



Kandos HIGH SCHOOL

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Official Kandos High School

kandos-h.schools.nsw.edu.au



Newsletter

Term 4 Week 8 2022

PRINCIPAL MATTERS

Staff Development Days (SDD)

The department announced recently that there would be an extra SDD at the end of this year. There are now two SDD on December 19th and 20th. This means the last day for students in 2022 is December 16th. Staff return in 2023 for two SDD on January 27th and 30th. The first day for students in 2023 is January 31st.

Student Behaviour Strategy

During the recent school holidays the NSW Government and the NSW Department of Education made numerous announcements about NSW Public Schools; the appointment of a Behaviour Specialist Advisor, the employment of up to 200 Behavioural Specialists, the possibility of banning mobile phones in high schools, and the implementation of the new Suspension Policy that has commenced this Term.

An integral part of that strategy is the introduction of Behaviour Support Management Plans for the school, where we will review our procedures to align with the new policy and the introduction of an individual behaviour support plan for students who receive a Formal Caution to Suspend, previously these were developed on the resolution of a suspension. These plans will be updated on a regular basis as students achieve their goals, or demonstrate the need for new ones. The Behaviour Support Plan is developed with the parents and the student to focus on the strengths of the student and to target specific behaviours that are unacceptable (as outlined by the Behaviour Code for Students). The Behaviour Support Plan is reviewed regularly and ensures that students are held accountable to take responsibility for their behaviour. Please find below the Departments Behaviour Code for Students, which outlines expected conduct whilst at school and representing the school.



What's on?

2022

Monday, 28 Nov 2022

TOCAL College Excursion
Swim School Commences

Tuesday, 29 Nov 2022

Swim School

Wednesday, 30 Nov 2022

Year 11 Drama Excursion
Swim School
Support Swimming

Thursday, 1 Dec 2022

Pop-Up Restaurant
P&C Info Night
Swim School

Friday, 2 Dec 2022

Year 7 Ganguddy Excursion
Swim School

Monday, 5 Dec 2022

Swim School

Tuesday, 6 Dec 2022

Swim School

Wednesday, 7 Dec 2022

Year 11 Business Excursion
Swim School

Thursday, 8 Dec 2022

Term 4 Merit Assembly &
Presentation day

Friday, 10 Dec 2022

Swim School

Saturday, 10 Dec 2022

Rylstone Markets

PRINCIPAL MATTERS CONTINUED...

Staffing 2023

2022 will see the actual retirement of Kay Cooke, which has been postponed for several years. We are very appreciative of Kay who has shown her dedication to the students and community in the acting role for several years past her expected date of exit. We wish Kay many happy adventures in her retirement from the faculty.



Jacqueline Mooney has been successfully appointed to the position of Head Teacher, Mathematics. Jacqueline comes to us from Cronulla High School and is a very experienced Head Teacher and has been part of the community for a little while as she has been setting up house at Rylstone.



Whilst Mrs Prosser will be here throughout Term one, at some point she will be taking maternity leave to experience the adventures of Motherhood. Jacqueline Reeves is coming to us from Richmond to fill in as our Visual Art teacher until Shannon returns. Thanks to Jacqueline who has also offered to work in other subjects as the need arises.

We welcome Belinda Innes to the role of our Community Liaison Officer for Kandos High School. Belinda will be working to assist in community engagement and school promotion and has been learning the ropes this past week.

HSC Major Works on display

Last weekend, the Kandos High School Major Works display opened at Gallery 47 in Rylstone.

Well done to the finishing Year 12 students who made the very big effort to have their respective works included and thank you to staff for setting up the display. We are very pleased with their amazing efforts, pop down and have a look. A big thank you to Mr Vaughan, Mrs Murray and Mrs Prosser who give up a significant amount of their own time after school and during the holidays to support the students.

Love Bites

Our students have been participating in the Love Bites program. Love Bites is a Respectful Relationships Education Program for young people aged 15-17 years. It is focused on three critical areas for learning:

- Knowledge: youth-led collaborative learning
- Attitudes: critical thinking and decision-making and
- Behaviours: problem solving and communication skills



The overall aims of the programming are to equip young people with the knowledge needed to have respectful relationships, encourage and develop their skills in critical thinking and assist them in being able to problem solve and communicate effectively. When equipped in these areas, young people can make the right choices for themselves and their relationships that are free from violence and abuse.

Behaviour code for students

NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.

PRINCIPAL MATTERS CONTINUED...

Student Attendance

At our Principal Network meeting there was a discussion about our student attendance statistics, as there has been a decline in these across the board since students have returned from remote learning, and taking into consideration illness from COVID 19. There will be a renewed focus on strategies to support student attendance at school and we as a school will be looking at reviewing our procedures. Research over time tells us that consistent attendance improves student outcomes, career options and helps students build relationships and confidence, which are critical for the World of Work they will move on to. Missing a day of school here and there does not seem like much but absences add up and can impact your child's learning more than you think.



Extended Leave

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An Application for Extended Leave may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year. In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You’re on your own. And you know what you know. And YOU are the one who’ll decide where to go...”

— Dr. Seuss, *Oh, the Places You'll Go!*

Until next time

Dyanna Thommeny
Principal



The Talk Board

Spinning yarns with our School Community.

Name: Leanne Besant

Years at KHS: 17

**Teaching Subjects: Maths,
Commerce, History and Geography.**



What is one of your hidden talents?

*Singing and dancing to pop videos, riding motorbikes.
Cooking is a new love, too.*

What does your dream holiday look like?

*Down time, meeting new people and doing new things.
I like to visit at least one new place each year - next
year it's a camping trip through Victoria to hopefully see
the Australian Open tennis. You have to spend
some time amongst trees, stars and animals just
recharging your batteries*

What is your spirit animal and why?

*Can I have two? Butterflies - fragile, beautiful and the symbol of the soul. Elephants
- intelligent, kind and loyal. I travelled to Thailand so that I could spend time on an
elephant sanctuary.*

**If you could take the students on an excursion to anywhere in the world, where
would you take them?**

*I loved Thailand. The people and environments were extraordinary. They have such
a depth of culture, the people were all kind and caring towards us, and the animals,
birds, food, dress, language and natural environment are so different to here, the
comparison would be amazing for the kids. An abundance of world heritage sites to
visit such as Ayutthaya and Ban Chiang and then Angkor Wat just over the border,
we could head there too. Most of all, the one thing I came home thinking about,
and that I would want the students to reflect on was just how lucky I was to live in
Australia. When you drive along a street in a capital city and there are 4 people on
a motorbike, or men welding in shorts and no protective gear (not even a helmet,
glasses, shirt or shoes), or electricity wires held on the poles with living vines, you
suddenly realise how good you have it. You also see what it is like for other people
when there is no support for them like we have here - unemployment and sickness
benefits if we need them, free hospitals, doctors and education. Going to another
country with such a different lifestyle shows you how lucky you are to be born here.*

P&C Info Evening

Kandos High School would like to invite all parents and members of the school community to a P&C information night, 5.30pm Thursday, 1 Dec at the Kandos Community Club.

If you are interested in becoming a member of the P&C, or would like to find out more information, please contact the school office.



ABORIGINAL CULTURE PROGRAM

Kandos High School is piloting an Aboriginal Culture Program with local Dabee man Peter Swain. The six week program was launched on Monday the 24th of October with workshops for all students from Years 9 and 10 conducted over two days. Peter began working with identified students at the school in the afternoons to build relationships and work as a mentor to those students.

The program will include workshops on artefacts and art as well as Wiradjuri language which will be taught by local Dabee woman Emma Syme. It is envisaged that by all students and teachers learning more about first nations culture greater understanding and knowledge will be gained working towards greater reconciliation with first nations peoples.

It is also a goal of the program for identified students to learn more about their own culture and heritage. Becoming stronger in identity helps all of us to become smarter in our plans for the future. It also hopes to foster greater links with our local community and opportunities for us all to learn together.

The program will culminate with a celebration and starting our shared traditions with the school and local community.

Julie Parsons



YEAR 12 FORMAL 2022



YEAR 12 FORMAL 2022



Remembrance Day 2022



More photos are available on the [schools website](https://www.kandos-h.schools.nsw.edu.au).



HSC ART & TEXTILE MAJORWORKS EXHIBITION

GALLERY 47 RYLSTONE 15TH NOV -27TH NOV 2022

HSC BODY OF WORK



TIFFANY ALLISON

The NSW Education Standards Authority (NESA) defines the Visual Arts Body of Work as a demonstration of “their understanding of artmaking as a practice, represent[ing] their ideas and interests through their interpretation of subject matter and use of expressive forms”. Students who have worked on their own body of work over the 12 month period of their Higher School Certificate studies know it as something so much more than that. It is their very own project, set and directed from beginning to end by themselves. They have complete control over every step, from preliminary sketches to the final finishing touches (some done with much stress right before that 3pm deadline in late August!). The Body of Work is their moment to create something that has not existed yet, from their own hands, and to show off their technical skills in their chosen material or media. The students of 2022 have done just that; they have demonstrated dedication and tenacity throughout their long-term projects to create what you see today on display at Gallery 47 in Rylstone. The culmination of months and months of hard work!

Shannon Prosser
Visual Arts

HSC ART & TEXTILE MAJORWORKS EXHIBITION



My BOW was made to express my negative emotions through the beauty of art. Representation of my negative emotions such as anger, sadness, fear and feeling alone have been called my 'Demons'. Creatures created out of the consumptions of my unpleasant feelings. I have used art to show the coming together or the acceptance of my demons as a part of life. Learning to live with my DEMONS have made me realise that it is ok to have them, and that your demons do not have to bring you down but rather if you accept their beauty (seen through the butterfly wings). Then good and evil can be balanced as there is can't be one without the

Lainey Fuller



HSC ART & TEXTILE MAJORWORKS EXHIBITION

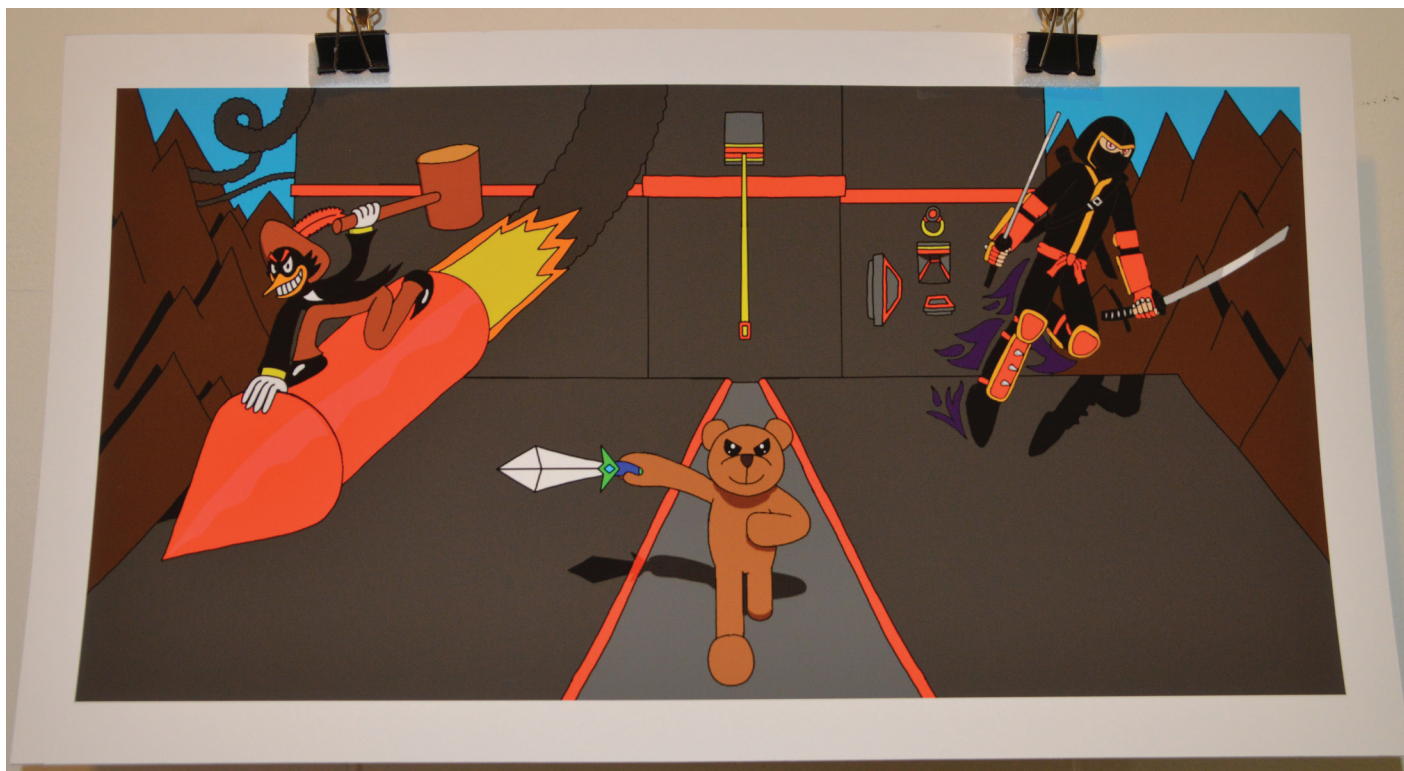


My artworks idolise Katrina Stratford from the movie 10 Things I Hate About You, based on Shakespeare's play The Taming of the Shrew. Throughout my artworks two facets of feminism are explored; wanting to be liked and accepted (Bianca) and the refusal to please (Katrina). Although Bianca embodies the more socially acceptable idea of feminism, Katrina is devoted to only one, herself. This timeless story of young women striving to be true to themselves, rather than what society wants them to be, is as timeless as the Shakespearean play.

Tara Cubis

HSC ART & TEXTILE MAJORWORKS EXHIBITION

MONTY SMITH



HSC ART & TEXTILE MAJORWORKS EXHIBITION

CHLOE MACKANDER



DAISY BUFETE

EXHIBITING AT GALLERY 47
RYLSTONE UNTIL 27 NOV



ANNALISE HEALEY



AG BRAG

GROUP 11 JUNIOR JUDGING

On Saturday six students travelled to Dubbo to compete in the Junior Judging Competition. The quality of judges was high, with many having previous judging experience at Royal Easter Shows. Students competed in beef, merino, meat sheep, grains, fleeces, fruit and vegetable judging. Brayden Moore, Alexis Farrugia and MacAlister Heath-Pearce qualified for the finals in merino judging, all finishing in the top eight. Not to be outdone by her brother, Blainey Heath joined MacAlister and Alexis in the finals of the grain judging, again all finished in the top eight.

All students are to be congratulated on their participation in the competition and the learning gained from the experience will be of huge benefit in the future. A big thank you to Jo Williams who kindly gave up her Saturday and drove students to Dubbo.

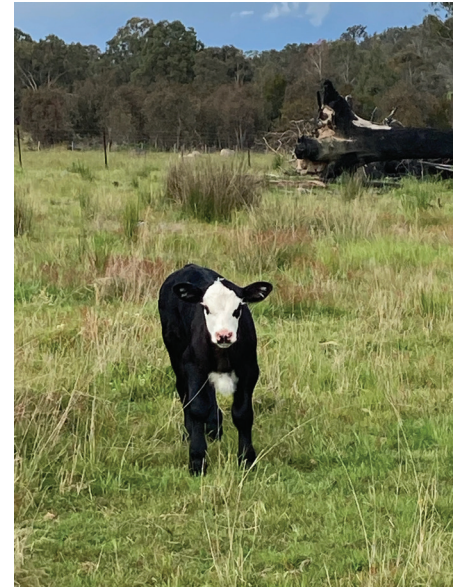


AG BRAG

AG BRAG

BABY BOOM

Spring has definitely sprung and the sound of tiny feet can be heard. Millie and Mr Taloooby welcomed Tallie, a little bull on Friday afternoon. Tuckie, the school bull also has proven he has what it takes and has welcomed his own little bull into the world.



RYLSTONE MARKETS

Our School Leaders were joined by staff at the Saturday Markets on the 12th November where a wide variety of plants were available for sale. Vegetable seedlings were very popular on the day and local gardens will be bursting in the next few months with pumpkins and tomatoes ready for picking. The school will be back at the markets next month selling plants and Alf, Martha and Roo may also pop in for a visit.

If you are at the markets please pop by and say hello.



THANK YOU!

Thank you to Robmar in Rylstone for sponsoring this edition of Ag Brag. Robert and Robyn are continuous supporters of Kandos High School and their generosity is very much appreciated.

Deb Johnston
Agriculture Teacher

kandos-h.school@det.nsw.edu.au | www.kandos-h.schools.nsw.edu.au



Know your sun facts from your sun fiction

Vitamin D



You may know that exposure to high levels of ultraviolet (UV) radiation in sunlight can cause skin cancer – but did you know that not enough time in the sun can mean low levels of vitamin D? Vitamin D keeps our bones healthy and strong for life, and reduces the risk of osteoporosis in adults – a condition causing brittle bones.

In NSW, UV levels are at their lowest in June and July. In the north and far west, most people need 20-25 minutes of sun exposure during mid-morning or mid-afternoon, and in the south 30-40 minutes in the middle of the day. This will keep your vitamin D levels topped up during winter and means braving the chill and rolling up your sleeves to get some sunlight on your forearms as well as your hands.

Don't risk damaging your skin. UV levels can change from day to day. When UV levels are 3 and above use sun protection. People who use sunscreen regularly when UV levels are 3 and above do not have lower vitamin D levels than people who don't.

Check UV levels for your local area on the free SunSmart App for smart phones, download it from the App Store or Google Play. Talk to your doctor if you have any concerns about developing a vitamin D deficiency.

Want to know more?

- [Vitamin D](#)
- [Sun safety on the public schools website](#)



FAMILY MEALS FROM THE CANTEEN

- Extra Large Lasagna
- Family Sized Mixed Sushi
- Extra Large Spaghetti Bol

all meals include salad and dessert

\$35ea

PICK UP TUESDAY AND THURSDAY BY 3.20PM

Share the Joy of Christmas



Kandos High School Catering Crew

Term 4 Pop-Up Restaurant

Menu – Platters

Entrée

Antipasto platter

Main

Sweet Potato and Pear Salad with
Crunchy Chick Peas

Potato Salad

Lettuce Wedges with Herb Dressing

Leg Ham

Dessert

Mini Pavlovas

Mini Cheesecakes

Come and share a

beautiful 3 course style menu for only
\$20.00 per person

**Thursday 1st
December 2022**

Venue: MPC

Time: 6.00 p.m.

RSVP and

**Payment: 25th November
2022**

**Vegetarian and gluten-free options
available. Any other dietary
considerations – just ask when
booking.**

**Contact the school's Administration Office for more
information and bookings 02 63794103**

TWIN TOWN PLAYERS Inc.

Present

A Murder Mystery comedy



MURDER AT Aunt Agatha's

By Teresa and David Hockman.

Produced by special arrangement with Pioneer Drama Service, Denver, Colorado.

WHERE?

Rylstone Memorial Hall.

WHEN?

Thursday 1st December 2022 7.00 p.m.

Friday 2nd December 2022 7.00 p.m.

Saturday 3rd December 2022 7.00 p.m.

Sunday 4th December 2022 2.00 p.m.

COST?

Evening Performances: Adults \$20.00

Concession \$15.00

Matinee Performance all tickets \$15.00

SALES?

Available Online at Ticketbooth

twintownplayers@yahoo.com.au



R & K ENGINEERING – BOILERMAKER APPRENTICESHIP

Are you interested in becoming a qualified Boilermaker - Certificate III in Engineering – Fabrication Trade?

If you answered YES, then it's time to apply for our new apprenticeship intake with R&K Engineering

We are seeking a dedicated enthusiastic & hard-working individual to join our team as a permanent apprentice starting January 2023.

THE CANDIDATE

The successful candidate to join the R&K Engineering team will require the following skills:

- Genuinely interested in becoming a qualified Boilermaker
- Motivated team player who thrives on a challenging, fast-paced workplace
- Professional and outcome focussed
- Works well individually and as part of a team

BENEFITS

As a R&K Engineering team member you will enjoy:

- Work in a modern workshop
- Work for a company where its people and safety come first
- A safe, professional, and inclusive work environment

REQUIREMENTS

We are looking for someone with

- A true interest in the Engineering industry
- Year 10 certificate or higher
- Willing to attend TAFE on a weekly basis
- Skills such as problem solving, adaptability and attention to detail
- Physically fit
- Hold a White card (or willing to obtain)
- Hold a Drivers Licence (or willing to obtain)

Applications close 5pm 10 December 2022

Email Resume to : admin@rkengineering.com.au

For Further Information call 0263796431



Experience a FREE Holiday Break Camp these January School Holidays

Holiday Break is a series of free camps for young people across regional NSW communities.

Inclusions

- 3 day camp inclusive of all meals and accommodation
- All organised activities, safety equipment and supervision
- Open to 12-15 year old boys and girls

With hundreds of places available across seven centres, don't miss your opportunity to book.

Camp details

Centre: Lake Burrendong

Camp Dates:

Tuesday 17 to Thursday 19 January 2023

Friday 20 to Sunday 22 January 2023

Pick Up / Drop Off Location:

Private drop off at Centre

Activities can include:

Mountain biking, slip and slide, archery, kayaking and much more

More info and eligibility [sport.nsw.gov.au/holidaybreak](https://www.sport.nsw.gov.au/holidaybreak) or 13 13 02

Office of Sport

Find out more

www.sport.nsw.gov.au/holidaybreak



Make Great Study Notes

With exam time approaching it is time to seriously think about making study notes – especially if you haven't been doing them regularly throughout the year. Find out what topics will be tested, make a quick mind map of each topic so you can see an overview of what you need to learn, then start making point form notes about what you need to learn and remember for the exam. You want to make your study notes as soon as possible so you have ample time to learn them and to do lots of practise questions.

Top 5 Tips to Improve Your Notes:

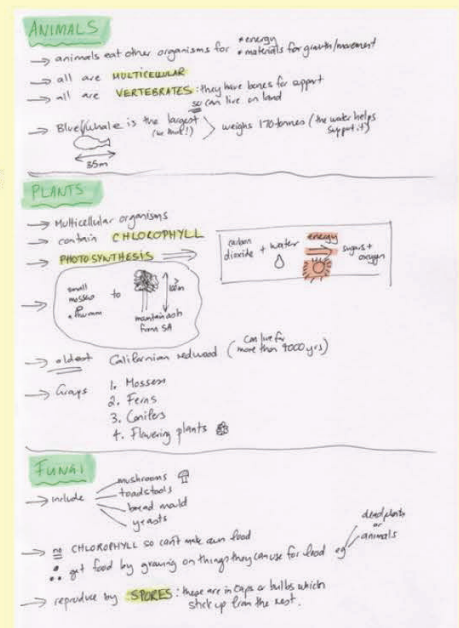
1.**POINTS:** Avoid long sentences and condense content into key points.

2.**TABLES:** Use tables wherever you can to create structure and make the content easier to learn.

3.**KEY WORDS:** Pull out key words and capitalise them (as shown in this list).

4.**HIGHLIGHT:** Make sure the main content stands out (but don't go crazy with colour).

5.**FEEDBACK:** Show your notes to teachers, parents and friends so they can suggest ways to improve them.



www.studyskillshandbook.com.au



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

Tips by Dr Prue Salter

username:

password:

UPCOMING PAYMENTS & PERMISSION NOTES

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

- Year 7 Ganguddy Excursion payments overdue. Visit the office ASAP if you have not paid.
- Year 11 Excursion to Wollongong payments due now.
- Year 12 2023 Jumper payments due now.

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.

Helplines & Online Resources



Mental Health Line
1800 011 511



Kandos High School proudly supported by



Schools Plus