



Kandos
HIGH SCHOOL

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kandos-h.schools.nsw.edu.au



Newsletter

Term 1 Week 8 2023

PRINCIPAL MATTERS

Congratulations to Kandos High School's staff and students who volunteered and participated in the Rylstone Kandos Show. Our school was strongly represented, and we have received immense positive feedback regarding the behaviour and respectfulness that was demonstrated by our conscientious students.

As the Principal of Kandos High School, It is important for me to see that our students and school community continue to exhibit our Positive Behaviour for Learning (PLB). It is also a timely reminder to positively reinforce our PBL and continue to demonstrate their values.

The PBL is an evidence-based framework that brings together the whole school community to contribute to developing a positive, safe and supportive learning culture. The framework assists schools to improve social, emotional, behavioural and academic outcomes for children and young people. When PBL is implemented well, teachers and students have more time to focus on relationships and classroom instruction. Students and staff benefit from:

- reduced inappropriate behaviour.
- increased time focused on instruction.
- improved social-emotional wellbeing.
- positive and respectful relationships among students and staff.
- support for teachers to teach, model and respond effectively to student needs.
- a predictable learning environment where staff and students know what is expected to deliver effective practices that can be sustained over time.

What's on?

2023

Friday, 17 March

Year 8 Excursion to
Katoomba

Friday, 17 March

NAPLAN Reading and
Writing.

Year 7 P1 & P3/4
Year 9 P2 & P5/6

Monday, 20 March

NAPLAN Numeracy
Year 7 P1 & P2

Monday, 20 March

CLIP Aquarium & Wildlife
Park Excursion

Tuesday, 21 March

ABBA Rehearsals

Tuesday, 21 March

NAPLAN Numeracy
Year 9 P3 & P4

Tuesday, 21 March

Resilient Donut Program
Year 8 P3 - 5

Wednesday, 22 March

NAPLAN Catch-up Day

Thursday 23 March

U14s & Opens Rugby
League in Mudgee

Thursday 23 March

NAPLAN Catch-up Day

Friday 24 March

Western Squash

Tuesday 28 March

NSW CHS U15s Touch

Tuesday 28 March

ABBA Rehearsals

Kandos High School has implemented teaching and learning approaches to support the development of skills needed by students to meet our PBL values. Our values and expectations are aligned to the following Department of Education Core Rules;

Respectful

- Speak and behave courteously
- Cooperate with others
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code

Responsible

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning
- Model and follow departmental, school and/or class codes of behaviour and conduct
- Take personal responsibility for behaviour and actions
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour
- Take care with property

Positive Relationships

- Treat one another with dignity
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Care for self and others
- Negotiate and resolve conflict with empathy.
- Care for property belonging to themselves, the school and others.



Dakota Smith receiving, the Citizenship Award at the 2022 Presentation Day



Blainey Heath receiving the Moolarben Spirit Award at the 2022 Presentation Day

KHS BEHAVIOUR EXPECTATIONS MATRIX

	SCHOOL WIDE UNIVERSALS	LEARNING AREAS & LIBRARY	CORRIDORS, BREEZEWAY, STAIRS & WALKWAYS	QUADRANGLE, PLAYGROUND, MPC & TOILETS	FRONT OFFICE & CANTEEN	ASSEMBLIES	BUSES & TO/FROM SCHOOL	EXCURSIONS & OFFSITE ACTIVITIES
RESPECTFUL	<ul style="list-style-type: none"> I use good manners and appropriate language I care for my own, other's and school property I treat animals with care 	<ul style="list-style-type: none"> I remove my hat/hood I line up quietly I only use devices when instructed 	<ul style="list-style-type: none"> I remove my hat/hood I keep the volume down I admire displays with eyes only 	<ul style="list-style-type: none"> I use equipment for its intended purpose and return it to the correct place 	<ul style="list-style-type: none"> I line up behind designated lines I wait quietly and patiently 	<ul style="list-style-type: none"> I remove my hat/hood I line up quietly 	<ul style="list-style-type: none"> I obey bus and road rules I use school crossings and footpaths and approved entrances/exits I wear a helmet and required safety gear I walk my wheels on school grounds I sign in and out of school when arriving late or leaving early 	<ul style="list-style-type: none"> I move to and from the venues safely I stay with the group I actively participate in organised activities
RESPONSIBLE	<ul style="list-style-type: none"> I wear my school uniform I keep my environment clean I arrive on time I bring the right equipment, clothing and footwear I take responsibility for my decisions and actions I wear a hat and sunscreen 	<ul style="list-style-type: none"> I eat and drink before entering I obey class rules and policies I always try my best to complete classwork I use devices as directed I return resources and loans on time 	<ul style="list-style-type: none"> I walk and keep left I have permission when out of class and return promptly I leave indoor areas during break times 	<ul style="list-style-type: none"> I stay within boundaries I move promptly at bell times I keep clear of storerooms and backstage areas I ask permission or use toilets using break times I flush the toilet and wash my hands 	<ul style="list-style-type: none"> I buy for yourself I access the office and canteen at the permitted times I leave the front office and canteen areas after use I inform office staff when I need to access the sick bay I hand in notes and orders on time 	<ul style="list-style-type: none"> I turn off devices I leave my bag in the allocated areas I remain in my designated areas I am attentive 	<ul style="list-style-type: none"> I welcome all visitors I acknowledge performers and presenters I volunteer to assist with setting and packing up 	<ul style="list-style-type: none"> I follow instructions of venue staff and activity coordinators I acknowledge all activity coordinators
POSITIVE RELATIONSHIPS	<ul style="list-style-type: none"> I follow teacher instructions I am polite and considerate of others I cooperate with others and share the space I am inclusive I keep my hands, feet and objects to myself 			<ul style="list-style-type: none"> I play by the rules I problem solve conflict Allow people their privacy in the toilets and change rooms 	<ul style="list-style-type: none"> I follow instructions of office and canteen staff 			<ul style="list-style-type: none"> I follow instructions of venue staff and activity coordinators I acknowledge all activity coordinators



Lets do a recap on Respect, Responsibility and Respectful Relationships.

Respectful behaviour is treating others the way you would like to be treated. It's about being considerate of others' feelings and needs, showing empathy, and being courteous and polite.

Respectful behaviour means that you listen to others, value their opinions and ideas, and communicate with them in a positive and constructive manner. It also means that you refrain from belittling, bullying, or discriminating against others based on their gender, race, ethnicity, religion, or any other personal characteristic.

Now, why is respectful behaviour so important for work? Well, for starters, respectful behaviour creates a positive and harmonious work environment. When people feel respected and valued, they are more likely to be engaged, motivated, and productive. In contrast, when there is a lack of respect and consideration, it can create tension, conflict, and a negative atmosphere that can affect everyone's work performance and mental well-being.

Moreover, respectful behaviour can help you build strong relationships and networks in your work life. When you treat your colleagues and co-workers with respect, they are more likely to trust you, support you, and collaborate with you on projects. They may even recommend you for new opportunities or provide you with valuable references.

On the other hand, if you have a reputation for being disrespectful or difficult to work with, it can limit your career prospects and even lead to negative consequences like being passed over for promotions, being excluded from important projects, or even being let go from your job.

In conclusion, respectful behaviour is not only the right thing to do, but it's also a smart thing to do for your future work life. By showing respect and consideration to others, you can create a positive work environment, build strong relationships and networks, and open-up opportunities for personal and professional growth.

Responsible behaviour refers to our ability to take ownership of our actions and the consequences that come with them. It means being accountable for our decisions and their impact on ourselves and others around us.

In school, responsible behaviour is vital for a number of reasons. Firstly, it creates a positive learning environment where everyone is held accountable for their actions. This ensures that everyone can learn and grow without any distractions or disturbances.

Secondly, responsible behaviour helps to build a culture of respect and trust. This fosters healthy relationships between students, teachers, and the administration. Such an environment promotes cooperation and collaboration, which is important for a student's social and emotional growth.

Furthermore, responsible behaviour is also essential for the world of work. Employers seek individuals who are accountable, reliable, and trustworthy. It is important to showcase responsible behaviour, especially during job interviews, as this will create a positive impression on the potential employer.

The importance of responsible behaviour is further highlighted when it comes to social media. We must take responsibility for what we post online and be mindful of the impact it may have on others. Cyberbullying, for example, is a serious problem that can have severe consequences. Being responsible online can prevent such situations and help create a safer digital environment.

Responsible behaviour is essential both in school and the world of work. It helps to create a positive and healthy learning environment, builds trust and respect, and is crucial for personal and professional growth. So let us all take responsibility for our actions and create a better future for ourselves and those around us.

Positive relationships are those that are built on mutual trust, respect, and support. They are the kind of relationships where both parties are invested in each other's well-being and success.

In schools, positive relationships are crucial. They help create a positive and safe learning environment where students can thrive. Positive relationships between teachers and students enable teachers to better understand their students' needs, strengths, and weaknesses. It enables teachers to adapt their teaching to meet individual students' learning styles, ensuring that all students feel seen, heard, and valued.



Positive relationships among peers are also essential in schools. It creates a sense of belonging and encourages students to work together, cooperate, and respect one another's differences. Positive relationships among peers foster a positive school climate, which leads to better academic achievement, fewer discipline problems, and higher attendance rates.



Now, let's talk about the importance of positive relationships in the world of work. Just like in school, positive relationships in the workplace lead to a more productive and positive work environment. It enables employees to work together towards a common goal, solve problems collaboratively, and support each other's professional growth.

Positive relationships between employers and employees lead to increased job satisfaction and engagement. When employees feel valued, respected, and supported, they are more likely to be motivated and dedicated to their work, leading to better job performance and higher retention rates.



In conclusion, positive relationships are vital in both school and the workplace. It creates a positive environment where people feel valued, respected, and supported, leading to better academic and professional performance, increased engagement, and job satisfaction. Let us strive to build positive relationships with each other in our school and beyond.

KANDOS HIGH SCHOOL ACHIEVEMENTS

HSC Success

Congratulations is extended to the staff and Year 12 students at Kandos High School 2022 for “success toward the targets for the 2022 Higher School Certificate. This is a moment for reflection and celebration, and an achievement you and the school should be immensely proud of. Our strategic plan speaks of our ambition as a system that every young person is known, valued, and cared for; is engaged in learning; and is experiencing success at school. Kandos High School saw an uplift of 24.00% from 2017 -2018 in 2022 and continued improvement from 2021 to 2022 in your Band 5 and 6 results. This improvement represents one of the highest improvements in the state and demonstrates Kandos High School’s ongoing commitment to student improvement and school success in the HSC, and the support of the teaching staff to sustain it.”

Georgina Harrisson, Secretary NSW Department of Education.



ABCN Accelerate Scholarship leadership Conference

On Tuesday 22 of February, Caitlin Healey and ABCN School Champion Mr. Nassis, travelled to Sydney for the ABCN Accelerate Scholarship Leadership Conference. The conference was held in the main office of The Accenture Group, located in a high rise building on the foreshore at Barangaroo.

The leadership conference brought together some of the most talented and motivated students from around NSW and paired them with top executives from the elite Sydney business community. Students were asked to perform various leadership tasks, culminating in a daunting speech delivered in front of an astute audience. Bursting with pride, Mr. Nassis said that “Caitlin performed amazingly and represented Kandos High School in an extremely positive and admirable way. We left the conference with pride, feeling Kandos had arrived amongst the business elites.”

Caitlin is her second-year of mentorship and was the only successful scholarship applicant in Rural NSW. ABCN’s programs raise students’ aspirations, personal growth, confidence and to develop their key skills whilst helping them build connections with corporate businesses. Well done, Caitlin!



Rylstone Kandos Show Student Volunteers & Junior Stewards

Kandos High School's students, accompanied by Mrs. Deb Johnston and Mr. Mick Vaughan, volunteered as Junior Stewards and labourers to assist with the set-up and take-down of the Rylstone Kandos Show. Show President, Cameron Clarke, said that he was more than impressed with the attitude of the young people volunteering, and noted how impressed he was that for the whole four days he didn't see anyone distracted on their phones. Cameron also stated that the volunteers were lovely students and that he would like to see these students running the show in the next decade. Well done to all staff and volunteers involved, and a big thank you to James Johnson and the Rylstone Club for transporting the students, enabling them to help!



Rylstone Kandos Show

Kandos High School, staff, and students, dominated the Rylstone Kandos Show Pavilion this year with dozens of entrants in many different categories. Ribbons were draped over plenty of artworks, metal and timber work, fresh produce, flowers, scarecrows, and photographs; showcasing just how talented and diverse our school community is. Well done to everyone who entered this year's show, and congratulations to the winners! It was also fantastic seeing our school community gathering to enjoy the annual festivities and supporting this important community event.



Rylstone Kandos Show



2023 SRC

Congratulations to the students who were recently voted in by their peers to represent them in the SRC. The newly elected committee are busy organising fundraising events. Watch this space!



TWIN TOWN PLAYERS
PRESENTS



THEATRE PERFORMANCE WORKSHOP

ALL AGES WELCOME

Voice Projection - Singing - Acting Skills - Movement - Dance

1st April 10am - 4pm

Kandos High School Hall

Morning & Afternoon Tea Provided

BYO Lunch

\$10 p/p - \$5 for Members

Membership sign-up available on the day

RSVP 27th March, please call 0476 870 466 or email twintownplayer@yahoo.com.au

AG BRAG - Rylstone Kandos Show Results

LEAD STEER

CHAMPION	Johnnie
1ST	Johnnie



MOST SUCCESSFUL

School Junior Judging
Garden Produce
Exhibitor in Fruit Section



Kandos High School

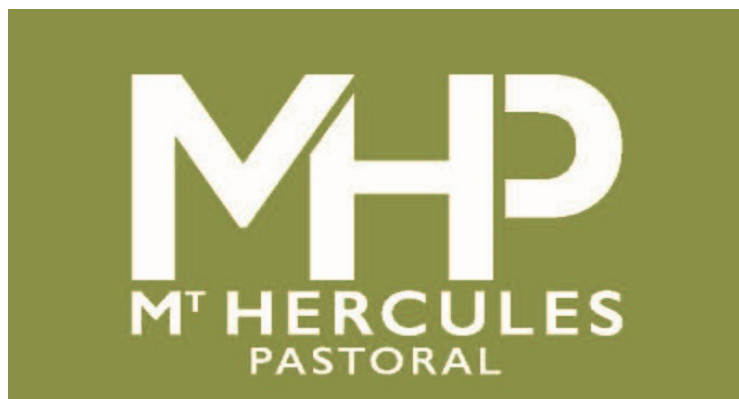


A vibrant and caring learning community

Thank you to our Rylstone Kandos Show Sponsors



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



Mr Peter
Marchant
The Dairy

AG BRAG - Rylstone Kandos Show Results

Merino Judging	
1st	Blainey Heath
2nd	Millie Brown
3rd	Zack Sack

Meat Sheep Judging	
1st	Millie Brown
2nd	Matilda Eisenhauer
3rd	Blainey Heath

Cattle Parading Final	
1st	Zack Sack
2nd	Millie Brown



Cattle Judging	
2nd	Millie Brown



Deb Johnston
Agriculture Teacher

SCIENCE

Year 7 - Observations and Predictions



Year 10 - Testing Newton's Laws of Motion



Year 9 Ferntree Gully Ecosystems Excursion

Year 9 recently visited Ferntree Gully to carry out Quadrat Surveys (vegetation surveys) and look at regeneration after bush fires and remnant temperate rainforest ecosystems. Mr Roger Heap and Mr Mal Stokes joined the excursion to help identify plants, discuss human impact on ecosystems, conservation strategies and local geology.



SPORTS NEWS

Under 15's Boys & Girls Touch Football

22 KHS students from Year 7, 8 & 9 recently travelled to Orange to compete in the Under 15's Western Touch Football Competition. Unfortunately, the boys walked away with no wins. However, Mrs. Reynolds was extremely pleased with how well the boys played on the day, stating that they were up against a much older and more experienced teamS.

The girls managed to draw two consecutive games and Teegan Reynolds was selected for the Under 15's Western Touch Football Team. Congratulations to the girls team and to Teegan for your selection!



 **SPORTS
ACHIEVEMENT**

 **TEEGAN REYNOLDS**

**SELECTED FOR THE UNDER
15S WESTERN TOUCH
FOOTBALL TEAM!**



Girls Netball Gala

10 KHS students, accompanied by Miss. Kelsey Parrotta, travelled to Orange on Monday 6th March to participate in the Girls Open Netball Gala. The girls had a fabulous day, displaying excellent resilience and team spirit. KHS made it to the finals, however lost against Henry Lawson going down 9 -12.





In celebration of our
2-year anniversary
Rylstone Rollers
Is giving new students

2 WEEKS FREE



Kids Classes

A great way for primary school children (5-11 yrs) to build resilience, confidence, self-discipline, strength, coordination and fitness. Brazilian Jiu Jitsu is a defence based, non-striking martial art where kids learn unique skills and self-defence in a fun, safe environment. With a focus on ground based defensive fighting and anti-bullying kids get to join a supportive sports team while learning a martial art with the option to participate in competition events for kids.



Women's self defense

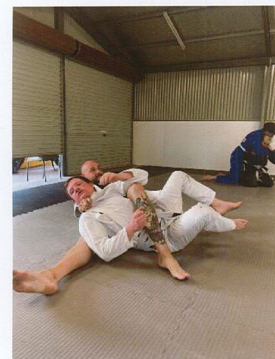


Women's Self-defence Classes

Join other women in a fun safe environment to get fit, gain confidence, and learn essential self-defence skills in a Brazilian Jiu Jitsu style. With a focus on defensive situations women encounter these classes are a fun way to get fit and increase your body's ability while learning ways to protect yourself when necessary.

Adult & Teen BJJ Classes

For adults and teens our Brazilian Jiu Jitsu classes help increase flexibility, strength, endurance, and all-round fitness. Build confidence and learn vital self-defence skills by joining a fun, friendly community of people learning BJJ. No matter your age, sex or fitness level, BJJ is fun, inclusive and designed for people of all types. Come make some new friends, get fit while learning BJJ with a great team of people.



Contact us!

Online: www.facebook.com/RylstoneRollersBJJ

email: contact@rylstonerollersbjj.com.au

Phone: 0478 707 314

Opens Boys & Girls Basketball

On Friday 10th March, the Opens Boys and Girls Basketball teams travelled to Orange to compete in a Gala Day Competition. Both teams were up against more experience players, but managed to hold their own. Both teams made it to the finals and only narrowly lost their games by only a couple of baskets. Well done to those who displayed great sportsmanship and teamwork on the day. Also, congratulations to Ky Reddish, Noah Kernaghan and Izaak Orchard who have played their last game of basketball representing Kandos High School.

Daniel Skourmallas
Basketball Coach





Join us at



Active Fest 2023

Come join us at Active Fest for fun, fitness and laughter. Bring along your friends to this FREE event and experience a range of sports and activities, and most of all - have fun!

What's on

- Free sports gear for kids
- MALO Republic-Sports activities
- Footy Clinics
- League Tag
- Mental Wellbeing Presentation
- Free Entertainment
- Free Refreshments

KANDOS

22nd MARCH 2023

Waratah Park

4 PM - 6 PM

For more information: www.sport.nsw.gov.au/activefest

Proudly supported by



CAREERS

University Roadshow

8 KHS students from Year 11 & 12, accompanied by Mrs. Julie Parsons, travelled to Mudgee High School on Monday 27 February to take part of the 2023 University Roadshow. Representatives from the University of New England, Charles Sturt University, Southern Cross University and Newcastle spoke with students about university life and what to expect when they commence their future studies. KHS's next careers exploration opportunity will be the Explore Days at Charles Sturt University in Bathurst on 17 March. Students interested need



The Business Concierge

Howard Smith recently visited Kandos High School to speak with our students about Finance Literacy and Career development. Howard has spent over 30 years in the Finance Industry, working for companies such as AMP, IOOF, AXA and ING (amongst others). After holding positions in upper-management for many of those years, and gaining extensive experience in all areas, from recruitment through to training and development, Howard founded his own company The Business Concierge in 2000. This has allowed him to fulfill his life-long passion of educating youth in the area of Finance Literacy. Howard's selection of 'Survivor Life Skills' programs have not only been utilised by over 600 High Schools and Primary Schools, but also Youth Groups, Employment Service Providers, and Prisons across Australia. These programs cover over 60 topics, with a heavy focus on Finance Literacy and Careers.



University News

University of Sydney Regional Residential Program 17 - 21 April 2023

Regional NSW Year 12 students are invited to join us on campus in the April school holidays. This is your opportunity to explore the campus and prepare for future study at the University of Sydney. Supported by current students and faculty staff, this will be an immersive experience where you will:

- participate in workshops and information sessions to plan and prepare for HSC studies
- navigate your pathway and study options
- gain an experience of life as a University of Sydney student
- meet and chat with current University of Sydney students
- sightsee around Sydney!

The University will organise and cover the cost of travel, accommodation, food and experiences related to the residential event. Places are limited, so get in quick!

https://sydney.au1.qualtrics.com/jfe/form/SV_8uY1TKJtwiQGwC5

Western Sydney University Resources for Senior High School Students

Students in their senior years can find a wealth of resources and information, including free HSC study sessions, on the Western Year 12 Student Info Hub. Made for senior high school students, this hub contains all the information you need to get started on your journey to university. Program information, upcoming events, how uni works – it's all here in one convenient place. We've got you covered.

<https://www.westernsydney.edu.au/future/study/info-for-year-12-students>

Sydney College of the Arts Tours

Interested in a guided tour of the Sydney College of the Arts (SCA) studio facilities, workshops and labs? We are taking bookings for the last Thursday of each month starting at 4 pm.

Email: sca.enquiries@sydney.edu.au

ANU Tuckwell Scholarship – Applications now Open Apply Before 12 April

One of the most prestigious scholarships in Australia. The program has a focus on giving back to Australia and is the only one of its kind that nurtures Scholars to fulfil their broader community ambitions over and above the pursuit of an undergraduate degree. Each year we award 25 Scholarships and offer talented and motivated students the opportunity to realise their potential by providing financial support, personal enrichment and development opportunities.

<https://tuckwell.anu.edu.au/apply>



CPCCWHS1001 PREPARE TO WORK SAFELY IN THE CONSTRUCTION INDUSTRY

What you will learn:

This course covers the essential requirements needed to work safely in the construction industry.

\$220 GST FREE

On successful completion, you will receive a Statement of Attainment in:

- CPCCWHS1001 Prepare to work safely in the construction industry.
- Recognition through SafeWork NSW and issuance of an interim statement of training valid for 60 days.

The fine print:

You must be 14 years or over. 100 points of original identification is required on the day of training. Enclosed shoes must be worn.

www.safework.nsw.gov.au/licences-and-registrations/licences/evidence-of-identity

Delivery:

Full day training session
9.00am - 5.00pm

Bathurst	25 January, 1 March
Coonamble	9 March
Cowra	17 March
Dubbo	30 January, 8 March
Gilgandra	10 February
Lithgow	8 March
Mudgee	20 January, 13 March
Orange	8 February, 29 March

RIIWHS202E ENTER AND WORK IN CONFINED SPACES

What you will learn:

The hazards associated with working in confined spaces, planning and preparing to work in confined spaces, entry and working in confined spaces, exiting confined spaces, clean up and legislative requirements.

\$250 GST FREE

On successful completion, you will receive a Statement of Attainment in:

- RIIWHS202E Enter and work in confined spaces.

The fine print:

Students must be 16 years of age or older.

You must wear protective clothing including long pants, long sleeve shirt and enclosed shoes.

Delivery:

Full day training session
9.00am - 4.30pm

Dubbo	9 February, 7 March
Mudgee	27 March
Orange	17 February, 31 March

RIIWHS204E WORK SAFELY AT HEIGHTS

What you will learn:

The hazards associated with working at heights, the function and operation of basic heights safety equipment, inspection and maintenance requirements for equipment used to work at heights and legislative requirements.

\$250 GST FREE

On successful completion, you will receive a Statement of Attainment in:

- RIIWHS204E Work safely at heights.

The fine print:

Students must be 16 years of age or older.

You must wear protective clothing including long pants, long sleeve shirt and enclosed shoes.

Delivery:

Full day training session
9.00am - 4.30pm

Dubbo	8 February, 6 March
Mudgee	20 March
Orange	16 February, 30 March

Courses are subject to change

VERTO can accommodate private bookings for all our training programs at a time convenient for you and your business, please contact us to discuss your options (minimum participant numbers apply).

This training is subsidised by the NSW Government through the ACE Community Service Obligation program. Please contact courses@verto.org.au in relation to eligibility criteria.

VERTO
SKILL TO TRANSFORM

Training Organisation ID: 6971



CONNECT WITH VERTO

1300 4 VERTO (1300 483 786)

verto.org.au



Is your child in year 7 or year 10?



Provide your consent for routine school vaccinations online.

At the beginning of the school year, your child's school will share the link to complete the online consent form.

Benefits of providing online consent:

- easily update your child's details
- get SMS notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR)

To provide online consent, you will need:

- the link provided by the school
- your Service NSW log-in details
- medicare details for you and your child

Scan the QR code to give your consent now.



For more information on vaccination visit:
health.nsw.gov.au/schoolvaccination

THE UNCOOPERATIVE

After-school art
program every
Tuesday from
14 March 2023

Creative workshops and talks
by local and visiting artists

Afternoon tea

Bus home at 5.30pm

Your own Art Pack after 3 visits

Exhibit your work at WAYOUT

Facilitated by Kandos artist
and teacher Gab Bates

If you're 13-19 years old
and you like art,
come and hang out

WAYOUT Artspace
71 Angus Avenue Kandos
cementa.com.au/wayout

 Find out more: 

3.30pm Tuesday 7 March

Come for an info session, meet
Gab Bates, discuss your needs

CeMENTA

*This Children and Young People Wellbeing Initiative
is jointly funded by the Commonwealth and the
NSW Government under the Disaster Recovery
Funding Arrangements*

*Cementa Inc acknowledges the Wiradjuri People
as the Traditional Custodians of the Country upon
which we live, learn and work. We honour their
Ancestors and pay our deepest respects to their
Elders past, present and emerging.*





Kandos
HIGH SCHOOL

STUDY CLUB

A weekly one-hour study session where KHS students can revise content, create study notes, complete homework and work on assessment tasks.

Monday Afternoon 3:30 – 4:30

Meet in Computer Lab 14

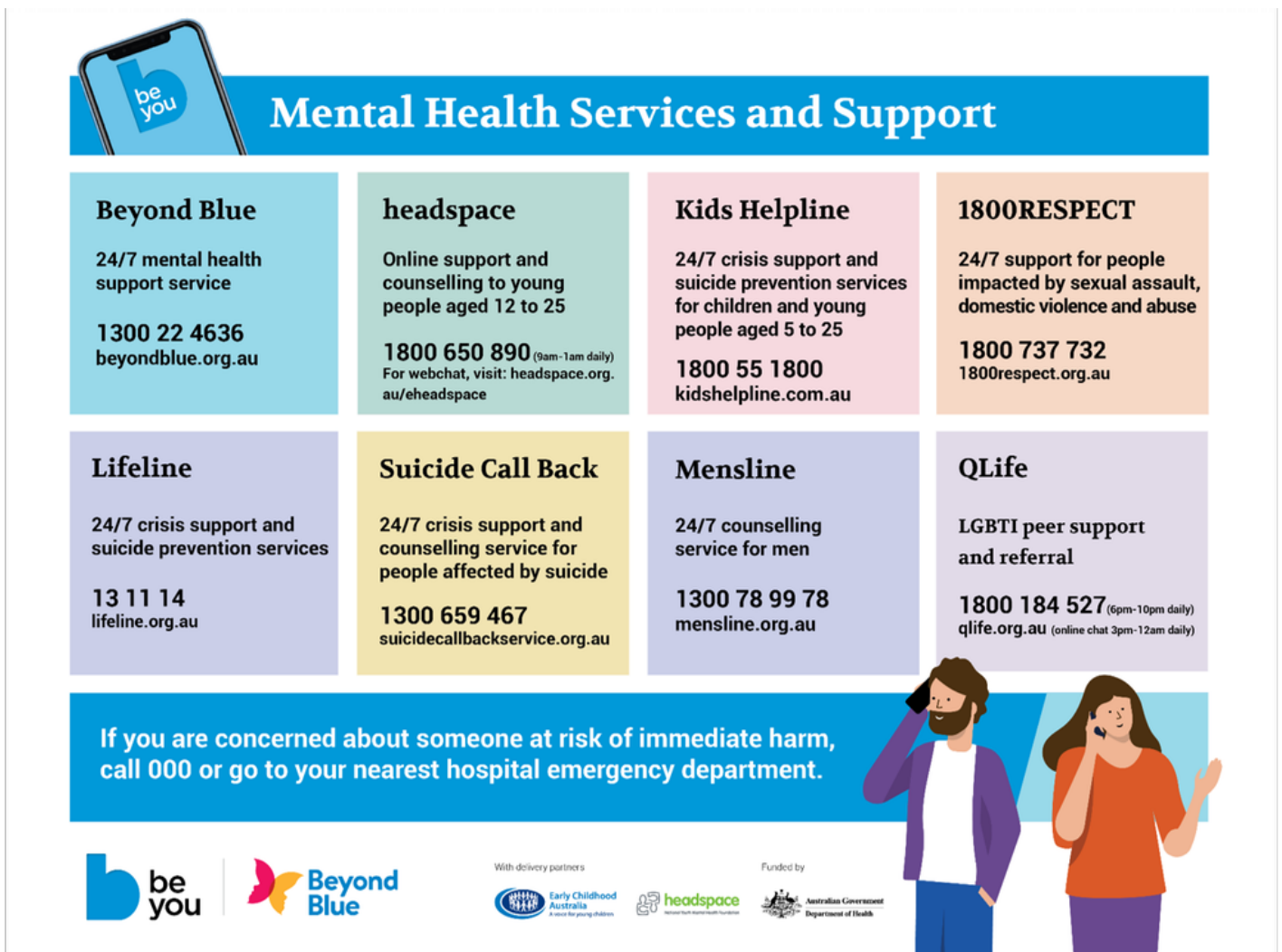
Ms Lodewijks will be present to keep you focused and to provide assistance. Healthy snacks will also be provided to keep you energised!

UPCOMING PAYMENTS & PERMISSION NOTES

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

- CLIP Aquarium and Wildlife Park Excursion
- ABBA Rehearsals
- Year 12 Riverside Theatre - The Crucible
- Resilience Doughnut Program
- Science Text Books
- Rugby League


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.






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
A voice for young children

Funded by:  headspace
 Australian Government Department of Health



Kandos High School proudly supported by