



Kandos
HIGH SCHOOL

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Official Kandos High School

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Newsletter

Term 3 Week 6 2022

PRINCIPAL MATTERS

It's all about leadership and anyone can be a leader!

I had the pleasure of travelling to Club Mudgee last night with a few colleagues to celebrate the achievements of local high school students who have completed the youth leadership development "Max Potential" program. The program is one of Australia's longest running youth programs that connects high school students with local community and business leaders who are trained as coaches. Congratulations to Kirilee Besant who has spent 22 weeks of the year focused on finding her inner voice and developing her leadership skills to inspire the development of a community service pitch to meeting the needs of the local community. If you ever wondered what the world might look like if our young adults were making the decisions, then head over to the website to see their inspired approaches to the challenge of "What is a need in the community that I could tackle in an innovative way?" <https://www.maxpotential.com.au/csp-s>



What's on?

2022

Monday, 29 Aug 2022

Dental Van Visit

Tuesday, 30 Aug 2022

Dental Van Visit

Wednesday, 31 Aug 2022

Dental Van Visit

Year 6 Transition Day

Thursday, 1 Sept 2022

Pop-Up Restaurant

Friday, 2 Sept 2022

Total Show Judging

Workshop

Clear the Air Presentation

Monday, 5 Sept 2022

Tuesday, 6 Sept 2022

Wednesday, 7 Sept 2022

Thursday, 8 Sept 2022

Friday, 9 Sept 2022

NSW Squash Final

Monday, 12 Sept 2022

Year 11 Exams

Tuesday, 13 Sept 2022

Year 11 Exams

Wednesday, 14 Sept 2022

HSC Music Performance

Year 11 Exams

Thursday, 15 Sept 2022

Year 11 Exams

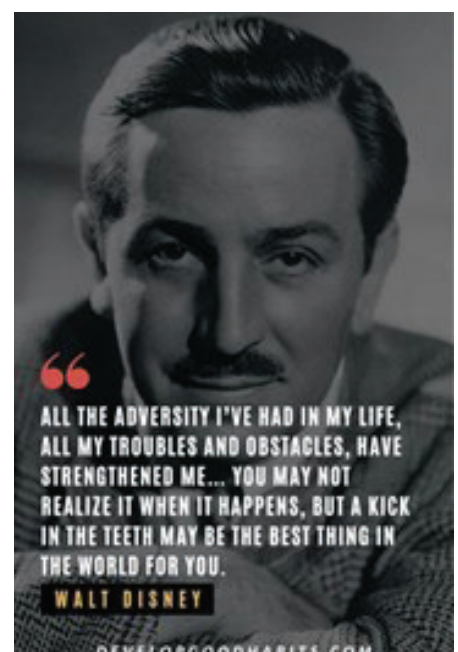
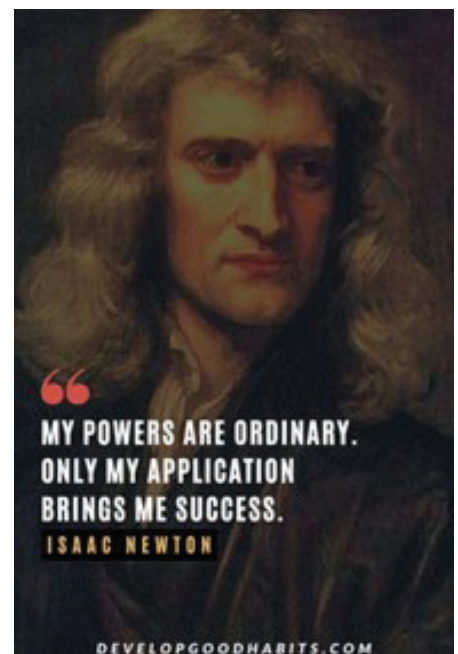
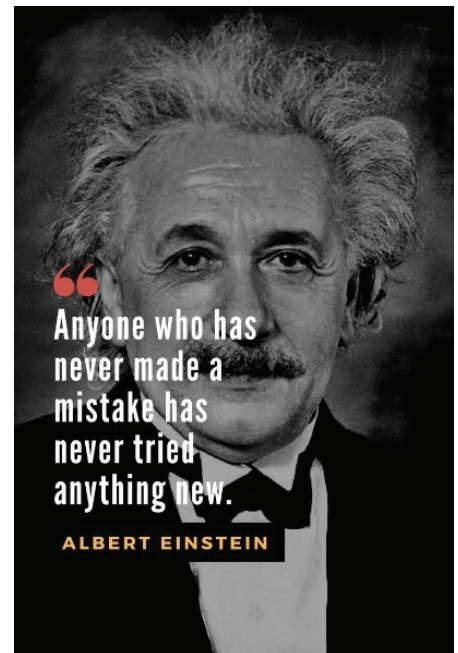
Friday, 16 Sept 2022

Year 11 Exams

Our year 11 students considering the task as potential leaders are developing their applications and speeches for presentation to the school in the coming week. I often hear the myth in discussion about “What is leadership?”, that it is something you are born with or without. That great leaders are born with some innate magical quality that allows them to lead better than others? There is no single answer to the question, however I believe that leadership is a set of skills that can be developed over time. Yes, everyone can be a leader and most people take on leadership roles in their lives without even realising it.

Leadership is not just about the ability to inspire a team to achieve a certain goal, it is also about how you as an individual choose to lead your life and comes back to what we call “character”, which underpins how you relate to others, your ability to influence, inspire and help others to be the best they can be, building their skillset and kicking goals along the way. It is not a position that you are appointed to, it is a skill you continually develop and use to create lasting change. You don’t have to be a CEO, a Team leader, Principal, or a Captain, leadership is a set of skills and the development of character that anyone can master. The end goal of leadership is to empower others to become effective leaders. If you ask a leader why they are successful it is usually because they had great mentors that helped them on their leadership journey.

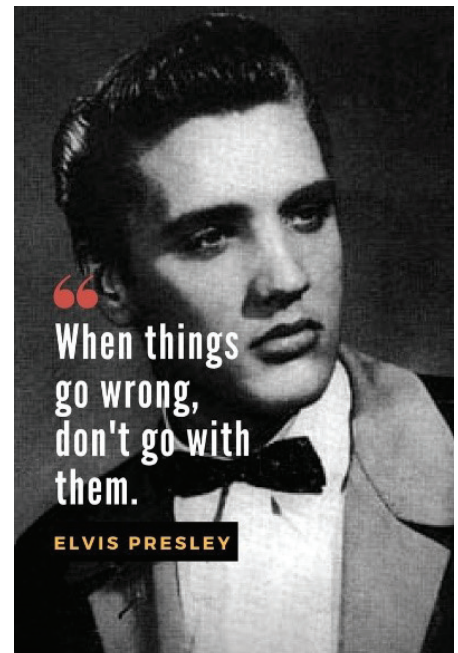
Developing those leadership skills takes commitment, practice makes perfect and setting goals is vital. An idea is only an idea, unless you use your influence and lead your team toward achievement. Great leadership, or leadership quality always comes back to servant leadership. Those people who want to serve the greater good, not just get from A to B or find a promotion with a great salary at the end of the day to engage in self-indulgence. They are disciplined to help other people and the community at large. They figure out ways to influence community and culture for the benefit of everyone. Serving the greater good is their purpose and driving force. If you want to develop your leadership skills, you need to identify the purpose that drives you, what keeps you going when the obstacles and challenges get in the way. What is your leadership “Kryptonite”, that inspires you and gives you focus and direction?



My rock is the love of knowledge, wisdom and lifelong learning; helping others to reach their potential and goals. Public education provided a vehicle for my belief in equality, that everyone is equal in status, and should have the same rights and opportunities regardless of background, race, or gender. Every child has the right and should have the opportunity to receive a quality education. Education provides us with immense power to transform the ordinary into the extraordinary and develop our capabilities and potential. However, until we have equality in education, we will continue to find it difficult to have an “equal” society. Different leaders have different goals for what they are aiming for, but all have a distinct set of learned qualities that unify the best leaders. By mastering your purpose and developing your leadership skills, you will push yourself closer to achieving your goals and encourage those around you to use their own skills.

Until next time...

Dyanna Thommeny
Principal



SAVE THE DATE
23 September 2022
Merit and Year 12
Farewell Assembly



Rylstone Kandos Preschool



ENROLLING NOW FOR 2023

Rylstone Kandos Preschool is an Early Childhood Education Facility for children aged 3 years to school age.

We are open 8.30am – 4.00pm Monday to Friday during school terms.

Contact us today.
email: admin@rkpreschool.com.au
OR
phone: 6379 4273



WESTERN/NORTH-WESTERN U16s GIRLS RUGBY LEAGUE

Halli O'Brien was selected as part of the combined Western/North-Western Under 16's Girls Rugby League Team to play at the CHS State Trials in Wollongong on the 8th and 9th of August. The team played a round robin against 4 other regional teams for the chance to be selected in the CHS State team. The event is part of a pilot program run with the support of the NRL as a pathway to the WNRL. It was a fantastic experience and Halli represented Kandos High with pride.

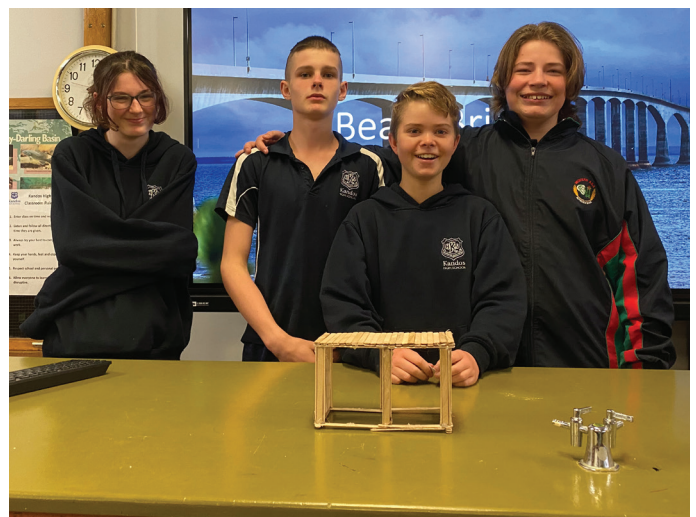
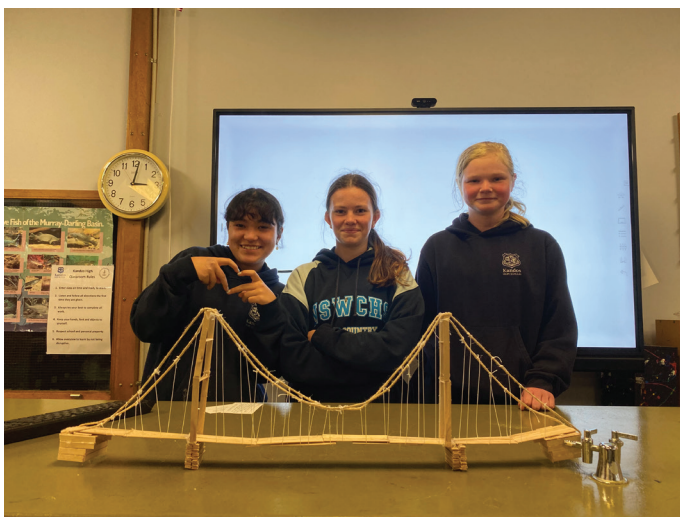
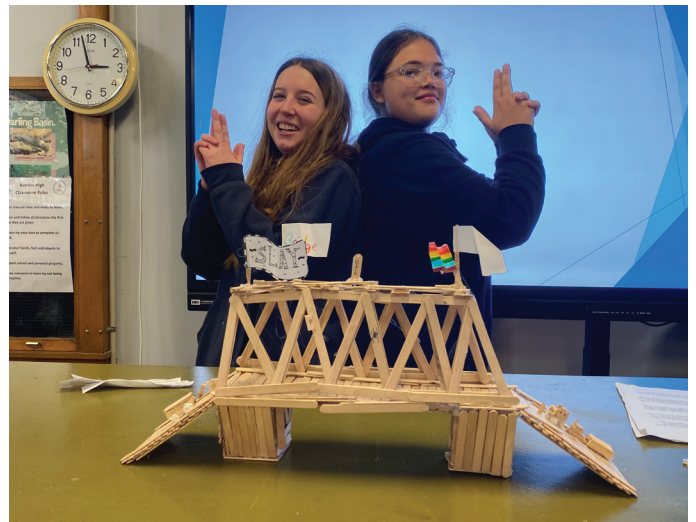
Kerry Reynolds
PDHPE Teacher



YEAR 8 STEM

This week Year 8 STEM finished and presented their completed bridge projects. They are clearly very proud of their efforts!

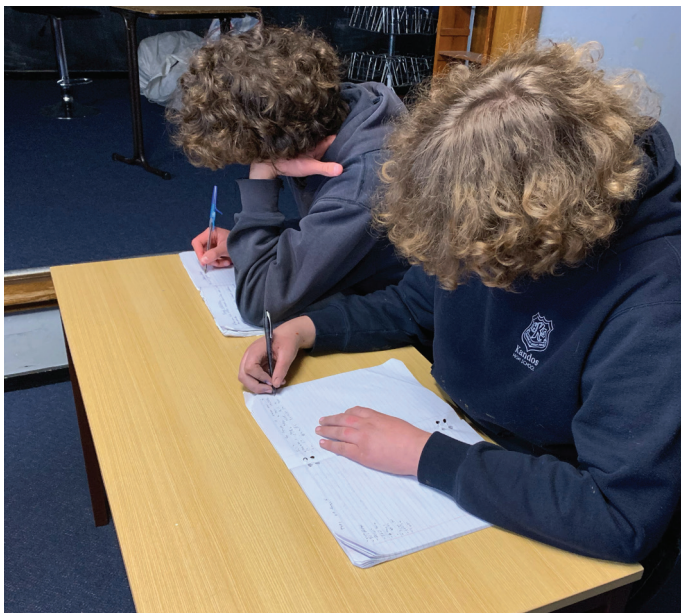
Britt Anderson
Science Teacher



WHAT MAKES A FAMILY, FAMILY?

In 9 English, students have started their film study unit, focusing on the theme of family. Students have conducted a series of research activities to understand the nature of families, the roles of families in communities, and their representations in texts. By extracting data from the Australian Bureau of Statistics, students have learnt about the different types of families in society, in order to compare and contrast their own personal definition of what makes a family, family.

Emily Gardiner
English/HSIE Teacher



READING TIME

The students really enjoying their story reading time with Mrs Fuller.

Leigh-Anne Thorn
SLSO



THE CHILDREN'S BOOK COUNCIL AWARDS (CBCA)

The CBCA Awards were announced last Friday!!!! YAY!!!!!!

The Children's Book Council of Australia (CBCA) is a not for profit, volunteer run organisation which aims to engage the community with literature for young Australians. The CBCA presents these annual awards to books of exceptional literary merit and for outstanding contribution to Australian children's literature.

Established in 1945, the Children's Book Council of Australia was founded at a time when Australian children's books were few, and Australian authors and illustrators were virtually unknown. In 1946 the CBCA established annual book awards to promote books of high literary and artistic quality. These awards are now the most influential and highly respected in Australia.

Throughout the year, the CBCA works in partnership with authors, illustrators, publishers, booksellers and other organisations in the children's book world to bring words, images and stories into the hearts and minds of children and adults.

Australian children's literature enriches our nation and reaches children across the world through international editions.

There are 5 categories in the annual awards

- Book of the Year: **Older Readers**
- Book of the Year: **Younger Readers**
- Book of the Year: **Early Childhood**
- **Picture** Book of the Year
- Eve Pownall Award – For **factual information**
- Award for **New Illustrator**

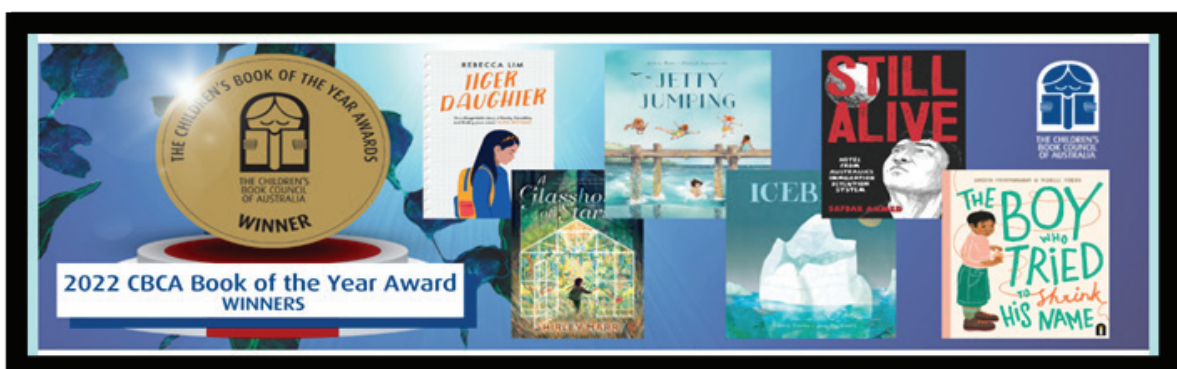
Below are some of the shortlisted books nominated, along with the WINNERS (highlighted in yellow).

Please take the time to read the descriptions and the judges' comments. Most of these books are now in the KHS Library – a few are on back order and due to arrive by the end of next week. Ask Mrs Fuller to point out these to you if you are interested.

Winner of the KHS Judging competition was: Pyper Wilkinson. Well done!! Come to the library and pick up your prize Pyper!!

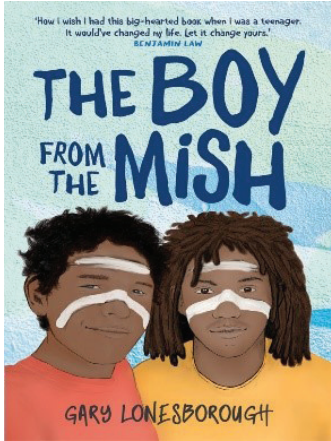
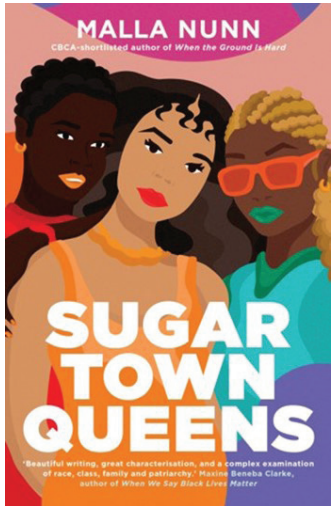
Helen Fuller


Teacher Librarian



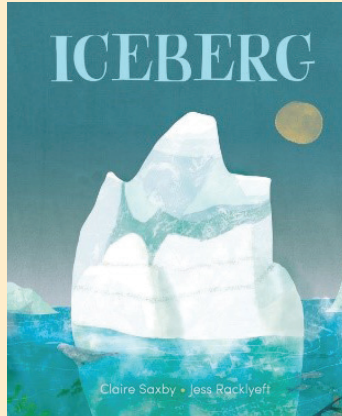
BOOK OF THE YEAR: OLDER READERS

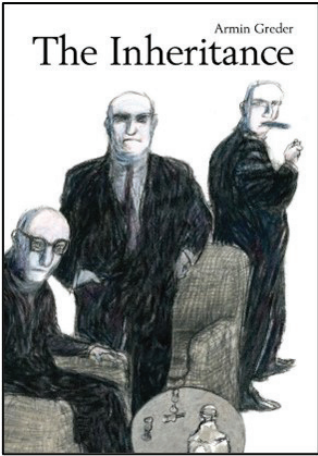

BOOK TITLE	DETAILS	JUDGES COMMENTS
Tiger Daughter <i>By Rebecca Lim</i> 	<p>Wen Zhou is determined to create a future for herself that is more satisfying than the life her parents expect her to lead. Wen is the daughter and only child of Chinese immigrants whose move to the lucky country has proven to be not so lucky. Wen and her friend, Henry Xiao- both dream of escape from their unhappy circumstances and form a plan to sit an entrance exam to a selective high school far from home. But when tragedy strikes, it will take all of Wen's resilience and resourcefulness to get herself and Henry through the storm that follows.</p>	<p>A beautifully written story of the challenges and injustices of culturally based domestic violence and the injustices and effects of migrant discrimination. The strength of love, and the importance of connection to community are clear themes throughout. The book also explores grief, cultural clash, patriarchy, racism and friendship. Youth wins out over adult indoctrination, disappointment and pessimism.</p>
Girls in Boys' Cars <i>By Felicity Castagna</i> 	<p>A complicated friendship, a road trip in a stolen car. These are the stories that define us, and two funny, sharp, adventurous young women who refuse to be held back any longer. Rosa was never really trying to hurt anyone, no matter what they said in court. But she's ended up in juvenile jail anyway, living her life through books and wondering why her best mate Asheeka disappeared.</p>	<p>This is a sophisticated story written in the first person. It delves into cultural and sexual expectations, how these change people's perception of you, and how wearing all these burdens can push you to break. The characters' search for escape and visibility demonstrates the consequences of the experienced injustices and degradation.</p>
How to Repaint a Life <i>By Steven Herrick</i> 	<p>Isaac is running from his old life when he steps off the bus in a small town. He doesn't plan on sticking around and has nowhere to stay, but a local café owner's kindness offers him a chance to change his story. Then Isaac meets Sophie and learns he's not the only one wanting to repaint his life.</p>	<p>A gentle exploration of difficult things, some universal, some specific to coming of age. Homelessness, domestic violence, misogyny and privilege are all unpacked in a way that is genuine, real and tense without ever being too overwhelming. A dramatic opening moves the story quickly along engaging readers in the outcome and the main characters lives.</p>

BOOK TITLE	DETAILS	JUDGES COMMENTS
<p>The Boy from the Mish By Gary Lonesborough</p> 	<p>It's a hot summer, and life's going all right for Jackson and his family on the Mish. It's almost Christmas, school's out, and he's hanging with his mates, teasing the visiting tourists, avoiding the racist boys in town. Just like every year, Jackson's Auntie and annoying little cousins visit from the city - but this time a mysterious boy with a troubled past comes with them... As their friendship evolves, Jackson must confront the changing shapes of his relationships with his friends, family and community. And he must face his darkest secret - a secret he thought he'd locked away for good.</p>	<p>A tender, contemporary First Nation's coming of age book that speaks of the slow realisation of identity and one's place in the world. An important book in this category. Love fills its pages — family love, friendship love and romantic love, as well as love of culture. Set in an Indigenous mission, the story gives a realistic and positive insight into happy Indigenous family life. The clash of Indigenous culture with modern Australia and the loss of culture and its impact is explored in depth. The language includes poetic descriptions of bush and countryside, and sensitive descriptions of emotions.</p>
<p>Sugar Town Queens By Malla Nunn</p> 	<p>Fifteen-year-old Amandla's mother has always been strange. For starters, she's a white woman living in Sugar Town, one of South Africa's infamous shanty towns. She won't tell anyone, not even Amandla, about her past. And she has visions, including ones that promise the return of Amandla's father as if he were a prince in a fairytale, but their hardscrabble life is no fairytale.</p>	<p>An engaging, well-written socio-economic/family drama, exploring racism, poverty and wealth in Durban, South Africa. Well-developed and authentic with tangible differences between the city and the township. The entire cast of characters felt nuanced, with their own stories happening, and were fleshed out and full of life, each with unique reactions to the drama and for the most part managed to avoid being stereotypes. An uplifting story of 'Ubuntu', the Zulu idea of compassion and humanity.</p>

BOOK TITLE	DETAILS	JUDGES COMMENTS
Terciel and Elinor By Garth Nix 	<p>In the Old Kingdom, a land of ancient and often terrible magics, eighteen-year-old orphan Terciel learns the art of necromancy from his great-aunt Tizanael. But not to raise the Dead, rather to lay them to rest. He is the Abhorsen-in-Waiting, and Tizanael is the Abhorsen, the latest in a long line of people whose task it is to make sure the Dead do not return to Life. Elinor does not know she is deeply connected to the Old Kingdom, nor that magic can sometimes come across the Wall.</p>	<p>A great story in the fantasy genre. Written with lovely language, the story builds and the tension is created as the background to the two main characters is filled in. The world they live in is realistically created with vividly imagined details. The story manages to avoid stereotypes which are common in this genre.</p>

THE PICTURE BOOK OF THE YEAR

BOOK TITLE	DETAILS	JUDGES COMMENTS
Iceberg By Jess Racklyeft (Text: Claire Saxby) 	<p>In the final freeze of an Antarctic winter, green tails wave across a star-full sky, as if to farewell endless nights. If this world looks empty, look closer ... Penguins trek across the ice to their winter homes. As the temperature warms, birds fly above on their long migrations. And with the advent of summer, beneath an iceberg, the sea is teeming with life. Ocean, sky, snow and ice - minute greens and giant blues - dance a delicate dance in this evocative portrayal of the life cycle of an iceberg.</p>	<p>The writing is sophisticated; facts and technical vocabulary are lyrically combined with beautiful description. The sentences are perfectly balanced, and verbs are used precisely to describe the vivid life of this icy place. The choice of artistic medium offers a perfect complement to the text; the illustrations are subtle at times and commanding at others. The use of many shades of blue beautifully reflects this icy environment and immerses readers in the Antarctic.</p>

BOOK TITLE	DETAILS	JUDGES COMMENTS
<p>The Inheritance By Armin Greder</p> 	<p>The Inheritance tells of the greed of those who hold economic power, and reminds us that silence and inaction amount to complicity. With minimal text, this powerful story is told primarily through Armin Greder's distinctive illustrations that challenge the reader to question the status quo and fight for the future.</p>	<p>A challenging and unsettling picture book expressing the deep connection between capitalism and the state of our planet within the setting of an uber wealthy family. Bleak but beautiful compressed charcoal and pastel illustrations evoke a visceral response. In this picture book for older readers the reader is invited to sit with the metaphorical and literal darkness of this chilling tale. Many older readers will be engaged with and energised by the haunting nature of the wordless pages that don't give in to a 'happy ending' temptation. The bold use of negative space and ironic title will provoke much discussion.</p>
<p>The Boy and the Elephant By Freya Blackwood</p> 	<p>The boy lives in a city, where everything is fast and loud. But amidst the bustle and the noise, the boy has a secret ...</p> <p>In the overgrown lot next to his apartment building, deep within the green, he has a friend. But one day progress arrives, bringing with it plans for something new, and the boy must find a way to save his friend before it's too late ...</p>	<p>This wordless book is a deeply emotional, tender, poignant and quietly affecting story which sings on so many levels. Rereading will reward the reader. There is the need to stop destruction of the natural environment alongside themes of friendship, loneliness and displacement in a world where people are too busy to see beauty in the world. The characters, settings and transitions in time are engaging, emotive and worthwhile.</p>

BOOK OF THE YEAR: YOUNGER READERS

BOOK TITLE	DETAILS	JUDGES COMMENTS
<p>A Glasshouse of Stars By Shirley Marr</p> 	<p>Meixing Lim and her family have arrived at the New House in the New Land. Everything is vast and unknown to Meixing and not in a good way, including the house she has dubbed Big Scary. She is embarrassed by the second-hand shoes given to her by the kind neighbours, has trouble understanding the language at school, and with fitting in and making new friends. Her solace is a glasshouse in the garden that inexplicably holds the sun and the moon and all the secrets of her memory and imagination. Her fragile universe is rocked when tragedy strikes. Surviving will take all the resilience and inner belief of this brave girl to turn their world around.</p>	<p>Using the rarely seen second person point of view, Marr addresses both the reader and the protagonist in a tale of identity, belonging, social exclusion, cultural diversity and adaptation. This challenges the reader and makes the protagonist's emotions and fears direct and personal. The subtle magic of both the house and the glasshouse serves as an extension of the protagonist's emotions and provide her with hope. The story asks the reader to look beyond tragic and difficult events to a resilience that enables one to dream and address cultural biases, customs and expectations.</p>
<p>Dragon Skin By Karen Foxlee</p> 	<p>Pip never wants to go home. She likes to sit at the waterhole at dusk and remember Mika, her best friend. At home, her mother's not the same since her boyfriend moved in. They don't laugh anymore, and Pip has to go to bed early, turn off her light and pretend she doesn't exist. When she finds a half-dead creature at the waterhole, everything changes. She knows she has to save this small dragon and return it to where it comes from. But how?</p>	<p>This exceptionally well-crafted novel supports the reader to grow with 10-year-old Pip and her friends. Slowly but surely as part of the development of the characters and plot they are able to free themselves from manipulative, controlling and abusive situations in a sensitive and age-appropriate way. This book cleverly deals with themes of loneliness, emotional vulnerability, verbal and physical abuse and neglect in a calm, hopeful and dignified way and never detracts from the magic found by Pip, Laura and Archie. The parallel between Pip's needs and the needs of the baby dragon is cleverly written.</p>

EVE POWNALL AWARD FACTUAL MATERIAL

BOOK TITLE	DETAILS	JUDGES COMMENTS
<p>Still Alive: Notes from Australia's Immigration Detention System <i>By Safdar Ahmed</i></p> 	<p>Interweaving journalism, history and autobiography, Still Alive is an intensely personal indictment of Australia's refugee detention policies and procedures. It is also a searching reflection on the redemptive power of art. And death metal.</p>	<p>A confronting, raw and graphic account of the history and treatment of asylum seekers and refugees under successive Australian governments. Challenging, detailed and well-researched, powerfully produced from a personal perspective — journeys from their homelands and lived experiences are interspersed with history, news events, government policy and international human rights reports and reactions. The black and white drawings, well-integrated with the text, are detailed and the inclusion of artwork by the detainees is powerful.</p>
<p>Heroes, Rebels and Innovators <i>By Karen Wyld</i> <i>(Illustrations: Jaelyn Biunaiwai)</i></p> 	<p>Powerful and exciting: here are seven inspiring stories about Aboriginal and Torres Strait Islander people from history. Amongst these are Patyegarang, a Darug woman who worked with a British officer of the First Fleet, teaching him words from local Aboriginal languages - together they made the first written record of any Aboriginal languages; Mohara Wacando-Lifu, a woman of Torres Strait Islander, Niue Islander and Papua New Guinea heritage and the first Indigenous woman to receive the Royal Humane Society's Gold Medal for bravery; Yarri and Jacky Jacky, who led the rescue of sixty-nine people during the Gundagai floods of 1852.</p>	<p>This excellently produced, highly engaging book presents Indigenous historical information about significant First Nations people that has been omitted or is less known in traditional storytelling. Authenticity and authority of voice are established in the opening pages. Creatively, two narratives per person are provided. One is a poetic and lyrical story; the captivating language lending itself to the 'adventure' genre. This non-stereotypical information book is imaginatively presented with a striking cover; minimalist illustrations; and a high gloss, rich and earthy ochre palette, which will interest readers beyond the final page.</p>

BOOK TITLE	DETAILS	JUDGES COMMENTS
<p>The Illustrated Encyclopaedia of Peculiar Pairs in Nature By Sami Bayly</p> 	<p>Discover 60 of the most peculiar pairs in nature and learn how plant and animal species rely on each other for their survival. Whether it be a rare tick living in the fur of a pygmy possum, a stick insect feasting and hiding out amongst the Melaleuca or a handfish laying its eggs on a sea squirt, incredible natural relationships deserve to be explored and celebrated. Investigating all types of relationships, from symbiotic to parasitic, this is an eye-opening guide to the natural world.</p>	<p>An exquisitely illustrated and informative encyclopaedia of curious pairings and interdependencies. Text is thoroughly researched and well organised. Each 'pair' double page includes: scientific names, a full page detailed illustration, and the 'fact' information on the other (description, peculiar pairing, conservation status, diet, location/habitat, fun facts). The language is clear, with humour in parts, and explains factual and anecdotal information effectively.</p>
<p>Book of Curious Birds By Jennifer Cossins</p> 	<p>Birds are curious creatures. From their unusual appearance to their unique behaviour, they really are one of the most fascinating species in the animal kingdom. In this book you'll find colourful feathers alongside peculiar beaks, beady eyes and funny-coloured feet. You'll read of dangerous birds, clever birds, fast birds, awkward birds, silly birds, massive birds and tiny birds.</p>	<p>Lifecycles, behaviours and the conservation status of birds are presented in this high- quality reference book. The author helpfully cites the IUCN (International Union for Conservation of Nature) as her reference, which readers can then explore for themselves. inclusion of a contents page and glossary are useful. Beautiful illustrations dominate each well-organised double-page spread including eye catching endpapers. The facts vary for each species, relating mainly to individual peculiarities.</p>
<p>Walking in Gagudju Country: Exploring the Monsoon Forest By Diane Lucas & Ben Tyler (Illustrations: Emma Long)</p> 	<p><i>When we go walking, we never know how long we will be, what we will hear and what we will see.</i> Diane Lucas, Ben Tyler and Emma Long share their knowledge and love of the Top End in this enchanting and accessible book about one of Australia's most ancient and beautiful ecosystems.</p>	<p>Kakadu National Park is vividly presented and the setting is strongly maintained. Avatars representing the author's rambling through the forest with young friends, telling stories and imparting information are clever. The exploration is fun, the stopping, observing and listening feel genuine, all enriching reader experience. Text and dialogue are clear and detailed.</p>

U15s BASKETBALL

Kandos High Schools under 15s Basketball teams travelled to Bathurst to compete in the gala day competition.

We were up against much taller and more experienced teams all day but still managed to compete with great pride and sportsmanship. The boys and girls teams both made the finals in our pool but ended up losing to Canobolas and Blayney in the finals. Every student should be commended on their effort and determination during the day.

Daniel Skourmallas and Mitchell Large.
Coaches



MAKING MUSIC

As part of Music appreciation, the students have been designing their own tapping sticks.

Leigh-Anne Thorn
SLSO

AUSTRALIAN SCHOOL LIBRARY DAY

As a way to celebrate Australian National Library Day, students were invited to comment on "Our school library is great because.....".

From the comments received Library users at Kandos High School are extremely grateful and appreciative the wide variety of resources, staff, services, facilities and space that our library offers them. Students enjoyed the opportunity to read, relax and share their love of reading.

Helen Fuller
Teacher Librarian

Our School Library is great

because...

... it has many resources for you if you need help with your overdue

The books contain knowledge and information

It provides books and amazing people who can help you find what you are looking for!

.... It's a valuable teaching resource with bountiful resources.

The staff are always welcoming, and you can always find a great new book to read!!

It is a positive environment where everyone is welcome.

It is a great place to unwind and relax. It has tons of books to borrow for free. And... if a book is not in the library they will order it for you.

It's a calm and quiet place to relax

It is a place where everyone can come to get help!

The books contain knowledge and information

It's a place where everyone can come to get help.

It has books

It is a great place to work on assignments, borrow a spot book and work on N Warnings redemptions.

The library has a wide variety of books and learning materials available for students to use, and our lovely library are very kind staff and are willing to help anyone.

We have a lot of amazing books and staff, sitting areas, and computers to messments on.

It is a wealth of knowledge

.... It has an EXTENSIVE amount of public resources for the community of Kandos High School

We have a quiet place to sit and read and to extend our learning

Our school library is great because it's an easy way to build positive relationships

It offers helpful facilities for students to learn and work. It has loads of informative fiction

WESTERN SCHOOL SPORTS ATHLETICS CARNIVAL 2022

Last Friday a small team of 21 Kandos High School students travelled to Dubbo to compete at the Western Region Athletics Carnival. After a wet and rainy start to the day, they settled into what became a very successful day.

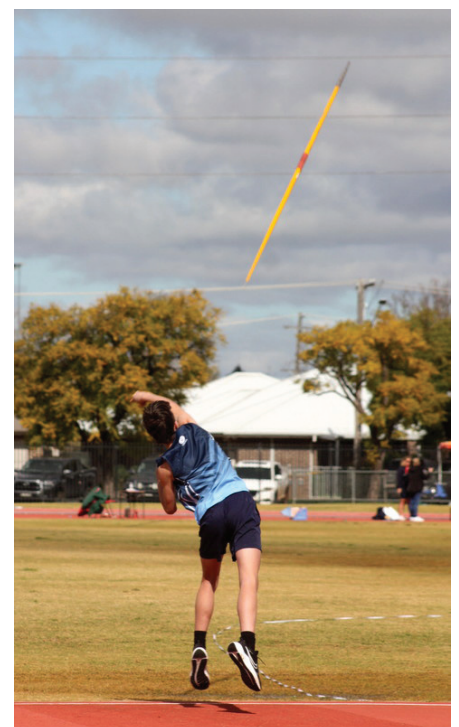
The weeks of athletics training during sport paid off with some great results such as: Oskar Sander 2nd in Shot Put; and Jess Reynolds 2nd Triple Jump also making it to state athletics carnival at Homebush.

The following students came 3rd in their events: Ty Stone - Triple Jump; Chloe Farrugia - Long Jump; Ben Turnbull - Shot Put; Alex Grimshaw - Long jump; Mia Reddish – Javelin; and Caitlin Healey - Triple Jump.

With numerous students making it to through to the top six in their event. Thank you to the parents for their support on the day, Daina Sander's for her photography and Mrs O'Brien for driving the bus and volunteering to run Discus, it was greatly appreciated by The Western Region Convenors.

More photos are available on our schools [website](#).

Kerry Reynolds
PDHPE Teacher





NSW SCHOOL MERINO WETHER CHALLENGE

Students travelled to Dubbo on Monday to compete against 60 schools in the wether competition. While results from the competition are yet to be finalised, students not only presented our sheep but also stepped in to show sheep for schools who were unable to attend. Well done to all students who have contributed to this competition from breaking in on halters so they could be led, feeding – even through the holidays and final preparations. Our Wether Team finished in the top 5 on the hoof for our group. Also Millie Brown finished 3rd in the Merino Judging - missing a position at the Royal Easter Show by 2 points.



BIOSECURITY IN AUSTRALIAN AGRICULTURE

Jess Bourke (Cooke), Local Land Service Vet and past Kandos High student, spoke to Agriculture students about the importance of Biosecurity in Australian Agriculture. Students had the opportunity to develop biosecurity plans for scenarios involving various diseases including Henra virus and Foot and Mouth disease, highlighting the importance of effective biosecurity plans. Thanks Jess for your time and sharing your knowledge in best practice biosecurity measures.



ANYTHING EWE CAN DO...

Spring has sprung a little early at Kandos High School. Roo welcomed a little boy into the world and has proven to be an attentive mother. Martha, proving that anything ewe can do I can do better. She delivered twins - a little boy and little girl.



THANK YOU!

Thank you to Mackander Shearing for sponsoring this edition of Ag Brag. Thanks to Rod and Ryan Mackander for crutching our wethers ready for competition in Dubbo.

Deb Johnston
Agriculture Teacher



TOP 10 TIPS FOR PARENTS TO MANAGE & COMMUNICATE EXPECTATIONS ABOUT SCHOOLWORK & RESULTS

If parental expectations are too low, students may not strive to achieve their personal best. If parental expectations are too high, this can contribute to high levels of student stress. So how can parents find the right balance? Some areas to consider are:

- 1. Understand your own motivations:** Why do you want your child to achieve particular marks in their studies? Is it because you have pressure from family/friends/society about what your child will achieve? Do you want them to follow in your career footsteps? Do you want them to have opportunities you never had as a child or young person? Understanding your own motivations will help you find balance in your expectations of your children.
- 2. Help your children to set realistic goals:** Keep talking to your children about what they want to achieve, in individual subjects, at school overall and in other aspects of their life. Their career goals may mean they want to focus intensively on something like art or music, rather than maths or science. Helping them to identify their goals will enable them to determine what subjects they need to focus on and what marks they are likely to need, which means that effort can be concentrated on the areas which will help them to achieve their goals.
- 3. Be involved in your children's learning:** Throughout the term talk to your children about what they are studying. Ask them to show you their bookwork and homework. The more you understand about what they are doing and how they are going along the way, the better you will be able to set and manage your expectations.
- 4. Make sure you really communicate what you expect:** Many students feel like they are not meeting their parents' expectations. Often this is a result of poor communication about expectations by both parties. Reflect on your motivations (see 1 above) and think about how you communicate your expectations to your children. Remember to praise them for the effort they make rather than the results they achieve, this way they are motivated to keep on trying, even when learning is difficult.

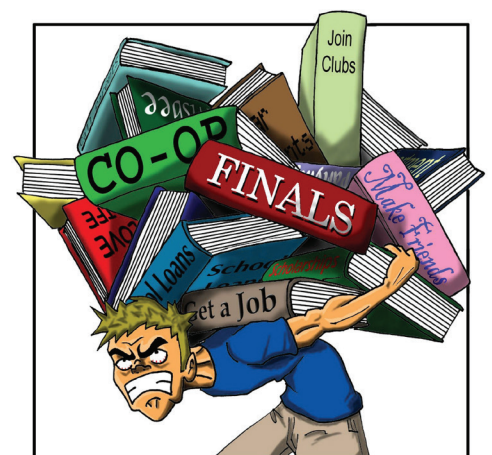


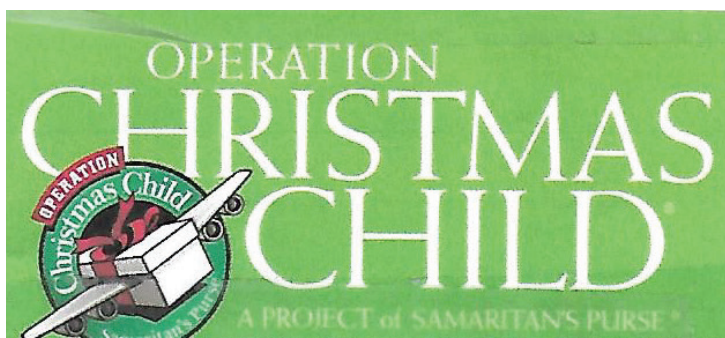
- 5. Develop an understanding of the school's assessment and reporting structures:** Assessment and reporting systems change over time and are different in different schools, states and countries. Making sure you really understand what your children's reports mean may help you to understand what they are actually achieving. Sometimes students are excelling in certain skills or areas, but reporting structures may not highlight these.
- 6. Remember nobody is perfect:** Even the brightest, most highly motivated child will struggle at times. They may struggle to understand a particular topic or concept, or they may struggle with motivation, particularly for a subject they don't particularly enjoy. Problems with teachers or peers can also contribute. It is unrealistic that anyone can work with 100% effort all the time.
- 7. Provide practical homework and exam support:** Provide practical help to your children with things like proofreading and reviewing drafts, checking work and listening to speeches. Remember though, it is not your work, so don't make changes, rather make suggestions and provide guidance.
- 8. Spend time together doing something fun:** Make sure your relationship with your child is about more than homework and study. Allocate some time to do fun things together. This is the time in which your child is most likely to open up to you about the things that they are struggling with and you can work out how best to help them. Ideas include going for a walk or run together, having a dinner date (even to Maccas) or having them show you the latest funny videos they like.
- 9. Support your child to do their best:** You can do this by providing healthy, nutrient rich food; opportunities for exercise, rest and relaxation and an environment which is supportive of and conducive to study.
- 10. Keep alert for the physical and mental signs of stress:** Familiarise yourself with how your child responds to stress. Do they withdraw? Act out? Work harder or stop working? When you notice that your child is stressed provide them opportunities to discuss what is worrying them and work with them to identify how you can help them. You may wish to involve the school counsellor, a teacher or tutor at this point.

You can learn more about how to support your student's learning at www.studyskillshandbook.com.au by logging in with these details:

Username: kandoshs

Password: 28success





A SPECIAL INVITATION

Operation Christmas Child is getting ready for the 2022 season.

We are inviting you to be a part of this great program.

'SHOEBOX GIFTS' are sent to underprivileged children in countries who suffer from poverty, natural disasters, disease & famine. Australia sends your gifts to our Asia Pacific neighbours – Cambodia, Vietnam, Thailand, Vanuatu, Fiji, PNG, The Solomon Islands & some Australian Aborigines & Torres Straight peoples.

Last year, people in the Ilford/Kandos/ Rylstone districts, made more than 200 gifts.

The 'gifts' are SHOEBOXES, filled with practical items like:

- * Something to Love – a soft toy/Teddy
- * Something to Wear – clothes
- * Something to Play with – small toys/skipping rope etc.
- * Something of Hygiene – washer/bar soap/toothbrush
- * Something for Education – small exercise book/coloured & lead pencils/eraser & sharpener
- * Something Special – hair ties/ribbons/brush//small trucks-cars/marbles etc.
- * \$10 transport assist

Every shoebox brought joy & change to the life of a child, a family, a village!

The Samaritan's Purse "Operation Christmas Child Shoebox Mission" officially commences on the 1st August and concludes on the 31st October. (Locally before the September school holidays, so I can have the transported to Sydney for processing in October)

I invite you, your friends & family, your school, your church, to once again experience the joy of filling at least one shoebox for a special child. Your own, Christmas paper, wrapped A4 shoebox OR Pre-formed shoeboxes (@ 50c ea. from me), can be collected & any further questions you have, can be answered by contacting Sue, on 0428 588563 or can be found at

<https://www.samaritanspurse.org.au/operation-christmas-child/>

And check us out on Facebook

Yours Sincerely,

Sue Garlinge

For the OCC Team ILFORD & surrounds



@Operation Christmas Child

**THE RYLSTONE CLUB
PRESENTS**

CHARITY GOLF

**SAT
17
SEPT**

TEE OFF
8AM SHARP

\$25PP

4 PERSON AMBROSE

PROCEEDS GOING TO

RYLSTONE - KANDOS

HOSPITAL AUXILLARY

VRA

NANNA'S HABERDASHERY

GOLF - BOWLS

LUNCH - AUCTION

FURTHER INFORMATION CALL 63791109
COURTESY BUS AVAILABLE



**All our
favourite
things ♥**

Menu– Tapas Style

Entrées

Spring Rolls– Daisy

Dumplings– Lainey

Arancini– Ella

Pastizzi– Clare

Main

Pork Katsudon– Clare

Chicken Adovo– Daisy

Ramen Beef– Lainey

Creamy Chicken Pasta– Ella

Dessert

Mango Sticky Rice– Lainey

Leche Flan– Daisy

Banoffe Pie– Ella

Black Forest Flourles Cookies– Clare

Vegetarian and gluten-free options available.

**Any other dietary considerations– just ask
when booking.**

Kandos High School Catering Crew Pop-Up Restaurant

**Come and enjoy a
beautiful 3 course
tapas style menu
for only \$20.00
per person**

Thursday 1st September 2022

Venue: MPC

Time: 6.00 p.m.

RSVP and

Payment: 29th August 2022

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

UPCOMING PAYMENTS & PERMISSION NOTES

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

- Year 11 Wollongong Excursion payments due prior to departure.
- Year 9 Broken Bay Excursion payments due prior to departure.
- Total permission note and \$10 payment due.
- Take 3 Youth Summit permission note and \$50 payment due.
- Course Fees and Voluntary Contributions

Cash, cheque or EFT payments can be made directly at the school office. Alternately, parents have the option to pay by using an online option, the Parent Online Payments (POP), via Kandos High School's website, by clicking on the "[Make a Payment](#)" tab and following the instructions.



A Murder Mystery comedy



By Teresa and David Hockman

Rylstone Memorial Hall

Thursday 1st September, 6pm
Or Saturday 3rd September, 10am

Kandos High School proudly supported by

