

Newsletter

Term 4 Week 4 2023

Kandos
HIGH SCHOOL

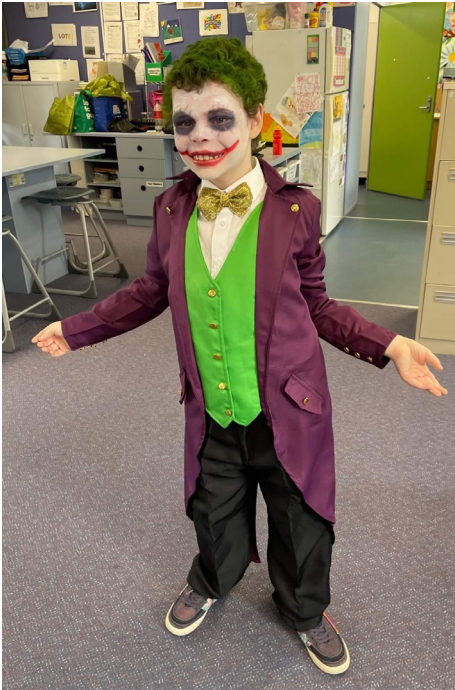
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kandos-h.schools.nsw.edu.au



Newsletter Highlights



Winner of the Best Overall Costume for the SRC Halloween Comp: Brad Murphy as The Joker.



Matilda & her horse Viv at the Interschools Horse Extravaganza



MacAlister & Johnnie at the Upper Hunter Beef Bonanza



Year 11 Life Ready Excursion to Sydney

What's on?

2023

Monday, 6 November

Stage 4 & 5 Exam Week

Tuesday, 7 November

ABBA Rehearsals

Wednesday, 8 November

All Day ABBA Rehearsals
STEMC Program For Young Women - Sydney

Friday, 10 November

Pink Up Day

Saturday, 11 November

Remembrance Day

Monday, 13 November

Remembrance Day Service

Tuesday, 14 November

ABBA Rehearsals

Wednesday, 15 November

Year 6 Orientation Day

Thursday, 16 November

Year 10 Love Bites

Friday, 17 November

Year 12 Formal
Year 7 & 8 Mental Fitness

Saturday, 18 November

Show Team Western Group
Finals - Dubbo

Monday, 20 November

Year 9 Love Bites

Tuesday, 21 November

ABBA Rehearsals

Wednesday, 22 November

All Day ABBA Rehearsals

PRINCIPAL MATTERS

Welcome to Term 4!

Welcome to Term 4 and what no doubt will be a busy few weeks for students. HSC Examinations concluded this week with Year 12 shifting their sights from study notes to the glitz and glamour of their Formal. This Term, we also welcomed back Mrs. Shannon Prosser from Maternity Leave.

The implementation of the new Phone Policy in the school has been smooth. The vast majority of students have been respectful of the changes to phone use within the school and have turned phones Off and Away - Gate to Gate. Just a reminder, if you need to contact your child, or your child needs to contact you, this will need to be through the Front Office.

Many of you may have seen the "Save the Date" post on Facebook for our end of year Presentation Assembly. Invitations for those students receiving awards will be coming out soon. We are trialling a night assembly this year after many parents indicated that it was difficult to attend in the afternoon. After the awards night, we would love to have your feedback on the change of time.



Our school is an integral part of our community, and it is great to see our students participating in activities outside of the classroom. Many readers will be attending Street Feast over the weekend and will see our students and staff volunteering at this event. Next Wednesday, students will be accompanied by some of our RSL Sub-Branch Members to place poppies at the final resting place of our service men and women for Remembrance Day. This has become an annual activity and ensures that these people who gave so much will always be remembered.



Again, we will have a stall at the Rylstone Markets in November and December. Our Agriculture students have been busy sowing seeds so there are plenty of seedlings and plants available for anyone with a green thumb.

Cooper Duff currently has his Meat Smoker on display at Mitre 10 in Mudgee. I encourage you all if you are in Mudgee to go into Mitre 10 and view the Major Projects that have been produced by students in our region. There is a People' Choice competition so while you are there be sure to vote.



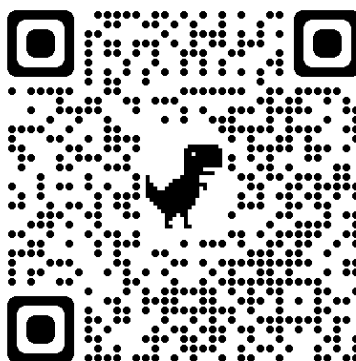
VOTE & WIN!
PETRIES MITRE 10
SCHOOL TRADE AWARDS 2023

Our Textiles & Design and Visual Arts students will be holding their annual exhibition of Major Projects at the Saffron Kitchen in Rylstone. Opening night will be Monday, 20 November, and will be on display for a week. If you have the chance, please take the time to see the quality work that has been created by our talented students.

KHS would like to wish Mr. Daniel Skourmallas and his wife Anna all the best with the arrival of their second child. Mr. Skourmallas started his Paternity Leave in Week 4 and will return in 2024.

To stay up to date with upcoming events and the many student learning opportunities that remain for the rest of this term, please check out our Facebook page using the QR code.

Mrs. Deb Johnston
Relieving Principal



First Day of Term 4 & Introduction to the Off & Away Phone Policy





Off & Away | Gate to Gate

Kandos High School Mobile Phone Policy & Procedure

RATIONALE

Our school has officially launched an "Off and Away" mobile phone policy. The policy extends beyond the classroom to include all areas of the school, encompassing all transition time between classes, in toilets, during Lunch 1 and Lunch 2, during extracurricular activities such as school excursions and camps. The "Off and Away - Gate to Gate" policy means that student mobile phones are not to be seen or used while on school grounds. If students breach the policy, consequences will apply, including confiscation of their device and parent/carer contact (see overleaf).



KANDOS HIGH SCHOOL
MOBILE PHONE & SMART DEVICES POLICY

Off and Away - Gate to Gate

Students are expected to turn their phone off and put it into their bag while at school (between 8:30 am and 3:30 pm). This includes school activities such as camps and excursions.



SWITCH OFF



Healthy Minds & Bodies

The mobile phone policy applies during breaks as well as during classes. Students are encouraged to connect with each other and engage in physical activities during their breaks.

Making Good Choices

Consequences will apply if students choose not to follow the mobile phone and smart devices policy. This can include temporary confiscation of the device.



KANDOS-H.SCHOOL@DET.NSW.EDU.AU



Off & Away | Gate to Gate

Kandos High School Mobile Phone Policy & Procedure

PROCEDURE FOR MISUSE OF MOBILE PHONES ON SCHOOL GROUNDS

Level 0

Mobile phone is switched off and stored in school bag. No consequences.

Level 1

Mobile phone is seen and/or in use during school hours - 1st incident.

In Class

Teacher sends student to Front Office to hand in phone. A notification is sent to parents/carers via SMS, once phone is handed in. An Off and Away slip is given to the student to take back to the teacher. Teacher puts a negative entry on Sentral.

Out of Class on Grounds

Teacher on duty notifies Head Teacher on duty. Head Teacher accompanies student to Front Office to hand in phone. A notification is sent to parents/carers via SMS, once phone is handed in. Head Teacher puts a negative entry on Sentral.

Student will be interviewed by Deputy Principal.

Level 2

Mobile phone is seen and/or in use during school hours - 2nd incident. Same procedure as Level 1 followed by interview with Principal and formal caution of suspension. Parents/carers formally notified.

Level 3

Mobile phone is seen and/or in use during school hours - 3rd incident. Same procedure as Level 1 followed by interview with Principal and suspension. Parents/carers formally notified.

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SRC Halloween Mufti-Day



*Best Overall Costume:
Brad Murphy*



*Most Creative: Ella
Eldridge - Burn Victim*



*Left: Most Scariest
Costume: Seanna Duffield
- Scary Clown
Right: Teachers Choice
Award 1#: Kiesha Duffield
- Scary Clown*



*Best Duo or Group:
Elie Miller, Shani Bray
and Halli O'Brien - The
Chipmunks*



*Teachers Choice: Gerogia
Norbat*



*Guessing Competition
Winner: Jorja Mundy with
a guess of 267 lollies!.*



*Funniest Costume: Alexis Farrugia, Dakota Smith,
Haidee Burlington and Emily Sack - The Grown Ups*



Welcome Back, Mrs. Shannon Prosser!

In Term 4, we welcomed back our much-loved Art Teacher, Mrs. Shannon Prosser. Mrs. Prosser has been on maternity leave since the start of the year and gave birth in April to her first child, Westley Lawrence. She has wasted no time settling back into teaching life, organising artists from Cementa to visit our school and prepping our Year 12 class of 2024 for their HSC Major Works. Welcome back to KHS, Mrs. Prosser! We all missed you!



Farewell (for now) to Mr. Daniel Skourmallas

In Week 4, we farewelled Science teacher, Mr. Daneil Skourmallas for the remainder of Term 4 as he and his wife Anna patiently wait for the arrival of their second child. We wish the Skourmallas family the very best and hope they settle in as a family of 4. See you in 2024, Mr. Skourmallas!

State Showjumping and Equitation

Some great results from Matilda Poole and her horse, Viv, who travelled to Sydney on October 28, to compete in State Showjumping and Equitation.

Matilda and Viv have come away with a third and a fourth position, and the third Highest Point Score in the Advanced Associate 90cm showjumping class.

What a great combination, well done girls!



Year 9 CLIP

Did you know, if you mix baking soda and vinegar together, you'll create a reaction resulting in water and carbon dioxide gas? And if that gas is in a sealed container, the gas will build up a lot of pressure, maybe even explode? What would happen if you suddenly released all that gas through a small hole?

Well, Mrs. Nikki O'Brien and her Year 9 CLIP class recently found out – the fun way! Students engineered race cars that were designed to release the pressure from the carbon dioxide gas buildup and accelerate them forward – which is also an example of Newton's third Law of Motion. Students tinkered with the design of their cars and changed the volume and amount of vinegar and baking soda they used to see how far their race car would end up on the race track.



Best Dressed Winners

TERM 3 BARBIES & BRATS DISCO



2023 Australian History Competition

Congratulations to Willow, Dakota, Haidee, Jack, Alexis, Emily, Janine, Mia and Lochlan (absent) for receiving credit and merit awards in the 2023 Australian History Competition. Lachlan received the highest score out of our students who participated.

The Australian History Competition is available for students in grades 7 to 10 and attracts thousands of high school students nationwide. The competition boasts that it helps develop crucial skills in seeing different points of view in history in an engaging way, with focus on testing interpretation and analysis rather than prior knowledge.



Sample riddles from the 2022 Australian History Competition

1. Who am I?

You've heard of my famous, daring sister
In my shorter reign, I was far more sinister
Religion was my bloodiest priority above all
Turn from the Roman church and I'll burn even your soul

2 What am I?

Wanted: _____ ! Crimes include:

- Poisoned the minds of the royal family
- Administers fake cures and medicines
- Last seen in Moscow

Danger! Apparently invincible to harm, bring in alive!

3 Who am I?

Among many great men, I am the first of my kind
Starting with the military, revolution was on my mind
I'm an Anglican and Freemason, a learned leader
To my new nation, I was often called its Father

1. Queen Mary Tudor
2. Rasputin
3. George Washington

Year 11 Life Ready Excursion

On Wednesday, 11 October, Year 11 students, accompanied by Mrs. Leanne Besant and Mrs. Nikki O'Brien travelled to Sydney for the annual Year 11 Life Ready Excursion.

The 3-day Life Ready Excursion is designed to give our Year 11 students some real-life experience and exposure to city life, as well as teach students how to safely use public transport and navigate the city.

Students left early Wednesday morning using public buses and trains to navigate their way to their accommodation at The Rocks, Sydney. Students then explored Circular Quay, the Museum of Contemporary Art, Opera House and Botanic Garden. After visiting Madame Tussauds wax museum, students then attended a multicultural dinner and then caught the Light Rail Train to the Lyric Theatre to watch Wicked the Musical.

On day 2, students attended a Cook 4 Good Workshop where they prepared dozens of meals to be distributed to the homeless. Students also participated in a workshop on life choices and drug and alcohol education. In the afternoon, students explored Darling Harbour and enjoyed a very windy, but icon, ferry ride to Manly. The night ended with a spooky Historical Ghost Tour at the Quarantine Station in Manly.

On day 3, students toured significant city locations on the City Culture Walk. They visited Hyde Park, The Art Gallery of NSW, Hyde Park Barracks and the Australian Museum before heading home.





Interschools Horse Extravaganza

Matilda Poole & Ella Trudgett, accompanied by Miss. Dyanna Thommeny, travelled to Tamworth on Thursday 12 October, to compete in the 2023 Interschools Horse Extravaganza (ISHE).

ISHE is open to primary and high school students, and offers a wide range of disciplines, including show jumping, one-day events, show riding, dressage, combined training, para dressage, campdraft and the working horse challenge.

A big thank you to Wes and Gussie from Cudgegong Valley Veterinary Services for donating the brow bands worn by Ella and Matilda's horses at the Interschools Horse Extravaganza in Tamworth! They look fantastic!

Well done to Matilda and Ella for their commitment and hard effort at the event, and for representing your school so well!



Teacher's Poem Published in the English Teachers Association Journal, Metaphor

Johanna May joined the English faculty at the beginning of Semester 2. Her love of writing and poetry led her to join a poetry workshop in Greece with the slam poet, Luka Lesson. One of her poems from this workshop was recently chosen for publication in the English Teachers' Association journal, Metaphor (Issue 3, 2023).

*Rod San Martin
Head Teacher*

The poem is inspired by my time at this temple (see image below) in Lindos on the Greek island of Rhodes. I leant against the temple wall and wrote ideas that shaped and distilled into the poem. I was in Rhodes with 14 poets from Chile, Aotearoa (New Zealand), America and all over Australia. Some were regular performers and others had never written a poem in their life. We spent 6 days touring special sites around Monolithos Village and wrote for hours each day and night. It was a special experience and I still write daily and connect with these poets regularly. Writing for me is a way of exploring, understanding, reflecting and loving the world around and within myself. Luka has taught me to be fearless in the face of the blank page and to enjoy the journey of seeking the perfect word for the perfect line at the perfect time.

To Athena Lindos

*Statuesque she stands
Feet one with the earth
Hair becoming breeze
The view before her
Azure refractions
Tumbles of grey and green.*

*Although her eyes are open
Her gaze is deeply inward
Vision traversed to the core
Finding rest in red chambers
There, a tiny octagonal hall of
Miniscule mirrors face each other
Scenes reflected*

*Her loves and triumphs
Her guilt and shame
Her longing and loneliness
Her hopes and despair*

*Sights light illuminates them all
Bouncing and bending them into infinity
A single diamond in the centre,
spinning like a universe
Whispering songs of love
Like the earth.*

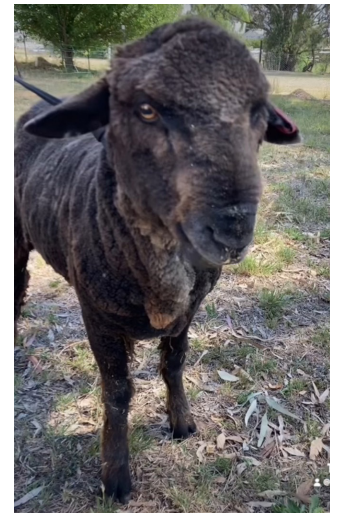
Johanna May



Ag Brag

Who is the New Guy?

If you have been on our Facebook page, you may have seen the end of term TikTok teaser that Year 11 Agricultural students made about a new guy coming to town. Keeping with the Home and Away theme, Don Fisher has arrived and as avid fans of the show would know a love triangle will no doubt be in the future with Marilyn and John Palmer. Don has settled in and we look forward to showing him in the coming year.



Cootamundra Group 9 Final

On Friday October, 20, Alexis Farrugia and MacAlister Heath travelled to Cootamundra to compete in another group final for a place at the 2024 Royal Easter Show State Finals. Competing against a very experienced field of junior judges, our students proved that they were as good at the competition. Alexis came first in Meat Sheep Judging and 2nd in Fruit & Vegetable judging – both qualifying places for the Royal. She also came 5th in Beef Cattle Judging, a personal best. MacAlister proved he knows a good merino ram when he sees one and again came 1st. He also picked up a 3rd in Fruit and Vegetable Judging and will join Alexis in this section at Sydney.



Upper Hunter Beef Bonanza

On Thursday October, 26, Alexis Farrugia, MacAlister Heath and Millie Brown, accompanied by Johnnie, Hercules and Hill Billy, joined over 500 students and 360 steers and heifers in Scone for the Upper Hunter Beef Bonanza.



The emphasis of the four days is on education and students attended various workshops to develop their knowledge of the beef industry. A highlight for the students was attending the JBS abattoir where they competed in their first ever round of meat judging.



Cattle had travelled from across the state and the quality of animals was high. Hill Billy and Alexis, at their first show, were very unlucky and missed out on a placing in their competitions. Hercules, ate himself out of the middle weigh competition and into the bottom of the heavy weight boys. Again, Millie and Hercules unfortunately did not place. Johnnie, who was the 9th heaviest steer at the competition, was handled by MacAlister and Johnnie was the boss! In their first competition steers are lined up with their best attribute facing the judge....their rump. Not our Johnnie...he wanted to stand facing the judge and after several attempts by MacAlister to have him stand correctly he turned around. This experience left MacAlister a little anxious about parading, Johnnie settled MacAlister's nerves by deciding he needed to sit down in the walk way on the way to the arena. Once in the arena MacAlister and Johnnie turned it on for the judge and for the first time in the competition, Kandos High School was announced in the winners group with the pair taking home a Highly Commended. At the time of writing, final results have not been received.



Thank you to all of our sponsors who have supported our Show Team throughout the year. Thank you also to Tyler and Leanne from Coopers in Rylstone who provided the students with a quick lesson on beef cuts, they all know what osso buco is now. Thanks must also go to Rachael at R&K for providing hard hats and gumboots with zero notice so that students could attend the abattoir. A big thank you also goes to Alex Pateman who transported the steers and used his years of experience showing cattle to show one teacher and 3 students how the unloading process is done!!

Congratulations to all students who have spent hours washing, walking, grooming and feeding sheep and steers this year. Your commitment and patience when you are being tested is commendable.

Deb Johnston

Agriculture Teacher

Kandos High School Show Team Sponsors



Mr Peter
Marchant
The Dairy











AF & JD Brown
ROUND MOUNT
Poll Hereford Stud
Ph: 6358 8513
0427 266 313



A RESOURCE FOR STUDENTS WITH DISABILITY TRANSITIONING TO FURTHER EDUCATION AND/OR EMPLOYMENT

**Disability affects 17.7 per cent of the population, or
approximately 4.4 million people in Australia.**

Please see below for information on the pathways and
connections to support successful transitions

<div>01 / </div> <div>UNIVERSITY</div> <div>Find a list of universities</div> <div></div> <div>adcet.edu.au</div>	<div>02 / </div> <div>VOCATIONAL EDUCATION & TRAINING (VET)</div> <div>Find a Registered Training Organisation/Course</div> <div></div> <div>myskills.gov.au</div>	<div>03 / </div> <div>APPRENTICESHIP & TRAINEESHIP</div> <div>Find an Australian Apprenticeship Support Network (AASN) Provider</div> <div></div> <div>australianapprenticeships.gov.au</div>
<div>04 / </div> <div>EMPLOYMENT</div> <div>Find out about Disability Employment Services</div> <div></div> <div>jobaccess.gov.au</div>	<div>05 / </div> <div>OPEN OR SELF-EMPLOYMENT</div> <div>Get advice about starting & running a small business</div> <div></div> <div>workforceaustralia.gov.au</div>	<div>06 / </div> <div>VOLUNTEERING/ NEIGHBOURHOOD CENTRES</div> <div>Find a Volunteering Provider</div> <div></div> <div>volunteeringaustralia.org</div>

For more information visit education.gov.au/access-and-participation/ndco
Download information and NDCO resources at adcet.edu.au/ndco

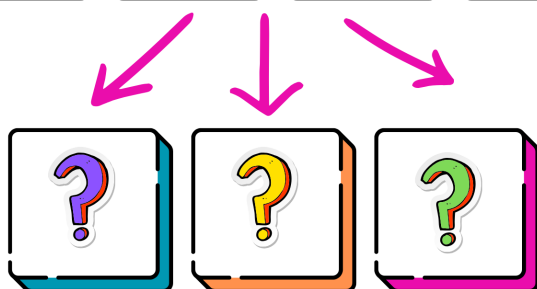
KANDOS HIGH SCHOOL



Be a Part of KHS History

Help us develop our new houses

Due to demographic changes in enrollment numbers, KHS will transition from 4 houses to 3 NEW houses. The exciting change will support school spirit, competitiveness and fairness.



WE WANT YOUR

FEEDBACK

New

Mascots

New

Colours

New

Names

Please call or email us with suggestions

Front Office 63794103

or email

kandos-h.school@det.nsw.edu.au

We're coming to your community



NSW Government services will be available at our Mobile Service Centres in: Kandos on Tuesday 21st November 2023 9:00am – 3:00pm

This includes:

- Savings Finder, for more than 70 rebates and vouchers to help you save
- driver licences, proof of identity documents and photo card applications
- Driver Knowledge Tests
- birth, death and marriage certificates
- Working with Children Checks
- NDIS Worker Checks.

Call **13 77 88** or visit service.nsw.gov.au to check our latest timetable.

Severe weather may mean our timetable has to change at short notice, we strongly recommend you check on the day.



Find us at:

Kandos Community Centre
44 Angus Ave





Saturday 25th November 2023
10am - 2pm

Rylstone Memorial Hall

Come along and see what your local District
has to offer.

**Sporting
groups**

Organisations

Clubs

Special Events

Celebrations

Museums

Art

Services

Shows

**Special Interest
Groups**

Charity Groups

Emergency Services

Government Services

Environmental

Education

**Make a day of it,
catch up with friends & make new
friends**

Keryn 0400 780 722

Colleen 0429 794 339 rylstonekandosexpo@gmail.com

Facebook : Rylstone Kandos & District Community



DRUG AND ALCOHOL FREE EVENTS
PARENTS ARE ENCOURAGED TO PARTICIPATE



Youth Activation Program

MULTI SPORTS ACTIVITIES KANDOS

This **FREE** 6 week block
of Multi Sports
Activities will
commence on
10th October 2023

LOCATION: Kandos School Oval
Fleming Street

TIME: 4.00 pm - 5 pm

AGE GROUP: 6 - 16 YRS

Contact Shannon Wheeler 0455 024 025

IMPORTANT: Parents/Caregivers must attend first week to register
children

Proudly funded by



 Creative Community Concepts

 Creative_Community_Concepts

www.creativecommunityconcepts.com.au

Mudgee District Junior Cricket Association

Mudgee District Junior Cricket Association have some exciting things happening for this season and would like to invite YOU to join us!

We have a new Junior High School Competition (for 12-15 year olds) as well as a Girls Only Cricket Team. Competition starts 28th October. To find out more, contact us at mudgeejuniorcricket@gmail.com or check out our Facebook page.



Care for a Cuppa?

We need Foster Carers. Lets chat and find out more. Come and have a Cuppa on us ...

Where: Elton's Bar + Bites - 81 Market St, Mudgee

When: 7 November 2023; 10 - 11:30 am

 **NSW**
GOVERNMENT

Communities & Justice



How Much Sleep?

How much sleep?

We all know that sleep is important for general health, for growth and development and for emotional well-being. However, you may not know that important memory processes take place while you are sleeping, ensuring you retain what you are learning and studying.



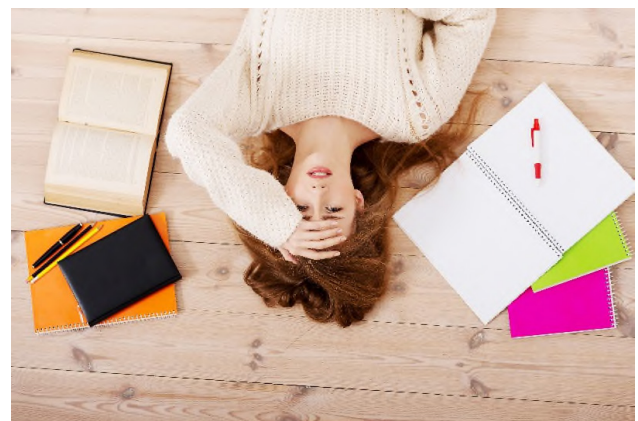
Perhaps you have heard that teenagers need between nine to ten hours of sleep per night. But where does this come from and how valid is this claim? In 1980, Mary Carskadon of Stanford sequestered a group of adolescents in the university's sleep laboratory for several days, letting them sleep for as long as they wanted, up to 10 hours. She found that the teenagers slept just over nine hours, with very little variation. This single "naturalistic" study is the primary basis for the adolescent sleep recommendation. However, some researchers argue that just because teenagers slept nine hours when left alone does not mean that this is the best thing for them, just like letting people eat whatever they want is not necessarily the best thing for their health. So there is no definitive answer at this point in time.

The amount of sleep needed by teenagers is most likely very individual, just like it is for adults. It is probably safe to assume that adolescents need more sleep than adults and that the average for most people is at least 8 hours of sleep per night. Pay attention to the signs and have students listen to their body. If they lie down in bed and fall asleep instantly, this is a sign they are not getting enough sleep for their body. It should take at least 15 minutes to fall

asleep. If they wake up in the morning and are feeling exhausted, then check all lifestyle factors: are they getting enough sleep, eating healthily and getting enough exercise?

If teenagers are sleeping in for many hours on a weekend, unfortunately this does not mean they are "catching up" on their sleep. According to University of Texas Southwestern sleep specialist Dr. Gregory Carter, when we think we're catching up on sleep, what we're really doing is messing with our circadian cycle -- the body's internal clock which dictates sleep patterns. Excessive sleeping in is in fact a signal that during the week students need to go to bed earlier. The aim is to work out the optimum bedtime so that the need to catch up on large amounts of sleep on the weekend is eliminated.

There is nothing wrong with having a power-nap in the afternoon when students get home from school, as long as the nap is no longer than 40 minutes. A short nap can help students regain their energy levels and allow them to focus on the work they have to do that evening. However, a longer nap will also disrupt sleeping patterns for that night.



Check out the unit in the Study Skills Handbook on Lifestyle and Balance to learn more about sleep and other lifestyle factors for success.

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through www.studyskillshandbook.com.au

Our School's access details are:

Username:

Password:



YEAR 12

WHEN YOU LEAVE SCHOOL YOU HAVE
180 DAYS

... before you **lose access to:**

- ⊘ Your school **email** account
- ⊘ Your **Google Drive** contents
- ⊘ Your Microsoft **OneDrive** contents
- ⊘ Any Google **Classrooms** you were joined to
- ⊘ Any Microsoft **Teams** you were a member of

Check your stuff in these school-provided services.
Download anything you want to keep.

(There's no need to delete anything: it'll disappear in 180 days.)

UPCOMING PAYMENTS & PERMISSION NOTES

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

- 2024 Year 9 Excursion
- STEMS Career Day
- Rylstone Saturday Markets

Cash, cheque or EFT payments can be made directly at the school office. Alternately, parents can 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.



Kandos High School is proudly supported by