



MERRY
Christmas



Newsletter

Term 4 Week 10 2023

Fleming Street Kandos NSW 2848

PH 02 6379 4103 | FAX 02 6379 4818 | EMAIL kandos-h.school@det.nsw.edu.au | [Official Kandos High School](#)

kandos-h.schools.nsw.edu.au



Newsletter Highlights



2023
Presentation Evening



Inaugural Kandos vs
Gulgong Sports Day



Year 10 Celebration and Farewell Dinner



Year 9
Great Aussie Bush Camp



Cooper Duff selected for
the SHAPE Exhibition

What's on?

2023

Thursday, 14 December

Rewards Excursion

Friday, 15 December

Rewards Excursion

Last Day of Term 4 for
Students

Sunday, 24 December

Christmas Eve

Monday, 25 December

Christmas Day

Sunday, 31 December

New Years Eve

Monday, 1 January

New Years Day

Friday, 26 January

Australia Day

Thursday, 1 February

Year 7, 11 & 12 Return for
Term 1, 2024

Friday, 2 February

Year 8, 9 & 10 Return for
Term 1, 2024

Friday, 9 February

Swimming Carnival

Wednesday, 21 February

Year 7 Camp to Ganguddy

Saturday, 23 February

Rylstone Show

Wednesday, 28 February

Year 9 Great Aussie Bush
Camp

Friday, 1 March

Mudgee Show

PRINCIPAL MATTERS

Reflecting on a Year of Growth, Gratitude and Achievements

As we approach the end of another academic year, it is with a heart full of gratitude and pride that I extend my warmest wishes to each and every one of you. 2023 has been filled with challenges, triumphs, and countless moments of growth, and it's inspiring to reflect on the collective efforts that have brought us to this point.

It was fabulous to celebrate with our learning community at the Presentation Evening, which really showcased the activities and progress of our students. From academic achievements to artistic endeavours, athletic triumphs, and community engagement, our high school community has excelled in various fields. Each success, big or small, reflects the hard work and dedication of our students, supported by the guidance and encouragement of our exceptional staff.

On that note - to our dedicated and tireless staff, thank you for your unwavering commitment to the education and well-being of our students. Your passion for teaching, your guidance, and your ability to inspire young minds on a daily basis, creates an engaging environment where our students can thrive and reach their full potential. We are grateful for the impact you make on the lives of our students each day.

To our parents and carers, your support is the foundation upon which our students' success is built. Your involvement, encouragement, and partnership in the educational journey of your children contribute significantly to their growth and development. Thank you for entrusting us with the privilege of educating and nurturing these remarkable young individuals.



KHS Principal, Dyanna Thommeny presenting William Moxham with the Year 7 Citizenship Award at our Presentation Evening



Presentation Evening

As we anticipate the well-deserved break, let us take this time to rest, rejuvenate, and spend quality moments with our loved ones. May the coming year be filled with new possibilities, continued growth, and shared successes. But before we get there, remember to nurture the community spirit of Christmas and reinforce those two significantly important values with our students that exist, gratitude and kindness. As we are welcomed into the season of Christmas with all the commercial advertising and products abound, it's the perfect time to reflect on the true meaning of this festive occasion. In the hustle and bustle of everyday life, it's easy for our young adults to lose sight of the deeper significance of the holidays.

In a society often marked by materialism, Christmas offers a profound opportunity to teach our students about values that go beyond the gifts, baubles and glitter. Take a moment to discuss the true meaning of Christmas - love, compassion, and the joy of giving. Encourage them to think beyond their wish lists and consider the needs of others, who may not be as fortunate.

Some ideas for this are:

- Volunteer activities as a family - a wonderful way to demonstrate the spirit of giving. Whether it's helping at a local shop, participating in a charity event, or volunteering at a community organisation, these experiences can leave a lasting impact on our kids and are available in some form throughout the year.
- Create a family calendar dedicated to acts of kindness. Each day leading up to Christmas, challenge your teen to perform a small act of kindness, such as complimenting a classmate, assisting an adult, or helping a neighbour. This daily ritual not only cultivates kindness but also establishes a sense of routine during the holiday season.
- Gratitude journals are a great way for teens to reflect and jot down things they are thankful for each day. This practice helps shift the focus from material wants to appreciating the blessings in their lives. Consider doing this as a family, sharing your reflections during a cozy evening together.
- Create meaningful family traditions that emphasize gratitude and togetherness. Whether it's baking cookies for neighbours or spending an evening decorating the house or tree as a family, these traditions foster a sense of connection and joy and the memories last a lifetime.



Talk about the idea of charitable donations with your teen. What is no longer really needed anymore? What monetary donations could be provided to those who are in need? Involve them in the decision-making process, allow them to choose a cause or organisation that resonates with them. This not only teaches the importance of giving back but also empowers them to make a positive impact in our community and world.



Colleen Yates from The Community Charity Shop presenting Dyanna Thommeny with a generous donations of \$6000 to Kandos High School at our Presentation Evening.

As we celebrate Christmas this year, let's strive to nurture the spirit of the season within our school students. By focusing on gratitude and kindness, we impart invaluable lessons that extend far beyond the Christmas holiday season. Let's create a foundation of compassion and generosity that will shape their character for years to come.

Thank you for your ongoing commitment to the success and well-being of our learning community. Wishing you all a joyful holiday season and a happy New Year!

"We make a living by what we get. We make a life by what we give."

Winston S. Churchill

Until next time

Ms. Dyanna Thommeny

A message from our Deputy Principal

Where did the year go? I am sure that I am not the only one asking that question!

In the coming days, our Year 12 students will receive their HSC results and that will officially close the chapter on Year 12, 2023. We wish them all the best as they navigate the path of employment and university.

It has been a fantastic year of education and last week we celebrated the achievements of students, both individually and as members of teams at our annual Presentation Evening. A massive thank you to all of our special guest, staff, students, parents and grandparents who braved the heat and attended the evening. In my time here, I have not seen an assembly so well supported.

Thank you to all of our community who have continued to support our little but very busy school. Your ongoing support contributes to the opportunities and success that our students experience.

Finally, I would like to wish all of our staff, students and their families a safe Christmas break and I look forward to working with you all in the coming year.

Deb Johnston
Deputy Principal



AG BRAG

Sticky Work!

Year 9 and 10 Ag students recently went through the honey extraction process. It is safe to say that it was unanimously voted to be the stickiest job any of them had ever completed. It was all worth it when they were able to take a jar of amber gold home with them.



The New Boy!



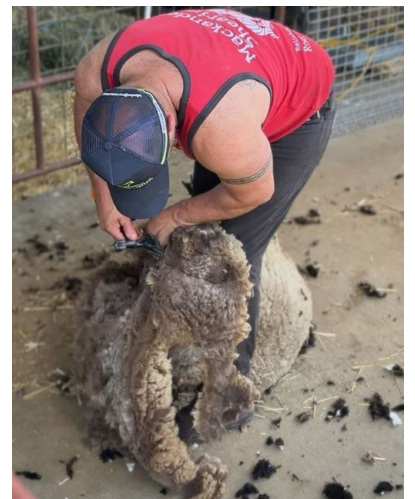
Jimmy the steer has recently joined our Ag Family. He will be attending Summer School at Robmar with his new best friend Tallie and Mrs Johnston. Here, he will learn the art of walking on a lead so that he can hit the Show circuit in 2024.

Thank you to Jamie and Sarah Inglis for this generous donation.

Click Goes the Shears!

It is that time of year again where our Home and Away stars have their day at the spa. Under the watchful eye of Year 9 & 10 Ag students, Rod Mackander volunteered his afternoon to shear our Black and Coloured Sheep. Zac Sack was quick to fill in as the rouse about for the afternoon and did a great job.

Thanks again to Rod for taking up the challenge of shearing our boys and girls, who are a little more challenging to shear then their white counterparts due to black and coloured sheep having black skin.



Deb Johnston
Agriculture Teacher

GREAT AUSSIE BUSH CAMP

On Wednesday, November 22, Year 9 embarked on KHS's annual adventure the Great Aussie Bush Camp at Tea Gardens. Mrs. Julie Parsons, Mrs. Deb Johnston, Mrs. Nikki O'Brien, Mrs. Leigh-Anne Thorn, and our KHS students participated in 3 days of team challenges and activities designed to test resilience, courage and critical thinking skills. Well done to all involved for their exceptional behaviour and positive attitudes while representing our school so well.



KANDOS VS GULGONG SPORTS DAY

On Wednesday, 30 November, KHS and Gulgong High School (GHS) held their inaugural Sports Day, hosted by KHS at Waratah Park, Kandos. The Sports Day was conjured by KHS teacher, Mrs. Kerry Reynolds & GHS teacher, Miss. Tara Steinbeck as a way to bring our small schools together and foster comradery, sportsmanship and create new friendships.

Approximately 30 of GHS best athletic students travelled from Gulgong to compete against KHS in League Tag and Netball. All students displayed excellent sportsmanship and played their games with enthusiasm and in good spirit. Despite the threat of a deluge, the rain mostly held off and participating students managed to finish all games. The results were as follows:

Mixed Boys & Girls League Tag – Won by GHS

Girl League Tag – Won by KHS

Boys Netball – Won by KHS

Girls Netball – Won by KHS

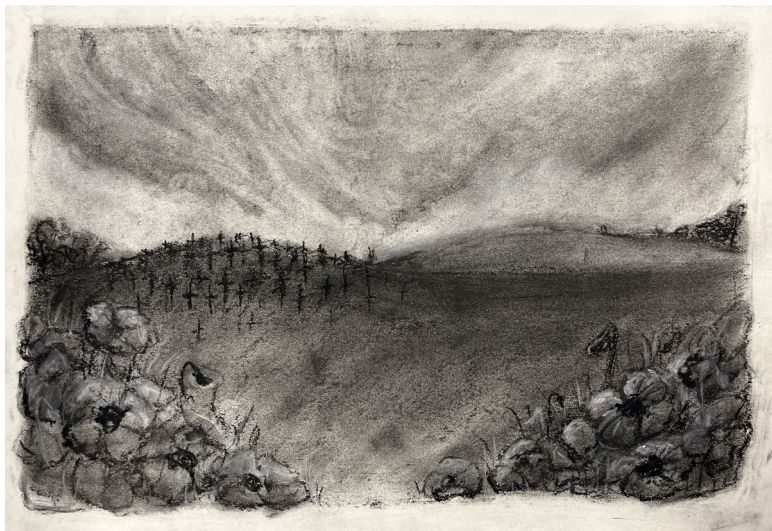
Congratulations to KHS who won the very first Kandos Vs Gulgong Sports Day Trophy! KHS is very much looking forward to meeting with GHS again soon! A big thank you to our valued school community members Eric, Tracey & Kim who volunteered their time to referee for our games. Your knowledge, professionalism and fairness is greatly appreciated. Also, thank you Mrs. Kerry Reynolds and Miss. Tara Steinbeck for organising this even fantastic initiative!





REMEMBRANCE DAY ART DISPLAY

On December 6, Glen Evans from the Kandos RSL Sub-Branch presented KHS Art Teacher, Mrs. Shannon Prosser with a certificate of thank you for our students participating in the Remembrance Day Art Display located at Kandos Projects. KHS is very honoured to be a part of our communities Remembrance Day commemorations and we appreciate the recognition of our student's art from the Kandos RSL Sub-Branch.



YEAR 10 CELEBRATION AND FAREWELL DINNER

On Tuesday, 5 December, Year 10 gathered at the Rylstone Club to celebrate their final year of junior schooling and farewell the students who will be relocating to another school, or commencing an apprenticeship, traineeship or entering the workforce in 2024.

Year advisor, Mr. Michael Vaughan and Student Learning Support Officer, Mrs. Leigh-Anne Thorn would like to congratulate Year 10 on their continuous positive attitude towards their schooling and for being role models for the junior years. Well done, Year 10!



Presentation Evening

At the end of each year, we gather to acknowledge and celebrate our students' academic, cultural, sporting and citizenship roles and achievements. Students who received awards and prizes at this year's presentation day, represent the very highest level of performance in their chosen fields. Their accolades are well deserved.

Kandos High School congratulates all the students who received awards and prizes at this year's Presentation Evening.

We also extend a huge thankyou to our school community who attended our presentation day in support of our students and school. It was wonderful to see so many members of our school community gather to celebrate our school's achievements. Members of our school community also include our **valued donors** who generously contributed towards our students' awards. These wonderful businesses, people and community groups are:

Ahmedi's IGA Kandos
Andrew Gee
Bowdens Silver
Centennial Coal
Cheryl Murray
DLH Solicitors
Eastend Bus Service
iL Vicolo Trattoria
Kandos/Rylstone Bakery
Kandos Community Club
Kandos Fairways Motel
Kandos Family Medical Practice
Kandos Rylstone Pharmacy
Lithgow Buslines
Moolarben Coal
Mr. & Mrs. Cafe
Mr & Mrs O'Connell
Mrs. J Lewis-Phillips & Mrs S. Norbat
Pepino's Mexican Restaurant
R & K Engineering
ROBMAR
Roach Family
Rylstone Ag Supplies Pty Ltd
Rylstone Café
Rylstone Club Limited
Rylstone Kandos Rotary Club
Rylstone Streetfeast
Shipman's Real Estate
Skillset
Paul Toole MP - State Member for Bathurst
Teachers Federation
Kandos Rylstone Teachers Association
Kandos Laundrymat

Academic and Achievement Awards

Year 7



Nyah Watmuff receiving the Consistent Effort Award, First in 7K English, HSIE, LOTE, Maths, PDHPE, Science, Technology Mandatory and Visual Art Awards presented by Kandos Public School Relieving Principal, Mrs. Tracey

Year 8



Jocelyn Cafe receiving First in Year 8 Maths, Technology Mandatory, and Information Communication Technology presented by Mr. Greg Munday, representing Centennial Coal.

Year 9



Eleanor Vidler receiving First in Year 9 English, HSIE, Commerce 100 hours, Visual Arts 100 hours presented by Mr. Christian Bustelo, representing Lithgow Buslines.

Year 10



Willow Connellan receiving the Consistent Effort Award, First in Year 10 English, HSIE, Maths 5.2/5.3, Science, Industrial Technology Timber 100 hrs, Textiles and Design 200 hrs, and Visual Art 200 hrs presented by Rylstone Public School Principal, Ms. Jodie Burcher.

Year 11



Chloe Farrugia receiving First in Year 11 Maths Advanced, English Standard, Sports Lifestyle and Recreation, Excellence in Distance Education Course - Engineering Studies presented by Ms. Felicia Fiehera, representing iL Vicolo Trattoria.

Year 12



Jaiden Rutter receiving First in Year 12 English Studies and exploring Early Childhood presented by Mr. Paul Toole - State Member for Bathurst.

Kandos High School Community Scholarships

1st - Year 12



Blainey Heath

2nd - Year 12



Vivienne George

3rd - Year 12



Amelia Burlington

1st - Year 11



Felixss Sander

2nd - Year 11



Chloe Farrugia

3rd - Year 11



Kirilee Besant

1st - Year 10



Willow Connellan

1st - Year 9



Eleanor Vidler

KHS P&C Awards

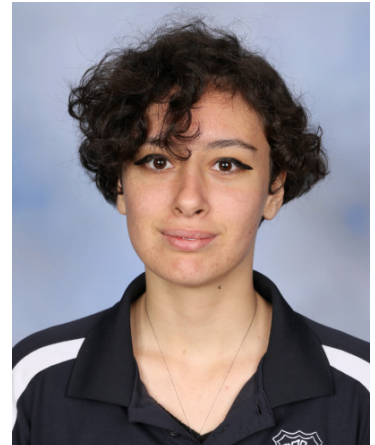


Bella Mundy



William Moxham

YEZFIDAR Award



Elinah Bennetts-Graham

Kandos High School Show Team



Brayden Moore receives his Sydney Royal Easter Show blazer by Mr. Wes Rohr, representing Cudgegong Vet Services.



Matilda Poole receives her Show Team blazer by Mr. Wes Rohr, representing Cudgegong Vet Services.

David Van Duin Memorial Trophy



Reine Annovazzi-Palme receives her award by Ms. Virginia Shell, representing Lithgow Buslines

SHAPE Industrial Technology Nominations - Metal



Cooper Duff (left) and Ky Reddish (right) receiving their Acknowledgement Awards for their SHAPE Industrial Technology - Metal Nomination from Mr. Michael Vaughan, Industrial Technology Teacher.



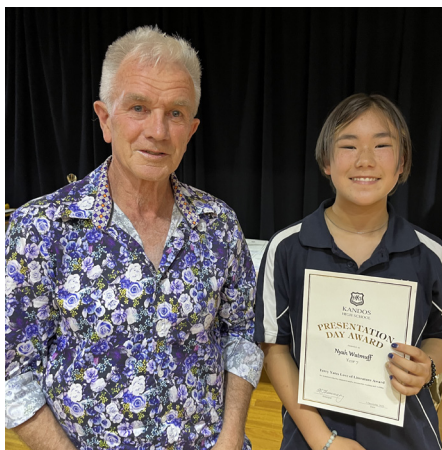
SHAPE Industrial Technology Nominations - Textiles



Amelia Burlington (left) and Vivienne George (right) receiving their Acknowledgement Awards for their SHAPE Industrial Technology - Textiles Nomination from Mrs. Cheryl Murray, Textiles Teacher.



Terry Yates Love of Literature Awards



Nyah Watmuff



Chloe Ripley



Caitlin Healey

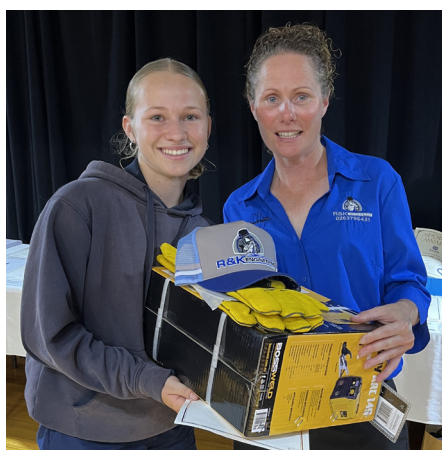
R&K Engineering Award - Industrial Technology

R&K Engineering Award - Industrial Technology Metal

Bunnings Junior Technology Award



Seanna Duffield



Alex Grimshaw



Emily Gallaher

Kandos Rylstone Teachers Association Award



Vivienne George

Inclusive Education Award



Dean Blain

University of Newcastle Scholarship



Amelia Burlington

Skillset VET Award



Lauren Cooper

Clive Cafe Agricultural Trophy



Blainey Heath

Jess Allerton Memorial Trophy



Halli O'Brien



*Jan Maw (left) performing 'Let the Light in' by Lana Del Ray.
Willow Connellan (right) performing 'SOS' by ABBA*



Robmar Agricultural Award



Junior - Alexis Farrugia



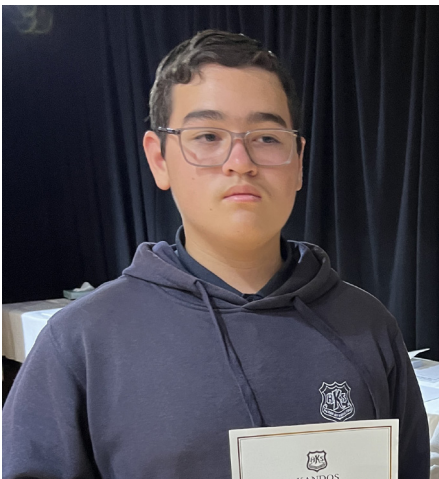
Senior - Millie Brown

Courteous and Respectful Prize



Riley Hood

100% Attendance Award



David Taylor



Ky Reddish

KHS Musical Performance Award



Matilda Poole

Moolarben Spirit Award



Junior - Seanna Duffield



Senior - Alexis Farrugia

Margaret Buckley Memorial Prize



Blainey Heath

Rylstone Club Positive Behaviour for Learning Award



Edward Harding



Tegan Godwin

James and Margaret Buckley Memorial Shield



Blainey Heath

Australian Defence Force Long Tan Leadership and Teamwork Awards



Alexis Farrugia



Blainey Heath

KHS Best All Rounder Award



Blainey Heath

Learn by Doing Award



Amelia Taylor

Ruben F. Scarf Award



Jaiden Rutter



Matilda Poole presenting Guest Speaker, Mrs. Cheryl Murray with flowers.

Director of Educational Leadership Awards



Kiesha Duffield



Felixss Sander



Amelia Burlington



Christopher Edwards



Blainey Heath



Ky Reddish



Jaiden Rutter

*Matilda Poole (right)
singing 'The winner takes
all' by ABBA.*



Principal Awards



Kiesha Duffield



Keira Nelson



Georgia Norbat



Jan Maw



Halli O'Brien



Felixss Sander



Sports Awards

Under 15 Girls Encouragement Award



*Emily Gallaher and
Seanna Duffield (absent).*

Under 15 Boys Encouragement



William Moxham and Patrick Lus

Western Region Champions and NSW Squash Champions



*L-R Alexander Grimshaw, Halli O'Brien and Teegan
Reynolds*

NSW Blues Representation



Halli O'Brien

Western Region Representatives



Sam Benjamin



Alexander Grimshaw



Emily Gallaher



Halli O'Brien



Izaak Orchard



Lindsey Pateman



Cody Perry-Weekes



Ky Reddish



Mia Reddish



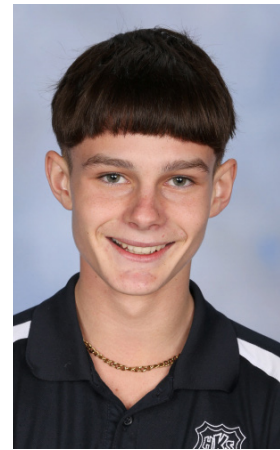
Teegan Reynolds



Ryley Sack



Oskar Sander



Saxon White

Champion Swimming House



Phillip

Phillip's Captain, Roxy Sultana, and Phillips Vice Captain, Jessica Gallaher receiving the Champion Swimming House Shield.

Champion Athletics House



Phillip

Phillip's Captain, Roxy Sultana, and Phillips Vice Captain, Jessica Gallaher receiving the Champion Athletics House Shield.

Dabee Shield



King's Captains, Jack Desreaux and Halli O'Brien receiving the Dabee Shield.

Academic Achievement Shield



Hunter's Captains, Alexis Farrugia and Felikss Sander receiving the Academic Achievement Shield.

House of the Year PHILLIP!



Outstanding Achievement in Sports Awards

Sports All Rounder

Excellence in Sports Award



Teegan Reynolds



Halli O'Brien



SUMMER SCHOOL HOLIDAYS

18 December 2023 – 30 January 2024

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.

Wooden Wall Hanging - Cricut Maker Craft

Create a wooden wall hanging for yourself, a Christmas decoration or a gift. Design your hanging using Cricut Maker Software and then watch it take form right in front of your eyes!

Session 1

WHEN Tuesday 19 December, 10.30am – 12.30pm

AGES 12–20 years

WHERE Mudgee Arts Precinct Workshops, 2-6 Douro Street

Session 2

WHEN Thursday 21 December, 10.30am – 12.30pm

AGES 12–20 years

WHERE Gulgong Memorial Hall, 112 Herbert Street, Gulgong

Christmas Tie Dye

Create your own colourful table runner as a gift or to decorate the table on Christmas Day! You can also bring along any other white clothing or accessories and add some colour to your wardrobe.

Session 1

WHEN Wednesday 20 January, 10.30 – 11.30am

AGES 12–20 years

WHERE Mudgee Arts Precinct Workshops, 2-6 Douro Street

Session 2

WHEN Wednesday 20 January, 2.30 – 3.30pm

AGES 12–20 years

WHERE Rylstone Memorial Hall, 73 Louee Street, Rylstone

Christmas Makers Workshop

From button making to Christmas baubles or banners, join us for the afternoon to get creative. Make something for yourself, your family or a special gift.

WHEN Wednesday 20 December, 2 – 4pm

AGES 12–20 years

WHERE Mudgee Arts Precinct Workshops, 2-6 Douro Street

Mega Games and Coloured Water Battles

Cool off with summertime water battles! Grab a white shirt and let your friends take aim with the colour filled water busters. Also enjoy playing some mega outdoor board games as you dry off in the sun.

WHEN Thursday 4 January, 10.30am – 1pm

AGES 12–24 years

WHERE Billy Dunn Oval, 7-19 Nandoura Street, Gulgong

Origami Workshop

Join Asako from Japan, as she teaches the practical art of origami. Learn how to create beautiful and elegant creations from a simple piece of paper.

Session 1

WHEN Tuesday 16 January, 10.30 – 11.30am

AGES 12–20 years

WHERE Mudgee Arts Precinct Workshops, 2-6 Douro Street

Session 2

WHEN Tuesday 16 January, 1.30 – 2.30pm

AGES 12–20 years

WHERE Gulgong Memorial Hall, 112 Herbert Street, Gulgong

> MORE EVENTS OVER THE PAGE



Long Crafternoon with Cricut Maker

A fun afternoon of craft exploring digital creativity and production techniques. Design an online artwork before transposing it onto an item of your choosing using a Cricut Maker.

WHEN Wednesday 10 January, 1– 4pm

AGES 12–18 years

WHERE Kandos Memorial Hall, 44 Angus Avenue, Kandos

Bathurst Aqua Park Excursion

Slip, slop, slap and join us for an awesome day at the giant inflatable course at Chifley Dam, Bathurst. It will be a huge day of fun in the sun (and lunch is included). Pickup available from Mudgee, Rylstone and Kandos.

WHEN Wednesday 17 January, 8am – 5.30pm

AGES 12–18 years

WHERE Bathurst Aqua Park

Photography- Introduction to DSLR

Interested in photography? Knowing how to use the functions of a DSLR camera is a key component to capturing great images. Join our youth services officer Andy and expand your knowledge of photographic techniques.

WHEN Tuesday 23 January, 10.30am – 1.30pm

AGES 12–20 years

WHERE Mudgee Arts Precinct Workshops, 2-6 Douro Street

Character Design for Animation Workshop

Learn about the process of character design and illustration for animation with internationally renowned and award-winning animator Dwayne Labbe.

WHEN Wednesday 24 January, 10.30am – 1:30pm

AGES 12–20 years

WHERE Mudgee Arts Precinct, 90 Market Street, Mudgee

Level Up – Extended Edition

Love role-playing games (RPGs) and other tabletop games? Try out some of the new games in the Library's collection at this extended edition of our monthly tabletop and RPG session. Pizza / lunch included! 2 dates available, book separately to attend both.

WHEN Thursday 21 December 10am – 4pm, and
Thursday 18 January 10am– 4pm

AGES 12–20 years

WHERE Mudgee Arts Precinct Workshops, 2-6 Douro Street

Fishing Competition

Come and cast a line or two, at our summer fishing competition. Held down on the Cudgegong River at Lawson Park, we have some amazing prizes lined up as well as giveaways and lunch provided. Two age categories for prizes; under 15 years and 16 years and over. Show us your skills or simply enjoy a day out, check out Eventbrite for terms and conditions.

WHEN Thursday 25 January 10am – 3pm

AGES All ages up to 24 years

WHERE Lawson Park Mudgee, Short Street, Mudgee

VR and Mobile Games Theatre

Join the Games2U crew and immerse yourself in their state-of-the-art Mobile Games Theatre and Virtual Reality (VR) experience.

Session 1

WHEN Monday 29 January, 10am - 3pm

AGES 12–24 years

WHERE Mudgee Arts Precinct Workshops, 2-6 Douro Street

Session 2

WHEN Tuesday 30 January, 10am - 1pm

AGES 12–24 years

WHERE Kandos Memorial Hall, 44 Angus Avenue, Kandos

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

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



SUMMER SCHOOL HOLIDAYS

18 December 2023 – 30 January 2024

Mail out Kits

Can't make it to one of our in-person events these holidays? Get creative drawing or sketching with some beautiful materials from the Mudgee Art House. Get in fast – kits are limited.

WHEN Kits will be sent out in the first week of January

AGES 12–24 years

WHERE At your home – mail out kit

The Hunger Games: The Ballad of Songbirds and Snakes

Return to The Hunger Games, with the adaptation of Suzanne Collins' #1 New York Times Bestseller The Ballad of Songbirds and Snakes. Purchase tickets online at trybooking.com/eventlist/mudgeetownhallcinema

WHEN Friday 12 January 7pm and Sunday 14 January 1pm

AGES Everyone

WHERE Town Hall Cinema, 64 Market Street, Mudgee

SUMMER CREATIVE COMPETITIONS



TENSION Art/photography Competition

Enter your original artworks in our TENSION themed competition. Artworks may be a photo, a photo collage, a drawing, a painting or other artwork. If submitting an artwork or collage take 1-2 pictures for submission. Any photographs must not contain any recognisable human faces (this is to do with publishing permissions).



AUSSIE SUMMER Writing Competition

Send us an AUSSIE SUMMER themed original short story, poem or other creative writing piece. Don't forget to ask people to vote for your entries in the People's Choice Award when entries are posted to our Youth Council Facebook page.

Entrants must be aged 12-24. Maximum of 2 entries per person, across both competitions.

Email your entry (not exceeding 10MB) by 4pm **30 January 2024** 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 18 October 2023) |
|---------------------------------------|---------------------------------------|---------------------------------------|--|
| \$50 Mudgee Money Gift Card | \$40 Mudgee Money Gift Card | \$30 Mudgee Money Gift Card | \$50 Mudgee Money Gift Card |



For Terms and Conditions of entry

Visit Council's website

midwestern.nsw.gov.au/Community/Youth/Youth-activities/Youth-Activities-Terms-and-Conditions

Proudly funded by



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

To book, visit mwrccyouth.eventbrite.com.au





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

Christmas

COLOUR RUN

FREE FOR ALL AGES!!





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
 Creative_Community_Concepts

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

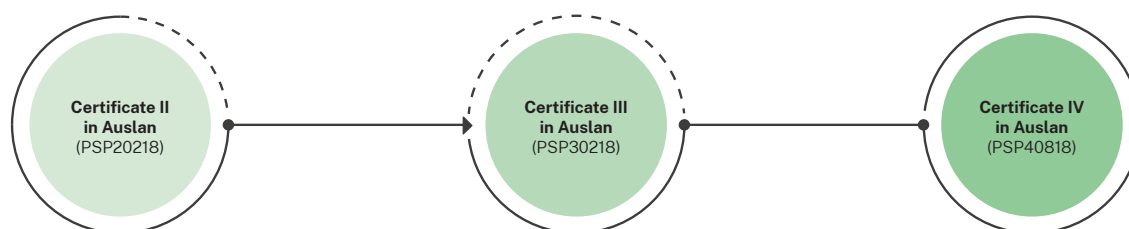
Auslan

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.

TAFE NSW TVET Guide 2024 | © TAFE NSW 2023 | Correct at time of publication (March 2023) | RTO 90003 CRICOS 00591E HEP PRV12049

Kandos High School



Facebook Website



Youtube



16-36 Fleming St Kandos NSW 2848

PH: 02 6379 4103 EMAIL: kandos-h.school@det.nsw.edu.au

Please contact the school principal, Dyanna Thommeny for further information or to arrange a visit.

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

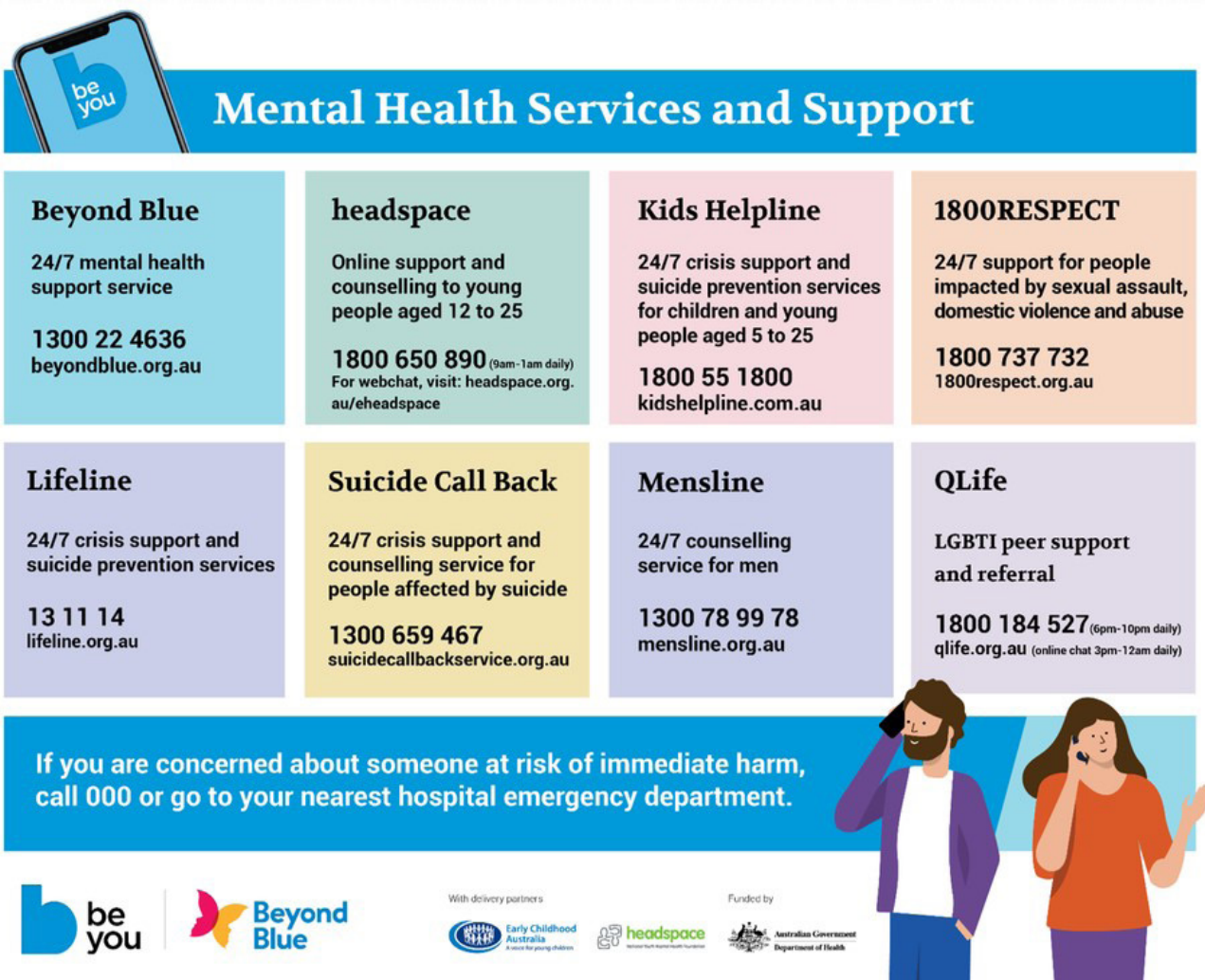
Focus on how you care about them and want them to be healthy. For example, if they are vaping nicotine you can say that you are concerned about the evidence that this can affect adolescent brain development.

UPCOMING PAYMENTS & PERMISSION NOTES

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

- 2024 Year 9 Excursion
- Year 12 Jersey




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.




Mental Health Services and Support

| | | | |
|--|--|--|--|
| Beyond Blue 24/7 mental health support service 1300 22 4636 beyondblue.org.au | headspace Online support and counselling to young people aged 12 to 25 1800 650 890 (9am-1am daily) For webchat, visit: headspace.org.au/eheadspace | Kids Helpline 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 1800 55 1800 kidshelpline.com.au | 1800RESPECT 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au |
| Lifeline 24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au | Suicide Call Back 24/7 crisis support and counselling service for people affected by suicide 1300 659 467 suicidecallbackservice.org.au | Mensline 24/7 counselling service for men 1300 78 99 78 mensline.org.au | QLife LGBTI peer support and referral 1800 184 527 (6pm-10pm daily) qlife.org.au (online chat 3pm-12am daily) |

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

With delivery partners:  Early Childhood Australia
Funded by:  headspace  Australian Government Department of Health



Kandos High School is proudly supported by

