overwatch**. The biggest difference, for now, is that the loot boxes in **Apex Legends** cost more, and they're not as good.

The loot boxes of **Apex Legends** are called **Apex packs**, and each one contains three items. Loot can be of common, rare, epic or legendary quality, and at least one item in each pack will be rare or better.

Each **Apex Pack** offers the following kinds of loot: character skins, weapon skins, banner frames (a frame around the character

on the load screen and on the box that drops when a player dies), banner poses, stat trackers, quips (voice lines), finishing animations and drifting metals (metals that drop in small amounts as loot, crafting a legendary weapon or skin costs 1,200 Crafting Metals).

None of these items will affect in-game performance; they are purely cosmetic. The legendary character skins arguably give the coolest visual upgrades, while weapon skins, finishes, and banner frames offer a descending amount of in-game prestige among opponents.

You can only get a total of 45 Iron boxes from leveling up in the game, and if you want more, you have to buy them with **Apex Coins**, a premium currency that you buy with real money. You can also get coins currency for buying in larger increments, which is a common tactic used by games with premium currency to make players spend as much as possible as quickly as possible.

EA and Respawn sell **Apex Coins** in these bundles:

- 1,000 AC for \$10 (100 coins per dollar)
- 2,150 AC for \$20 (107.5 coins per dollar)
- 4,350 AC for \$40 (108.75 coins per dollar)
- 6,700 AC for \$60 (111.66 coins per dollar)
- 11,500 AC for \$100 (115 coins per dollar)

**Please note:** dollars are US, Australian conversion will apply in-game.

You can also buy skins & banners from a rotating selection screen that offers one legendary character skin and two legendary gun skins per week. You'll pay for the privilege however: Each skin costs 1,800 **Apex Coins**, which is roughly equivalent to \$15.

App Fact Sheets available from the Carly Ryan Foundation. Please email: [info@carlyryanfoundation.com](mailto:info@carlyryanfoundation.com)

[carlyryanfoundation.com](http://carlyryanfoundation.com)

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# UPCOMING PAYMENTS & PERMISSION NOTES

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

- Year 11 Subject Selections
- Course Fees and Voluntary Contributions.

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.



### Check your enrolment

Enrolment for local council elections closes 6pm Monday, 25 October

Have you turned 18 recently, or will you be 18 by 4 December? Or perhaps you're over 18 and moved recently?

NSW Local Government elections are on Saturday 4 December.

If you've changed address recently or turned 18, you'll need to register your details for the election roll. To check, update or to register an application for your enrolment, visit: <https://roll.elections.nsw.gov.au/NSWLookUp>

Enrol to vote or update your information on the election roll by Monday 25 October.

For more details about the election, visit NSW Electoral Commission <https://elections.nsw.gov.au/lge21>



Interested in Joining Swimming Club?

If you can swim 15m or further, we would love for you to join our club

Active Kids Vouchers Accepted

Wednesdays @ 6pm

Starting 27th October

Kandos Olympic Pool

We will be at the Club House  
Wednesday 20th October @ 4:30 to 5:30  
for Questions or help with  
Registering or Call Renee 0429 705 702

COVID regulations Apply

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