



Kandos
HIGH SCHOOL

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 Official Kandos High School

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Newsletter

Term 3 Week 10 2022



PRINCIPAL MATTERS

Today we finish Term 3 celebrating a special moment in time for our Year 12 students, who have delighted us with a week of dress ups and activities to celebrate their transition to their future pathways at the completion of the HSC.

Today is not just about leaving year 12, it is the culmination of a journey that has lasted 13 years, which began, when they eagerly or anxiously started their formal education journey. From getting to know the alphabet, words, sentences, paragraphs, learning to read, write, speak, calculate, play sport, draw, sing, comprehend, communicate, dance and act. From the concrete to the abstract, from themselves to the wonders and complexities of the world today and past. They have come a long way!

I would like to extend a huge thank you to our School Captain team – Jessica, Annalise, Latara and Ryan. All have worked collaboratively to support their peers in this journey, providing an informed and authoritative student voice when needed, and their coordination and participation in the running of school events. This years team is well respected by the staff and the student body, and along with the SRC have fulfilled their school obligations exceptionally well. We thank you for your commitment and leadership.

To the amazing staff of Kandos High School who have supported Year 12 on the school journey, with the road humps of drought, fire, covid, remote learning, floods, we thank you for the little things that you do so well daily and for going above and beyond to offer our students great experience and memorable moments. Remember while the teachers open the knowledge door, you must take those steps to enter on your own. We are lucky in Australia that education for all students is a right, and not a privilege. Take heed of Nelson Mandela who said "Education is the most powerful

What's on?

2022

Monday, 10 Oct 2022

Students return Term 4

Tuesday, 11 Oct 2022

Wednesday, 12 Oct 2022

HSC Begins

Thursday, 13 Oct 2022

Friday, 14 Oct 2022

U15s Netball in Dubbo

Monday, 17 Oct 2022

Women in Engineering

Tuesday, 18 Oct 2022

Wednesday, 19 Oct 2022

PCYC Safer Driver Course

Thursday, 20 Oct 2022

PCYC Safer Driver Course

Friday, 21 Oct 2022

Inter-school Sports Day

Monday, 24 Oct 2022

Tuesday, 25 Oct 2022

Wednesday, 26 Oct 2022

Thursday, 27 Oct 2022

Year 11 Biology Excursion

Friday, 28 Oct 2022

Year 11 Exams

weapon which you can use to change the world". As teachers we can only provide the opportunity to learn, the responsibility for grasping that opportunity rests solely in your hands.

I would like to acknowledge Mrs Reynolds who has unselfishly provided you stewardship, guidance, care and support over the last few years to Year 12. She has been there through the challenges, highs and lows and has been your champion.

We thank her for her commitment. To the students and staff at Kandos High School, enjoy the break. I look forward to seeing each of you next term.

I will leave you with this reflection, its words are powerful and focus on the need for a balance in our lives, we can all relate to these sentiments.

Take Time

Take time to think –
It is the source of power.

Take time to read –
It is the fountain of wisdom.

Take time to play –
It is the source of perpetual youth.

Take time to be quiet –
It is the opportunity to seek the truth.

Take time to be aware –
It is the opportunity to help others.

Take time to love and be loved –
It is the greatest gift.

Take time to laugh –
It is the music of the soul.

Take time to be friendly –
It is the road to happiness.

Take time to dream –
It is what the future is made of.

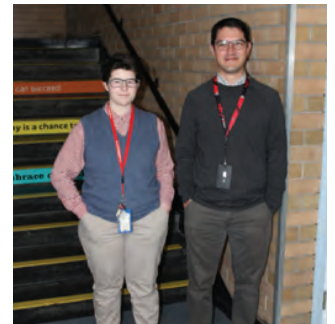
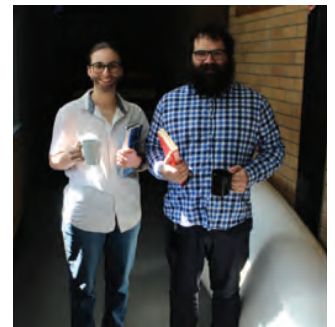
Take time to pray –
It is the greatest power on earth.

Take time to give –
It is too short a day to be selfish.

Take time to work –
It is the price of success.

There is time for everything...
But prioritise what matters most!

Until next time... *Dyanna Thommeny*





NSW CHS SQUASH GOLD MEDAL CHAMPIONS

On Wednesday, the Top 4 school teams in the state converged on Parkes after winning through their rounds to compete in the girls NSW CHS State Wide Final.

Our girls KHS Squash Team consisted of Jessica Reynolds, Latara Hammond, Teegan Reynolds and Halli O'Brien.

In the first semi final Kandos High School defeated Leeton High School and in the other semi final Dunedoo Central School defeated Tenterfield High School.

In the 3rd and 4th play-off, Leeton were able to secure the win against Tenterfield.

The final seen Kandos High School defeat Dunedoo Central School to be the State Champions. Congratulations girls!!

Thank you to Kerry Reynolds for her coaching skills and always encouraging our students to be the best version of themselves.



2023 SCHOOL CAPTAINS NOMINATIONS

A few weeks ago, we had a fabulous group of nine Year 11 students, who had been nominated to run as candidates for our 2023 School Leadership Team, present their speeches at assembly. Voting democratically took place at recess.

They all did a wonderful job with their speeches and were fine ambassadors for their families and our school. The four successful candidates will be announced at the Year 12's Final Assembly.



Picture with their Year Advisor Daniel Skourmallas (L-R): Izaak Orchard, Millie Brown, Brayden Moore, Blainey Heath, Noah Kernaghan, Caitlin Healey, Cooper Duff, Ryan Attwood and Alex Harris.

2022 PREMIER'S ANZAC MEMORIAL SCHOLARSHIP

We would like to wish Blainey Heath an amazing time as she departs today on a two-week historical study tour of NSW, the ACT and Darwin.

Blainey was one of twenty students to receive the scholarship; that will help to further develop her knowledge and understanding of the history of Australians at war.

We're looking forward to hearing about what you've learnt, when you return.



FROM THE FRONT OFFICE

SCHOOL VISITOR CHECK-IN

Many parents and carers are familiar with the process of using their phone to scan our school's QR code and sign-in as a visitor but what happens if you forget your phone?

We've got you covered, from Term 4 when you enter our foyer you will see our new School Visitor Check-in concierge iPad device and app is designed to help you check-in and check-out in mere moments!

You can continue to check-in with your phone, but if you need an alternative, please use the concierge device at front reception.

COMPLETING ABSENTEE NOTES

It is important to tell the school if your child has to be absent from school and to provide a reason for the absence.

Principals are legally responsible for keeping accurate records of student attendance.

Principals are also responsible for deciding if the reason given for an absence is justified.

Wherever possible, parents and carers are encouraged to provide an explanation for absences before the absences occur.

The Principal of the school has the right to question parents' requests for their child to be absent from school. The Principal also has the right to question an explanation given for a child's absence from school.

To explain an absence parents and carers may:

- send a note, fax or email to the school
- use the Sentral Parent Portal to notify the school
- telephone the school, or
- visit the school

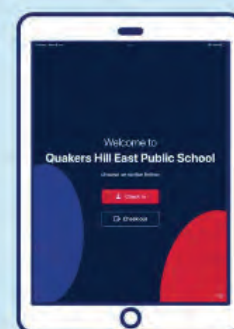
Possible reasons for absences include:

- Medical reasons
- Family reasons, or
- Other reasons.

[For more information.](#)

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

2 ways to check-in



Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

5 mins
per day



=

3 days



30 mins
per day



= 18 days



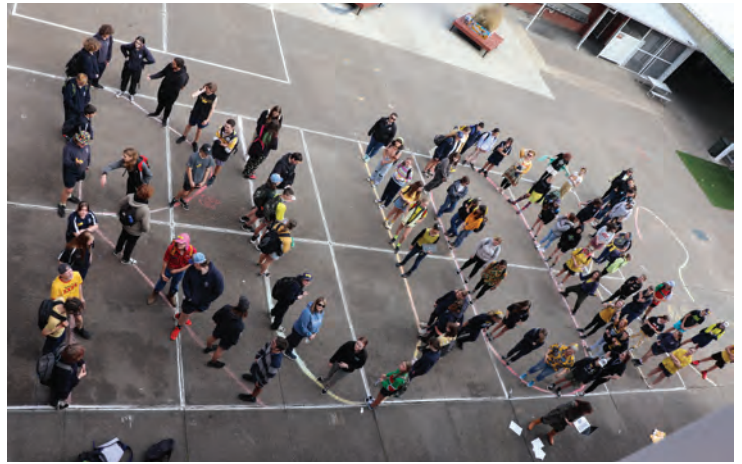
Patterns of lateness
can have a serious
impact on your child's
education.

education.nsw.gov.au

R U OK? DAY

You don't need to be an expert to reach out - just a good friend and a great listener. Use these four steps and have a conversation that could change a life:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in



YEAR 11 ANCIENT HISTORY

Year 11 Ancient History students have concluded their studies of the Preliminary HSC course with a unit of work focused on Roman Slavery. The students have learned about the nature of Roman slavery and the ways empire building and the growth of western civilisation were built in a large part on the backs of slaves. As part of their study, the students took the responsibility of investigating aspects of the Roman slave system, collaborating to design and create an awesome display board in the corridor of the main building from which other students may learn and take an interest. The students also shared their findings with each other, building each other's capacity. These students will begin their study of the HSC Ancient History course in Term 4, beginning with an investigation into the ruins of Pompeii and Herculaneum. A special thank you must go to Mrs Prosser, who graciously allowed a couple of students to co-opt some space in the Visual Arts room.

Rod San Martin

Head Teacher English / HSIE / CAPA



TAKE 3 FOR THE SEA

Students participated in a 2-day Eco summit aiming to educate ways to reduce plastic pollution and develop leaderships skills. Students developed an action plan that they can implement both at school and within the local community. They aim to implement programs at school to increase recycling, participate in community cleanup days and find ways to incorporate single use plastics into other means such as artworks.

After two long days, the students were able to relax by taking a trip around the zoo and singing karaoke in the car on the way home.

Britt Anderson
Science Teacher



TOP 10 TIPS FOR DEALING WITH TEST AND EXAMINATION PRESURE

1. KNOW YOUR MATERIAL

The more confident you are about the topic(s) in your test, the less stress you will feel come exam time. Make sure you stay on top of your school work and homework throughout the term. Follow up with your teacher, or another subject matter expert, if there are things you don't understand, well before the exams. Trying to understand new concepts the night before a test is very stressful.

2. PRACTISE

Make sure you do practise papers if they are available, or practise questions. This might include multiple choice, short answer or essay style questions. Always study in the way you will be tested. Work out a plan of action so you know how long you are going to allocate to each question type, what question types you will start with and what you will do if you come across things you aren't sure about. Learn more about this in the Active Studying unit.

3. FUEL YOUR BODY AND YOUR MIND

In the days leading up to an exam make sure you get enough sleep. Being tired makes it harder to concentrate and remember. Fuel your body and mind by eating well and drinking plenty of water. Learn more about this in the Lifestyle and Balance unit.

4. MANAGE THE PHYSICAL SIGNS OF STRESS

Familiarise yourself with how your body feels when you are stressed. Do you get headaches? Tension in your neck or shoulders? Does your heart race faster? What happens to your breathing? Whenever you feel these effects, quickly start some relaxation exercises. A good one to try during an exam is to breathe in deeply for 4 seconds, hold for 7 seconds and breathe out for 8 seconds. Do this a few times to calm yourself down and allow yourself to refocus. Learn more about this in the Managing Stress unit.

5. BE PREPARED ON THE DAY

Make sure you have packed or prepared everything you need for the test the night before. Have a plan for how you are going to get to school on time - including a back-up plan if necessary. Eat a nutritious breakfast and make sure you are hydrated. Learn more about this in the Test-Taking Techniques unit.

6. VISUALISE

Use visualisation techniques to help reduce your stress on the day. Every day in the weeks prior to the exam, last thing at night and first thing in the morning, visualise yourself calmly walking into the exam room, preparing your equipment, reviewing and completing your exam paper and feeling good about how you did. Learn more about this in the Managing Stress unit.

7. INVOLVE YOUR PARENTS IN YOUR SCHOOLWORK

Throughout the term talk to your parents about what you are studying. Show them your bookwork and homework. The more your parents understand about what you are doing and how you are going along the way, the better they are able to manage their expectations. They may also be able to help you study by testing you on what you are learning.

8. TALK TO YOUR PARENTS ABOUT REALISTIC GOALS

Keep talking to your parents about what you want to achieve, in individual subjects, at school overall and in other aspects of your life. Focus more on the learning and developing skills instead of just marks. Involve them in helping you to identify where to concentrate the most effort to achieve your goals. Learn more about this in the Goal Setting unit.

9. UNDERSTAND EXPECTATIONS

Many students feel like they are not meeting their parents' expectations. Often this is a result of poor communication about expectations by both parties. Assessment and reporting systems also change over time and are different in different schools and systems. Making sure your parents really understand what your report means may help them to understand what you are actually achieving. Your school can assist you to explain these to your parents if need be and most schools provide booklets of explanation. Often students are achieving, but reporting structures may not clearly represent this to parents.

10. ASK FOR HELP

The most important way to deal with stress is by talking to people and asking for help. Don't try and go it alone. Your school, teachers, parents and friends are your support structure so keep lines of communication open (that means talk to them!) and let everyone know how you are feeling and what help you need.

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





Good luck Class of 2022



'Let it Burn' by Alex Scheibner

SCULPTURES IN THE GARDEN

PRESENTED BY ROSBY WINES & GALLERY

EXHIBITION DATES: SATURDAY 18th - SUNDAY 23rd OCTOBER 2022 10AM - 4PM

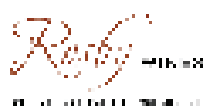
"ROSBY" 122 STRIDES LANE ELMUNDREE, MIDLAND (30KMS FROM MIDLAND ALONG HEAVY LANSING DRIVE)

Sculptures in The Garden is a annual event that exhibits Australian sculpture in a beautiful rural setting within a private garden and vineyard in Midgool.

\$5 PER PERSON, CHILDREN FREE

Tickets must be pre-purchased before entry. Scan QR Code below for tickets.

www.sculpturesinthegarden.com.au



TOTAL JUDGING WORKSHOPS

At the start of the month 10 students went to Tocal College to participate in judging workshops. Students were given hands on experience in Grain Judging. With next to no experience in this area, students listened to the advice of the experts before trying their hands at a simulated judging task. Many expressed an interest in this area for future competition.

Beef Cattle Judging was also on the schedule and was an area that students were far more comfortable in conversing about. Students successfully ranked 4 steers and justified decisions for order using appropriate terminology.

Determining desirable traits in dairy cattle was also explored. The adoption of AI for breeding purposes and changes to farm management in this industry were also discussed.

The day concluded with a tour of the Tocal Facility and students were treated to seeing the dairy in action – a scene that had not been previously experienced and makes one appreciate the journey milk goes on before it is poured onto weet-bix for breakfast.

Thank you to Mr Rod Moore who volunteered his time and drove students to Tocal. He was lucky enough to participate in the workshops with students and any time soon will be starting a Dairy out at the farm.

Deb Johnston
Agriculture Teacher



EXPLORING ECOSYSTEMS

Year 9 Science have been studying ecosystems. This experiment investigates the different levels of predation on open and hidden nests. All students created very realistic eggs and nests.

Daniel Skourmallas
Science Teacher



BIOLOGY DISSECTIONS

Year 12 Bio have been busy preparing for the HSC exam coming up soon. In the meantime they have enjoyed dissecting some Ox eyeballs as part of the Year 12 Biology content.

Daniel Skourmallas
Science Teacher



INTER-SCHOOL SPORTS DAY

Kandos High School will be hosting an inter-school Sports day with Gulgong High School on Friday 21st October at Waratah Park Kandos. The day will consist of Netball, girls league tag and Rugby league. This is the first inter-school sports day between Gulgong and Kandos. The focus on the day is participation and sportsmanship. Spectators are welcome to attend.

Kerry Reynolds
PDHPE Teacher

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EXPLORING EARLY CHILDHOOD

The preliminary Exploring Early Childhood class has positively engaged in many practical based activities relating to modules of study in the areas of, 'Child Growth and Development', and 'Promoting Positive Behaviour'.

Each student presented a range of three themed activities to their peers including:

- Following directions on a treasure map to locate playground areas.
- Participating in storytelling.
- Participating in dance and movement games/activities.
- Threading beads onto string.
- Identifying animals and participating in matching and drawing exercises.
- Creating designs with shaving cream and food dyes.
- Fishing for animals in gel.
- Making animals from play dough, lentils, and other craft objects.
- Collecting objects from nature for tracing.

All activities were well executed with each student learning how the activity developed cognitive, language, social, fine and gross motor skills in children.

The students visited the local Kandos Rylstone Preschool during book week to observe children of different ages play and learn in an amazing positive environment. They identified procedures and policies used by the Preschool as well as the different techniques employed to develop a range of skills in children. This was a fantastic and very informative opportunity, and we thank the Preschool for the professional care given to local children.



Cheryl Murray

Exploring Early Childhood Teacher





SPRING SCHOOL HOLIDAYS

24 September – 9 October 2022

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

Paint By Numbers Canvas

Can't make it to one of our in person activities these holidays? We'll organise to mail you the materials to paint a canvas to hang on your wall. Enjoy the simple pleasure of painting which is a great way to practise mindfulness techniques, no painting experience is necessary. Get in fast – kits and designs are limited.

WHEN Saturday 24 September – Sunday 9 October

AGES 12–25 years

WHERE At your home – mail out kit

Candle Making Workshop

Learn how to make your own natural beeswax candles, in this interactive workshop. Continue to perfect your skills at home before the gift-giving season arrives.

WHEN Monday 26 September, 11am – 12pm

AGES 12–25 years

WHERE Mudgee Library, 64 Market Street, Mudgee

Ceramic Zombie Box

Personalise your very own 'Zombie' to hold your treasures. Have fun with underglaze and ceramics in this hands-on activity – it's a no-brainer!

NB: Boxes will need to be collected at a later date after kiln firing

WHEN Tuesday 27 September, 2pm – 3pm

AGES 12–25 years

WHERE Mudgee Library, 64 Market Street, Mudgee

Kayaking at Ganguddy

Explore some of our region's most stunning waterways at Ganguddy (formerly Dunns Swamp) via kayak. See the beauty of our surrounds, connect with the local history, and gain some insight into the roles these waterways have in our ecosystem, recreation and future.

WHEN Wednesday 28 September, 9.15am – 3.30pm

AGES 12–18 years

WHERE The Stables, 84 Market Street, Mudgee
(pick-up from Lue, Rylstone, and Kandos also available)

Gulgong Skatepark Event

Join us at the Gulgong Skatepark for a free BBQ, tunes, giveaways and more. The Youth Services team will be on hand to hear your ideas for possible future skatepark activities for youth.

WHEN Thursday 29 September, 11.30am – 1.30pm

AGES 12–20 years

WHERE Gulgong Skatepark, Nandoura Street, Gulgong

Spring Photography Competition

Today's the last day to enter your WATER-themed photo into the competition, for your chance to win Mudgee Money. Don't forget to ask people to vote for your entries in the People's Choice Award when it goes live too. See the competition flyer for more details.

WHEN Thursday 29 September, 4pm

AGES 12–25 years

SUBMIT Email entries to youth.services@midwestern.nsw.gov.au

[➤ MORE EVENTS OVER THE PAGE](#)



Solar Powered Car Workshop and Race

Learn how to make your very own solar-powered 'mini car'. A qualified engineer will guide you through the process and explain how things work. After building your car, compete in a friendly race against others. You'll get to take your car home with you too!

WHEN Tuesday 4 October, 1.00pm – 4.00pm

AGES 12–20 years

WHERE Mudgee Showground Pavilion, Douro Street, Mudgee

Animated Watercolour Workshop

Join artist Gabrielle Bates to learn basic watercolour techniques which you will turn into collages. Make them come alive in animations by using a free app on your phone! Lunch is provided.

WHEN Thursday 6 October, 10.00am – 3.00pm

AGES 12–20 years

WHERE WAYOUT Artspace, 71 Angus Avenue, Kandos

African Drumming at Rylstone and Kandos Family Fun Day

Get into the rhythm of a traditional African drum circle. Have fun with others and thrive through the power of rhythm.

NB: Short sessions will be held throughout the day – come to as many as you like.

WHEN Wednesday 5 October, 10.00am – 2.00pm

AGES 12–25 years

WHERE Rylstone Showground, Cudgegong Street, Rylstone

Proudly funded by



NOTE: ALL EVENTS ARE FREE. BOOKINGS HIGHLY RECOMMENDED AS PLACES ARE LIMITED

To book, visit www.mwrcyouth.eventbrite.com.au



FOR AGES 12-25

WATER

PHOTOGRAPHY COMPETITION



Participate in our Water Photography Competition

Photo subjects should relate to the theme of WATER, but contain no recognisable human faces (this is to do with publishing permissions).

Email your entry (not exceeding 10MB) by 4pm 29 September 2022 with the title of your entry, your full name, age, and postal address to: youth.services@midwestern.nsw.gov.au

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE	PEOPLE'S CHOICE AWARD (Voting closes 6 October 2022)
\$50	\$40	\$30	\$50
Mudgee Money Gift Card	Mudgee Money Gift Card	Mudgee Money Gift Card	Mudgee Money Gift Card

Terms and Conditions: 1) All entries must be original work by the entrant. 2) Entrants must be aged 12 – 25, and live, study, or work in the Mid-Western Regional Council area. 3) Persons under the age of 18 should ask permission from their guardian before entering the competition. 4) Entrants can submit a maximum of two entries. 5) All entries must have titles. 6) Employees of Mid-Western Regional Council are not eligible to enter this competition. 7) All entries must be original work by the person submitting the image and not displayed or entered into other competitions previously. 8) Entries may be displayed publicly and/or used for publicity purposes. 9) Entrants' likeness may be used for publicity purposes. 10) Entries must be submitted via email and be suitable for display on Mid-Western Regional Youth Council and/or Mid-Western Regional Council's social media pages. 11) Suitability of entries for publication on social media will be at the discretion of Mid-Western Regional Council staff, and discussion will not be entered into. 12) Entries will be judged by a panel of at least two persons, comprising at least one representative from Mid-Western Regional Council. 13) The judging panel reserves the right not to award a prize if fine entries are not deemed of a suitable standard. 14) The winner of the People's Choice Award will be by members of the public via a voting system on Facebook. 15) Winners of the People's Choice Award will be determined by the most 'likes' received per image/entry by 4:00pm on the date advertised. 16) Determination / awarding of prizes is final and no correspondence will be entered into. 17) Prize winners will be announced via Mid-Western Regional Youth Council's social media channels, and winners contacted privately via email – prize distribution may be delayed due to social distancing requirements. 18) Mid-Western Regional Youth Council will take all reasonable care with entries, but will not accept responsibility for any entries not received due to technological failure, damage, distortion, or similar that may occur to entries. 19) Council will endeavour to display all entries, but may not be able to do so due to display area restrictions. 20) Prizes not claimed by 30 November 2022 will be forfeited by the winner.

Privacy Policy: To read the privacy policy visit: midwestern.nsw.gov.au/Council/Privacy-Statement

Proudly funded by





UPCOMING PAYMENTS & PERMISSION NOTES

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

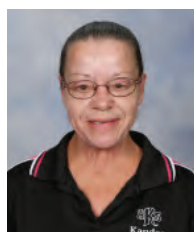
- Year 11 Wollongong Excursion, rescheduled, new date to be advised.
- Year 9 Broken Bay Excursion payments due prior to departure 23 November 22.
- Under 15s Netball in Dubbo permission note and \$10 payment due back to school 12 October 22.
- Year 12 Formal tickets, \$50 each (invited guests only) to be paid prior to the Formal.
- 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.

CELEBRATING SASS RECOGNITION WEEK 2022

Thank you to all of our School Administrative and Support Staff who are always there to lend a hand to our students, staff and community. Have a great mid-term break.

Suezie Faulkner & Melanie Moore
School Administration Manager



(including: Greg Jamieson, Tracey Bell, John Whiteley, Terry Conroy

Kandos High School proudly



Kandos

HIGH SCHOOL



Kandos High School proudly presents the
Class of 2022
Special Moments in Time Edition



Dear Year 12,

I always watch proudly as an educator with what each group of students' brings to their final year, and reminisce on their development from Year 7 to 12. The once shy newbies wondering what High School is all about, have turned into fine young adults eagerly heading off into the world.

Your final year is always a challenging but ultimately rewarding one. You have shown great persistence as you approach all that is asked of you. Resilience in the way that you keep moving forward despite the obstacles you have encountered. And a deep sense of caring as you support each other throughout this final leg of your journey through your school.

As Principal, I am very proud of what you are achieving in such unique circumstances and the contributions you have made to Kandos High School in your social, academic, sporting, and creative endeavours. As a group you have demonstrated your leadership in the example you have set and the encouragement you have provided for our younger students.

Soon you won't be walking through the gates of Kandos High School, but make sure to remember a few things.

Always be proud.

Be proud you reached the goals you set.

Be proud of your achievements.

Be proud of how you've evolved into the great person you are today.

No doubt you will face challenges in your life ahead; this is a given, but never give up.

Be true to yourself.

Follow your passion.

Live your life, the way you want to.

Work hard this year.

Work hard every year.

Make it, whatever you want 'it' to be, happen.

And remember, the future is not as scary as you think and you are stronger than what you think you are.

We could not be prouder of you and the character you have shown as a group, we look forward to recognizing and celebrating your achievements. Until then the chase towards your goals continues.

Keep persisting and supporting one another.

Dyanna Thommeny
Principal



Congratulations Year 12!! They have made it to the end of Year 12 and their high school education. It is the first major milestone in their young lives and they are about to start a whole new chapter. High school started with 29 excited Seivies, keen and eager to begin their high school journey. There were many feelings of uncertainty, nervousness and concern becoming the little fish in the big pond again.

Many people have come and gone from this year group (24 to be exact), and only 14 remain to complete their HSC. Six of the fourteen started their journey together at Kandos Pre-school and three of the fourteen were a part of a mothers group, which I was lucky enough to be a member of. The bond amongst the students left in Year 12, is strong and has helped to hold you together over the years, through the good and bad times. Like every year group, they have had their fare share of drama, but at the end of the day they have been a lovely group to mentor and it has a been a privilege to be their year advisor.

They started Year 7 with Mrs Armitage as their year advisor and as a Year 7 bonding excursion, visited Ganguddy, where the weather was not favourable.

The students camped in tents which resembled paddle pools, not sleeping quarters. The students have memories of laying on the rocks watching the lightning from the storm and building rafts before travelling back to school early to have hot showers. This camp brought together the students from many different primary schools and was the start of friendships that still last today. During Year 8, the students visited Newcastle and surrounding areas for the Opportunities Excursion, where they learnt the art of singing as a group and became, the Year 8 bus choir. Year 9, was the year of the Great Aussie Bush Camp, where students had “the best time ever” on the high ropes course and the giant swing along with many more exciting activities. Many of the activities at the bush camp, pushed the students out of their comfort zone and through these experiences further strengthened relationships and friendships. The final year excursion was the Sydney Adventure, where the list of highlights is endless from; cooking for the homeless, the rough ferry trip to Manly, tears at the ghost tour, teppanyaki, 9 to 5 the musical and much more. It was great to see the remaining fourteen students growing into young independent adults and spreading their wings in the city. Hopefully they will all have many more adventures in the city in the years to come.

My hopes and dreams for Year 12: I hope that myself (your year advisor), your teachers, your parents and families have given you as much preparation and experience as we could in order for you to go out into the big wide world and follow your dreams. Don't ever give up on a dream, no matter how big or crazy it might seem. With hard work and perseverance anything is possible. As Steve Jobs (founder of Apple and a college drop out) would say “I'm convinced that about half of what separates the successful entrepreneurs from the non-successful ones is pure perseverance.” So try, and try again. And don't stop trying until you get what you want. And smile and have fun, otherwise what is the point.

Thank you for the beautiful memories. I will miss each and everyone of you. Kez xxx

Kerry Reynolds
Year Advisor



Reflection

Please use this space to record some of your own memories of your time at Kandos High School



Dear Year 12,

What a year it has been, our graduation signifies the end of our childhood. The memories we have created over our 6 years of schooling together will be remembered forever. These past few years haven't been the easiest with COVID 19 and our own challenges, but it is through these we have become more resilient and a stronger people. With this in mind let's take a trip down memory lane. Coming into Year 7 was an easy transition for me as I knew majority of the teachers and the older students, for some it was a struggle but after some time and adjusting we all settled in and waited for the journey to begin. In Year 7 we had an excursion to Dunns Swamp where we bonded as a year group whilst staying within our social groups. We had a very eventful time while sleeping in swimming pools of water, building rafts, and watching the lightening on top on the rocks. Year 8 was a challenging year as we were faced with the social stresses of popularity, relationships and just trying to fit in. Year 9, we headed off to the Great Aussie Bush Camp where we met new people and fell in love with the camp leaders. During Year 10 we finally realised that we are a year group and a small one of that. Realising that we can talk to everyone within our year and not just the friend group that we we're a part of. We discovered each other and not only became a year as a whole but a family. After losing many students from our year, Year 11 showed us how determined we had to be get to the end and through lots of pep talks and motivation we successfully made it through. Year 12, wow I can't believe we're here. Our journey to Sydney showed us how much we all meant to each other, this is when we knew for sure that our year was our family. Even through the ghost tour, the continuous jump scares, the endless jokes, and digs, I still love you guys, you have made my schooling years so easy and I'm so proud of you all for making it to the end. I will miss the x-box games at lunch, the never-ending updates on the whiteboard, the inside jokes, the unexpected items in the freezer and my lunchbox and spike ball.

I wish you all the very best in which ever path you choose whether it's a vet, nurse, teacher or studying equine science. You all have what it takes to pursue whatever it is you dream of. Stay strong, make mistakes, and keep going forward.

I will leave you with one quote, perfect preparation prevents piss poor performance.

Jessica Reynolds
School Captain

Class of 2022

Tiffany Allison
Daisy Bufete
Clare Chadwick
Tara Cubis
Lainey Fuller

Latara Hammond
Annalise Healey
Tyler Jupp
Chloe Mackander
Gina McDonald

Ryan Moore
Jack Murphy
Jessica Reynolds
Montgomery Smith
Ty Stone

YEAR 7 STUDENTS SURVIVE GANGUDDY-DUNNS SWAMP CAMP

We are happy to report that Year 7 students and staff of Kandos High School survived an overnight orientation excursion to Ganguddy-Dunns Swamp in the Wollemi National Park.





Whilst stories are still emerging, about their interactions with native wildlife, it can be sure that the students will talk about this adventure for years to come. The rain, the wet bedding, stranded and sleeping in unusual conditions, they had to work together to forage and stay alive. Students had to use their initiative, whilst partaking in canoeing and swimming activities to work together in dense bushland. The students trekked and climbed Pagoda, an experience that they will remember!



WESTERN SWIMMING

Year 7 students
Lainey Fuller and
Felicity Evans
represented
Kandos High
School at Western
Swimming in
Dubbo.



WESTERN ATHLETICS



PINK IT UP

Year 8 students dress up in support of the McGrath
Foundations Breast Cancer Awareness
Month



EMIRATES MELBOURNE CUP VISIT



DISCO FEVER!



ATHLETICS CARNIVAL



SHOWCASE



COLOUR RUN



GREAT AUSSIE BUSH CAMP TEA GARDENS



SUCCESS AT NATIONAL MERINO SHEEP SHOW AND RAM SALE



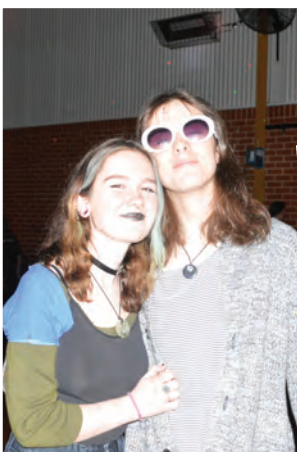
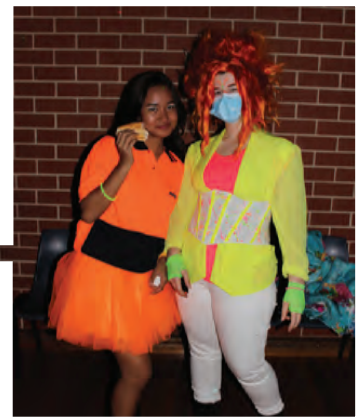
VOLUNTEERING

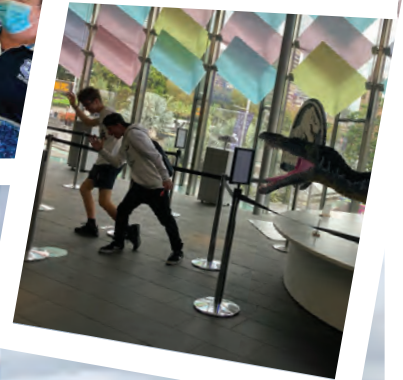


SPORT HIGHLIGHTS



YEAR 12









Good luck Class of 2022



**WE ARE PROUD OF YOUR ACHIEVEMENTS - BEST WISHES FOR THE HSC EXAMS
MAY YOUR JOURNEY AHEAD BE FILLED WITH ADVENTURE AND SUCCESS
WE WILL MISS YOU ALL**