



Newsletter

Term 4 Week 7 2023

Kandos
HIGH SCHOOL

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kandos-h.schools.nsw.edu.au



Newsletter Highlights



*Hill Billy among the best
at the Upper Hunter Beef
Bonanza*



*KHS Remembrance Day
Ceremony*



*Matt Brown and Ricky
Siskovic on SRC PINK UP
Day - Raising awareness
of breast cancer and
donating money to the
McGrath Foundation*



*Year 9 & 10 CLIP
Lay Poppies at
Rylstone Cemetary for
Remembrance Day*



What's on?

2023

Tuesday, 28 November

ABBA Rehearsals
Butterfly Foundation School
Visit

Wednesday, 29 November

KHS & Gulgong HS Sports
Day

Friday, 1 December

Nutbush Against Violence
Towards Women

Saturday, 2 December

Year 12 Fundraiser at Twin
Town Players Christmas
Variety Day & Night

Monday, 4 December

All Day ABBA Rehearsals

Tuesday, 5 December

ABBA Rehearsals
Year 10 Dinner

Wednesday, 6 December

Year 11 - Business

Thursday, 7 December

Presentation Night

Saturday, 9 December

KHS Stall at the Rylstone
Markets

Monday, 11 December

All Day ABBA Rehearsals

Tuesday, 12 December

All Day ABBA Rehearsals

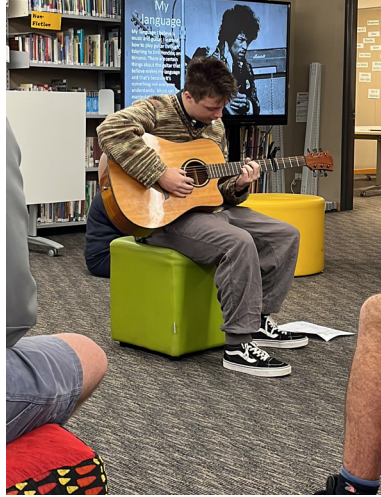
Wednesday, 13 December

ABBA Matinee & Night
Performance

Principal Matters

When I think about Kandos High School, I often have the phrase *Small school, big dreams* in my imagination. From the smallest personal beginnings to the largest triumphs of humanity, why are we here if not to dream? Our dreams and goals shape our lives as children and adults and motivate us to learn more and to find a way.

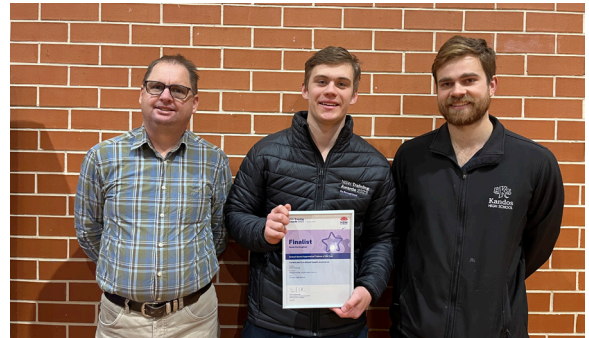
Dreams are important for all ages, they encompass our goals and give our lives purpose, direction and meaning. They shape our decisions, give us hope for the future and a sense of control of our destiny. Parents as first teachers and the profession of educators play a critical role in helping our students discover who they are, developing imagination and creativity and the sense of possibility.



There are many benefits of being a dreamer, especially for teenagers. Having dreams empowers them to envision a fulfilling and purposeful future, guiding them on a journey of self-discovery, growth, and achievement. They are a powerful transformative force that contributes to their personal, academic and emotional development in many ways.



- Dreams provide the motivation and resilience needed to navigate the complexities of adolescence and transition into adulthood with a sense of purpose and direction.
- Very importantly for our teenagers having dreams fosters a positive mindset, they develop optimism and can view challenges as opportunities for learning and growth rather than insurmountable obstacles. We know positive thinking contributes to our emotional wellbeing.
- Pursuing dreams requires students to self-reflect and self-discover, they learn about their interests, values and strengths in the process. Dreams help teenagers to identify their passions and areas of potential career or personal fulfilment.



Aspirations and dreams can drive academic engagement as students are more likely to see the relevance of education in achieving their goals, their dreams provide a context for learning, making education a more meaningful and purposeful pursuit.

- Dreams can translate into specific goals and the process of planning and working towards a dream helps develop organisational and time management skills and they learn the importance of setting realistic and achievable objectives.
- Dreams fuel ambition to aim high and strive for excellence and inspire hard work and dedication and assist in fostering a strong work ethic.
- Dreams cultivate creative thinking and problems solving when students have to think outside the box to turn their dreams into reality. Creativity is a valuable skills that permeates various aspects of our life.
- The pursuit of a dream requires the development of life skills such as communication, decision making and adaptability. Our teenagers gain practical experience that prepares them for future challenges.



Here are 9 ways to engage and support teenagers in developing essential skills to pursue their dreams with confidence:

1. **Encourage Exploration.** By supporting your teenager in trying out various activities and exploring different interests to help them discover their passions.
2. **Open Communication.** Foster an open and supportive environment for your teenager to discuss their dreams, concerns, and aspirations.
3. **Set Realistic Goals Together.** Collaborate with your teenager to set achievable short-term and long-term goals related to their dreams.
4. **Provide Resources.** Offer them access to resources such as books, online courses, workshops, or mentorship programs that align with their interests.
5. **Model a Growth Mindset.** Demonstrate a positive attitude toward learning and growth, emphasising that abilities can be developed through dedication and hard work.
6. **Expose Them to Diverse Experiences.** Provide opportunities for exposure to different cultures, careers, and lifestyles to broaden their perspective and interests.
7. **Encourage Critical Thinking.** Stimulate their critical thinking skills by discussing current events, societal issues, and encouraging them to form their own opinions.
8. **Promote Independence.** Allow your teenager to take on responsibilities and make decisions, fostering a sense of independence and self-reliance.
9. **Support Extracurricular Activities.** Allow your teenager to be involved in extracurricular activities that align with their interests, helping them develop skills outside the classroom.



Until next time.....

Dyanna Thommeny
Principal

Year 9 Clip - Poppies for Remembrance Day

On Wednesday, 8 November, Year 9 & 10 CLIP visited the Rylstone Cemetery to lay Poppies on the resting place of local service men and women. The school's annual visit to the cemetery is a tradition we greatly respect and will continue into the future. Thank you to Mrs. Kerry Reynolds and Miss. Leanne Besant for organising and transporting our students to be a part of the day.

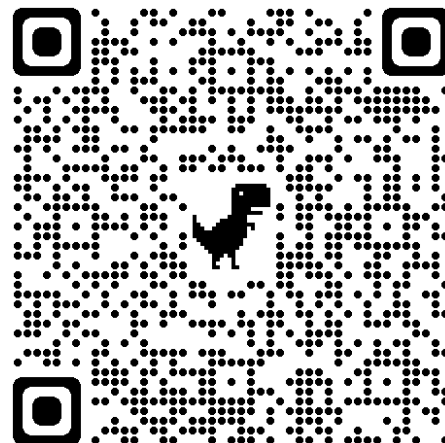


Student Information Booklet

The 2024 Student Information Booklet is now available on our website. Our Student Information Booklet provides extensive information for parents and students about what to expect when attending KHS. Some of the topics covered in the booklet include:

- Uniform, equipment, and school costs
- How parents can get involved in the school
- Our Rewards System & Merit Scheme
- School Community Charter
- KHS Policies and Procedures
- Our Positive Behaviour for Learning (PBL) values and expectations

Scan the QR Code to view the Student Information Booklet on our website.



New School Houses

Due to demographic changes in enrollment numbers, KHS has decided to transition from 4 houses to 3 new houses in 2024. The changes will advocate equal competition between the 3 new houses, as well as build fresh team comradery between students and staff.

With support from our School Community, P&C, and SRC, together we will decide 3 new house names, their colours, and their mascots!

If you have a suggestion for the 3 new house names, their colours, or their mascots, please email our school at kandos-h.school@det.nsw.edu.au.

KANDOS HIGH SCHOOL



Be a Part of KHS History
Help us develop our new houses

Feedback Due December 1



Teachers Federation - Life Membership Award

Cheryl Murray was honoured with a Life Membership at our Teachers Federation Dinner on Friday, 3 November. She has been a staunch supporter of the union and of public education throughout her entire career. Cheryl has worked tirelessly to do what she can to improve education outcomes for her students both in her activism and her teaching practice. Family and colleagues gathered to show their respect and appreciation for Cheryl. She is a valued member of the union and of the school and we wish her the best for her upcoming retirement.

Julie Parsons

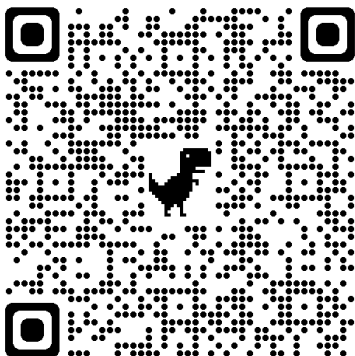
Association President



Teachers Federation - Put Your Hand Up!

How many of you are aware that 98 per cent of public schools are currently underfunded? Kandos High School staff support fully funding all public schools so that our kids get the best start in life!

For more Information on how you can support the NSW Teachers Federation's push to fund more public schools, Scan the QR code below.



KHS Remembrance Day Ceremony

On Monday, 13 November, students and staff gathered in our MPS Hall to reflect upon the profound significance of Remembrance Day to Australians.

Remembrance Day is a solemn occasion, marked on the eleventh hour of the eleventh day of the eleventh month - a moment etched in history as the end of the Great War. Australia has a long history of military service as an independent nation. From the battlefields of Gallipoli, to the deserts of the Middle East, and beyond. On Remembrance Day, we pay tribute to those who have made the ultimate sacrifice, those who have returned bearing the physical and emotional scars of war, and those who continue to serve and protect our nation. We remember the ANZAC spirit that exemplifies resilience, mateship, and selflessness.

Remembrance Day is a day of appreciation and reflection, a day when we acknowledge the debt of gratitude we owe to those who have defended our freedom and way of life. It is a reminder of the human cost of war and the importance of working towards a more peaceful world. By observing this day, we ensure that the stories of our veterans and their enduring legacy are never forgotten, and that their sacrifices continue to encourage future generations.

In honouring Remembrance Day, we express our collective appreciation for the past, our respect for the present, and our hope for a more peaceful future. Let us remember and reflect on the significance of this day and continue to support and care for our veterans, recognizing that their service has contributed immeasurably to our great nation's history.

- It is the 70th anniversary of the armistice which ended the Korean War
- The 50th Anniversary of the end of Australia's involvement in the Vietnam War and the second anniversary since the Australian Armed forces withdrew from Afghanistan.

Lest we forget.

Thank you to Mrs. Helen Fuller, Dakota Smith, Emily Sack, Jessica Gallaher, Kiesha Duffield, Bridget Grimshaw, Miles San Martin, Tegan Godwin, Chloe Ripley, and our School Captains Halli O'Brien & Matilda Poole, and our Vice Captains, Kirilee Besant & Felix Sander, for presenting a well organised and well researched KHS Remembrance Day Ceremony with the respect and dignity it deserves.





Petries Mitre 10 Trade Awards

Congratulations to Cooper Duff who tied FIRST in the Petries Mitre 10 Trade Awards - People's Choice Award! Cooper entered his Technology Mandatory - Metal HSC Major Work and has walked away a winner! Outstanding Effort, Cooper! Also, well done to Mr. Mick Vaughan for supporting and mentoring another student to success!



NRL Star Visits KHS to Teach Mental Health Fitness

Wayne Wigham from the Black Dog Institute, and former Balmain Tigers NRL star, along with Kyle Myers from Creative Community Concepts, spoke to Year 7 and 8 about Mental Health Fitness last Friday, 17 November. The students enjoyed the personal stories from Wayne and learning techniques to develop their own mental health. Wayne and Kyle both commented on how engaged the students were and that they would come back any time to present to our beautiful students. We would like to thank Wayne and Kyle for coming to Kandos High School and helping our students.

Mrs. Kerry Reynolds



PINK UP Day!



AG BRAG

It's Twins!

It was a spoiler – Felicity had twins and John Palmer was the father!!! Felicity is the last of our ewes to lamb this season and keeping with the twin theme this year she had a boy and girl. Students were quick to propose names and have settled on Rose and Xander....welcome little babies to our Ag Family xxx



Western Show Society - Group 11 Finals

On Saturday, 18 November, KHS students travelled with Tallie to Dubbo to compete in the Group 11 Junior Judging Finals. Tallie did not receive the memo that he had to be on best behaviour for the Parading Competition and put MacAlister, Alexis and Mille through their paces. Unfortunately, students did not place in their parading heats, but Tallie now has a better understanding of what Shows are all about now having attended his first competition.



The afternoon saw students compete in the usual rounds of judging. After sweating it out in the heat, we were fortunate to have more students qualify for the Royal Easter Show in 2024. Millie Brown placed first in Fleece Judging and will join Alexis Farrugia in Sydney. Blainey Heath came 2nd in Meat Sheep Judging, going one better than her 3rd in Merriwa and has qualified alongside Alexis and Millie. Blainey also came second in Grain Judging, just sneaking in front of her brother, MacAlister, in third.

This is the last show for the year. Congratulations to all students who have attended shows this year, with many requiring family members to give up weekends – what commitment to an extra curricular activity!! A special mention to Blainey and Millie who attended Dubbo, having celebrated their Year 12 Formal the night before, they woke at 4am to represent the school in what was their last school excursion. See you in Sydney ladies!!



Upper Hunter Beef Bonanza Carcase Results

The carcase results were released via livestream with over 1200 people (including our students) tuned in to hear how their animals stacked up against Meat Standards Australia criteria. Special mention needs to go to Hercules who finished 8th out of 16 very competitive animals in his class. The highlight of the evening was when steer number 109 belonging to Kandos High School was announced as 3rd in his lightweight class. While Hill Billy missed out on a ribbon on the hoof, he not only placed 3rd in his class but went on to win the Lightweight Jackpot.

It was a proud moment when over 1200 people had the opportunity to hear Kandos High School announced as a winner. I can guarantee I was not the only excited one – students who were tuned in also had a “we are as good as any other school” moment. Now to go one better in 2024.



Deb Johnston
Agriculture Teacher

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

Rylstone Market Stall

A big thank you to everyone who supported our market stall at the Rylstone Markets on November 18! If you missed us, that's because we were sold out by 12.30pm!



Meat Judging Lessons with Coopers Country Meats

The KHS Show Team would like to extend a big thank you to Tyler and Leanne, from Coopers Country Meats, who graciously helped prepare our Show Team for Meat Judging at the Upper Hunter Beef Bonanza. The KHS Team attended the Scone Abattoir for Meat Judging and put their freshly new skills and knowledge from Tyler and Leanne into practice.



Year 6 Orientation Day

Today we welcomed back Year 6, Class of 2029, for their second KHS Orientation Day! Year 6 spent the morning making Toast Boards with Mr. Mick Vaughan in Technology - Timber, then headed to the pool with Mrs. Kerry Reynolds and their new Year Advisor, Mrs. Britt Anderson. Their afternoon finished with English, History and Mathematics.





Artist Workshop - Ben Paul & Sarah Hall

Visiting Wayout artists, Ben Paul and his collaborator Sarah Hall, joined Year 9 in the classroom on Thursday, November 23, encouraging and inspiring our students how to rethink the way we recycle and reuse plastics, as well as combining that system of thinking to draw attention to local issues through the art making process.

In Paul and Sarah's workshop, our students made kites from various types of soft plastics and materials found in dumpsters of local commercial buildings. They experimented with shrinking different types of plastics with heat to construct viable and aesthetically interesting kites. As a class, students brainstormed community issues that they resonated with and formed slogans about these issues and illuminated them onto their kites.

Ben and Sarah's Exhibition at Wayout Artspace opens on Saturday at 4pm where our students' kites will be available to hire and fly around town! We're all looking forward to seeing our students kites fly over Kandos and what conversations they may provoke within our community. If you see one of our students kites, please take a photo and let us know.



Twin Town Players

Santa Photos



Saturday, 2nd December

2 - 4pm

Rylstone Memorial Hall

Bring your camera and
get a photo with Santa!

A small donation towards
Twin Town Players for
your photo will be
greatly appreciated.



TWIN TOWN PLAYERS PRESENTS

CHRISTMAS VARIETY DAY

**2ND
DEC** | **PHOTOS WITH SANTA
ONE ACT PLAYS
TRIVIA
GAMES AND MORE!**

RYLSTONE MEMORIAL HALL

**TICKETS \$10 P/P OR \$50 FOR A
TABLE OF 6**

**DOORS OPEN AT 10.30AM
FOR 11 AM START
BYO SNACKS & DRINKS**

TICKETS ON SALE AT CASSIE'S CURIOSITIES,
RYLSTONE
PH: 0448 099 702
10AM - 3PM WEDNESDAY TO SUNDAY



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

01



UNIVERSITY

Find a list
of universities



adcet.edu.au

02



VOCATIONAL EDUCATION & TRAINING (VET)

Find a Registered Training
Organisation/Course



myskills.gov.au

03



APPRENTICESHIP & TRAINEESHIP

Find an Australian
Apprenticeship Support
Network (AASN) Provider



australianapprenticeships.gov.au

04



EMPLOYMENT

Find out about Disability
Employment Services



jobaccess.gov.au

05



OPEN OR SELF-EMPLOYMENT

Get advice about starting &
running a small business



workforceaustralia.gov.au

06



VOLUNTEERING/ NEIGHBOURHOOD CENTRES

Find a Volunteering
Provider



volunteeringaustralia.org

For more information visit education.gov.au/access-and-participation/ndco

Download information and NDCO resources at adcet.edu.au/ndco



2023 Mudgee Churches Association

COMMUNITY CHRISTMAS LUNCH

12 MIDDAY CHRISTMAS DAY

AT ST. JOHNS ANGLICAN CHURCH HALL MUDGEE

6 Church St., Mudgee



All Welcome

*Join us for a Free Lunch & Fellowship
Please let us know if you're attending*

*To register for luncheon
or hamper or volunteer*



Places are Limited

To Reserve a seat at the table, register online with the QR code OR
Phone Graham - 0458 242 126 or
Jorie - 0412 179 293



RSVP BY 11/12/23





**DRUG AND ALCOHOL FREE EVENTS
PARENTS ARE ENCOURAGED TO
PARTICIPATE**



KANDOS

18/12/23
- Waratah Park -
10.30 am - 12.30 pm

All children must be accompanied by an adult & please bring waterbottle

Proudly funded by



Creative Community Concepts



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www.creativecommunityconcepts.com.au



TVET Course Snapshot

Location

Virtual teacher lead MS Teams class

Dates

Wednesdays weekly
9.00am to 3.30pm

Duration

Terms 1-3, 2024

Note

Students will need access to a computer with microphone and camera

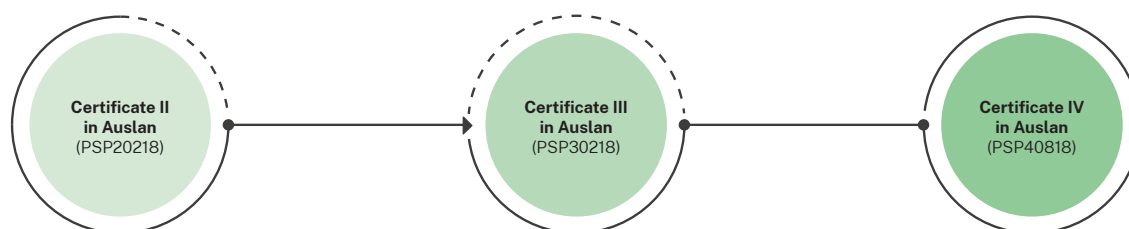
Auslan

BEC

Auslan (Australian Sign Language) courses will introduce a variety of signing skills to help you communicate with the Deaf community. The skills covered in Auslan courses will allow you to communicate in Auslan, ranging from familiar and routine matters through to complex and spontaneous conversations. You will also learn about the Deaf community, Deaf culture and history, as well as the linguistics of Auslan.

Is it right for you?	Possible industry skills	Potential career pathways
<ul style="list-style-type: none"> Are you a good communicator? Are you interested in supporting the community? Do you have an interest in learning to communicate with the Deaf community? Do you want to broaden your horizons? 	<ul style="list-style-type: none"> Communicate in casual conversations in areas like weather, sport and travel Communicate in formal conversations in areas like employment and education Sign introductions and basic personal information Sign about personal and family information, shopping and employment. 	<ul style="list-style-type: none"> Auslan teacher in education and training organisations Pathway into interpreting qualifications Auslan signer Community support worker.

Example of possible course pathways



For more information on locations and courses offered, please speak to your careers adviser.

The units of competence that will be delivered as part of this course option will be listed in the EVET system for your chosen location or delivery pattern. You should consider the full EVET details, including units, location and other requirements with your school before accepting the EVET Offer provided to you by your school as part of the EVET course acceptance process. Partial completion comprises a range of Units of Competence from the qualification identified; these may contribute to completion of the full qualification or to other nationally recognised training.

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Information for Parents and Carers

TALKING ABOUT VAPING WITH YOUNG PEOPLE



Start with information

Get the key facts, learn the basics about vaping products, and think through what you want to say. Consider some questions you might be asked, and how you want to respond.



Approach it calmly

You might want to start the conversation when you're doing an activity together, such as driving or preparing a meal. Keep things casual and relaxed. You might want to use something you saw in a TV show or on the news as a chance to bring up the issue.



Don't make assumptions

If you think they may have tried vaping, avoid making accusations. Going through someone's space looking for evidence isn't recommended, because it can undermine trust.



Avoid judging or lecturing

Listen to their point of view and keep it a two-way conversation. Being mindful to keep your body language and tone respectful can go a long way. If they have tried vaping, try asking questions like: 'what made you want to try?' and 'how did it make you feel?'



Don't exaggerate

Make sure you are honest with them about potential harms and avoid exaggerated statements.



Focus on health and explain your concerns

Focus on how you care about them and want them to be healthy. For example, if they are vaping nicotine you can say that you are concerned about the evidence that this can affect adolescent brain development.

UPCOMING PAYMENTS & PERMISSION NOTES

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

- 2024 Year 9 Excursion
- Year 10 Dinner
- Year 12 Jersey
- Jamberoo Rewards Excursion

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



All KHS students that require emergency ambulance services whilst they are participating in school activities are provided **FREE** emergency care. Please provide your bill from NSW Ambulance to our administration staff at the Front Office to be paid by the school.



PLEASE CALL OUR FRONT OFFICE
FOR MORE INFORMATION
PH 6379 4103



Kandos High School is proudly supported by