



Kandos HIGH SCHOOL

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



Community Spirit and Generosity

Kandos High School had the pleasure on welcoming Colleen Yates from The Community Charity Shop to our school assembly on Thursday, 29 June, for a very special presentation.

Colleen and the volunteers from The Community Charity Shop heard that our School Captain, Izaak Orchard was heading to the 2023 World Gymnaestrada in Amsterdam and decided to support his trip with a generous donation of \$2000. Izaak was presented with a cheque from Colleen, along with money raised by KHS's staff and school, organised by Cheryl Murray.

Izaak thanked the school and The Community Charity Shop, stating that 'having the community behind me means a lot.'

More information about Izaak's Australian selection can be found on page 3.



L-R Mrs. Cheryl Murray, Colleen Yates, Izaak Orchard and Daniel Skourmallas.

Newsletter

Term 2 Week 10 2023

What's on?

2023

Friday, 30 June

Last Day of Term 2

Friday, 7 July

Mudgee Small Farm Field Days

Saturday, 8 July

Mudgee Small Farm Field Days

Tuesday, 18 July

Students Return to School
ABBA Rehearsals

Thursday, 20 July

Year 7 & 10 Parent Teacher Night

Tuesday, 25 July

ABBA Rehearsals

Wednesday, 26 July

Coffin Creek Farm Case Study

Friday, 28 July

Western Athletics Carnival
Year 11 & 12 to Robmar

Monday, 31 July

Education Week

Tuesday, 1 August

ABBA Rehearsals

Wednesday

Western Athletics Carnival
Year 11 & 12 Ag Excursion

Sunday, 2 - 9 July

NAIDOC Week

Western NSW Apprentice - Trainee of the Year Awards

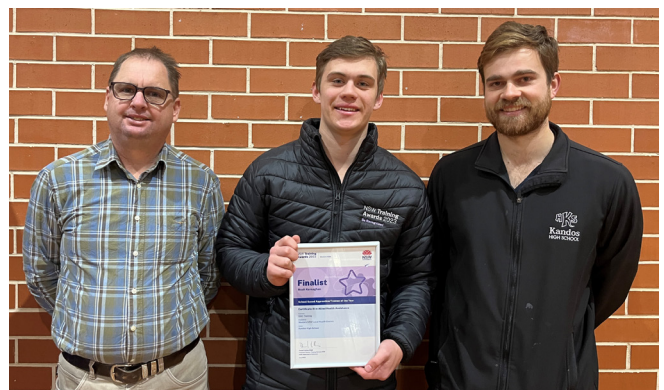
KHS Year 12 student, Noah Kernaghan was recently nominated for the Western NSW Apprentice-Trainee of the Year Award. Noah was one of 6 Trainees and Apprentices selected out of 20 000 students, an amazing effort for our School Vice Captain.

Noah was unable to attend the awards night, however Noah's Year Advisor, Mr. Daniel Skourmallas, and Head Teacher, Mr. Mick Vaughan attended the prestigious awards function in Bathurst to accept Noah's Nomination Award on his behalf.

Noah lives in Rylstone, was born in Mudgee, and is from the Kamilaroi mob. He is currently completing a Certificate III in Allied Health Assistance with the Western NSW Local Health District and is working alongside a Diversional Therapist in Rylstone. As a future career, Noah wishes to help people overcome their health and mental health barriers and believes that this is his main purpose in life.

When asked about the benefits of his Traineeship while finishing his HSC, Noah states "I talk to a lot of people about my Traineeship and the benefits it offers me, and I always encourage my friends to take up the opportunity if they are offered one like I was. This traineeship has changed my life for the better. It has helped me to start navigating the adult work environment."

Well done, Noah and congratulations on your nomination! KHS is certain you are heading for a bright and positive future!



Mamma Mia Excursion

On Wednesday 7 June, KHS cast and crew from the upcoming KHS musical, ABBA, travelled to the Lyric Theatre in Sydney to watch Mamma Mia the Musical live on stage. The students were delightful and thoroughly enjoyed the fabulous singing, dancing, acting and costumes. No doubt, students also gained a lot of inspiration for their upcoming production!



The Crucible Symposium

Five Year 12 Advanced English students, accompanied by Mr. Rod San Martin & Mrs. Alisa Burlington, travelled to Parramatta on Friday May 19, to watch the powerful theatrical experience, The Crucible Symposium by Arthur Miller. The theatre performance aims to assist the students in exploring The Crucible's multiple meanings, open up diverse critical readings and unlock language & characters, as well as listen to the actors in the production discuss the play's famous ambiguities and challenges and respond to students' questions.



KHS Student Selected for World Gymnaestrada

KHS Year 12 student, Izaak Orchard has been selected to represent Australia in the 2023 World Gymnaestrada in Amsterdam between 30 July – 5 August 2023.

The event is the largest general gymnastics exhibition in the world. Much like the Olympics, the event is held every four years. However, the focus of this event is not on winning medals, but on group performances showcasing gymnastics as a sport and performance art – some performances include hundreds, or even thousands of participants! Amsterdam will host this year's World Gymnaestrada, incorporating dozens of performance events into the city's landscape, stadiums, and buildings.

Izaak was selected for the Australian Team after a State Showcase event where he impressed the selection panel with his gymnastics skills that he's been cultivating for 12 years. A similar selection panel, known as the International Gymnastics Federation, will also be keeping a close eye out for potential gymnasts at the World Gymnaestrada. If Izaak is selected, he will be invited to several performance-based exhibitions in Europe at the end of the year.



We wish you the very best of luck on your travels, Izaak! Have an absolute blast!

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

Opportunities Excursion

Year 7 students, accompanied by Mrs. Julie Parsons and Mr. Nick Nassis, travelled to Newcastle on May 17 for the Opportunities Excursion; two full days of educational exploration! The Opportunities Excursion gives students a glimpse into the world after their schooling is complete, and their possible options for future studies and careers.

Students started off their excursion with an extensive tour of Newcastle TAFE, learning about the many courses the campus has to offer. Next, they set off to Newcastle University where they were entertained by a STEM presentation in the Science Faculty and a tour of the campus. For many of the students, it was the first time they had ever been to a university or TAFE campus and it was the highlight of their excursion. To finish off a big day, students went to the movies and watched the latest Guardians of the Galaxy blockbuster.

Day 2 started off with a stroll along the Anzac Bridge and the Merewether Beach foreshore, before heading off to the Murrock Cultural Centre in Williamtown for a full day of cultural activities. Students had a great time at the centre, learning about boomerang art and techniques on how to throw a boomerang effectively, as well as a guided tour on a native food walk.

A big thank you to Mrs. Helen Fuller for her assistance in organising the excursion, and to Mr. Craig Parsons for driving the School Bus.



Exploring Early Childhood

Year 12 - Exploring Early Childhood students have had a fun time developing their own children's story which they presented to the kindergarten students at Kandos Public School. Mrs. Lisa Kernaghan kindly invited the students to help her students during a literacy session focusing on reading and writing skills. All students enjoyed the informative process and enthusiastically participated in the exercise. Thank you to Mrs. Kernaghan and the delightful Kindergarten class for this opportunity.

Cheryl Murray
Exploring Early Childhood Teacher



TRY A TRADE

On May 23, Year 9 and 10 students, accompanied by Mrs. Julie Parsons and Mrs. Leigh-Anne Thorn, travelled to Mudgee to attend the annual Try-A-Trade, hosted by Mudgee High School. Try-A-Trade is an initiative that allows students to have hands on experience with a variety of trades, as well as giving students the opportunity to ask questions to the people currently working in in those trades.



Year 8 Technology Mandatory

Students of Year 8 Technology Mandatory have produced food dishes focusing on produce from the Agricultural plot in their Grow and Thrive module. Unfortunately, the sheep also thought their produce was special and enjoyed feasting on it. The students did salvage pumpkins, parsley and Daikin radishes and made a delicious winter pumpkin soup.



Year 7 Technology Mandatory

Year 7 Technology Mandatory students have worked incredibly well learning a range of skills to create reversible, sustainable tote bags that features digitally printed pockets. The bags will be able to be used for many years and follows their studies on Textiles sustainability.

Cheryl Murray
Technology Mandatory Teacher



Work Experience

KHS would like to thank the following businesses for supporting our students during their work experience:

Kandos Public School
Glen Alice Public School
Rylstone/Kandos Preschool
Rylstone Hospital
IGA Kandos
We've Got It Made
R&K Engineering
Café On Louee
29 Nine 99 Yum Cha & Tea House
MWRC
Michael Brown – Carpenter
Cheree Edwards Fine Jewellery
Cudgegong Plumbing
Graymont Charbon
Athlone
Cauchi's Auto Repairs
D & J Ford Lithgow
Club Paceway - Penrith

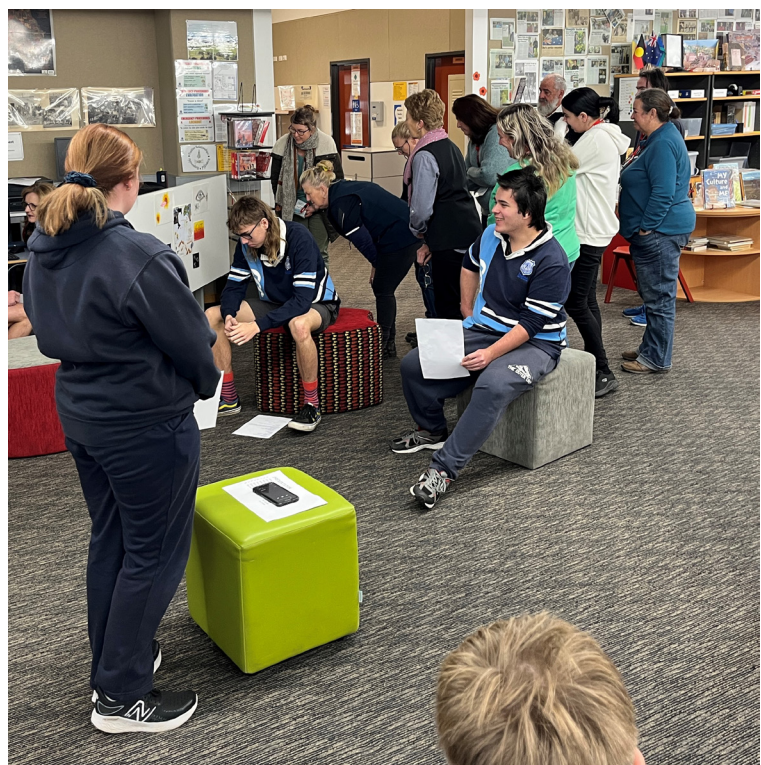
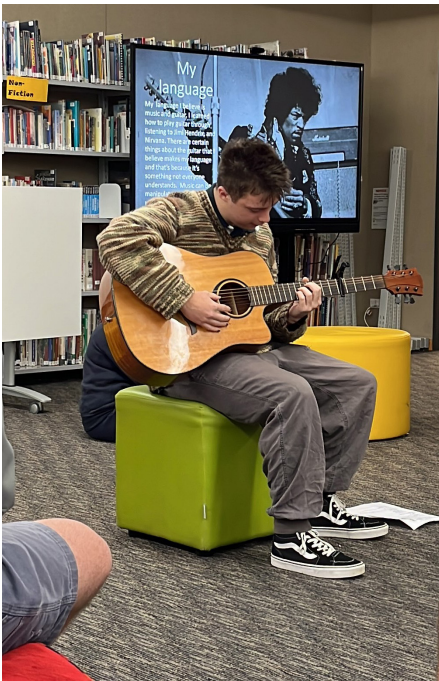


Alex Farrugia - Graymont Charbon

"I am Australian" - Year 12 English collaboration with Peter Swain

Year 12 English Studies students have been collaborating with local Dabee Wiradjuri man, Peter Swain on the topic of “I am Australian”. Students explored cultural perspectives; the idea that everyone has a culture, and in this case, identifying what the student’s culture is and how that makes them uniquely Australian.

To finish off the program, on Thursday 15 June, Year 12 English Studies students and their teacher, Helen Fuller organised a presentation so the students could showcase their identity with their invited family and friends. Students presented slideshows to their audience with an interesting blend of biographies, photography, music and soundscapes to represent their connection to land and country, their relationships with family and friends, their language, their hobbies and how music and art can reflect or enhance their personal stories and inner emotions.

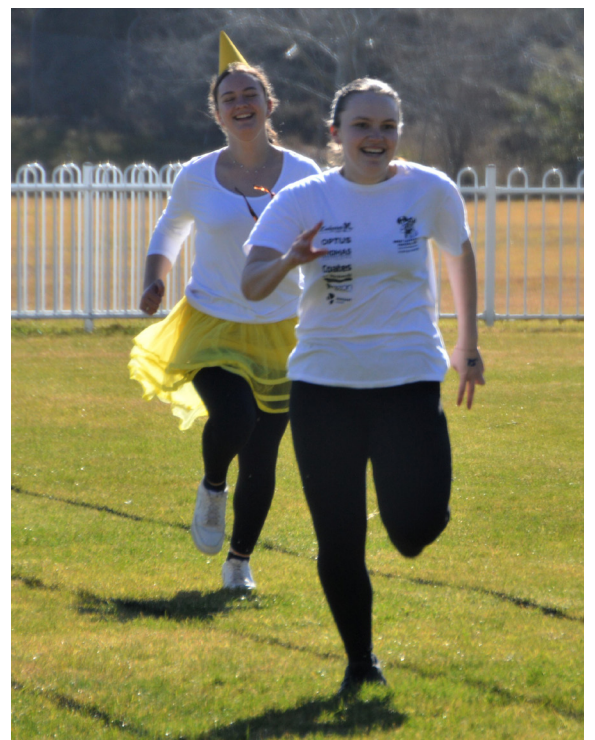


Athletics Carnival



Athletics Carnival Results			
Phillip	King		
451	418		
Macquarie	Hunter		
404	361		





Boys & Girls Western Squash Finals

The KHS Boys and Girls Squash Team, accompanied by Kerry Reynolds, travelled to Parkes on June 9 to compete in the Western Squash Finals.

The boys had a tough morning, Brayden, Cooper, Mitch and Noah losing to Parkes, Cowra and Henry Lawson High School. However, that means the boys placed 4th in the overall competition, so they have done very well!

The girls had a fantastic day and were crowned Western Region Champions for the second year running! A massive effort for the girls today, winning 3 out of the 4 games played, and taking home the gold! Congratulations to Halli,



Western Cross Country

On Wednesday 14 June, Keisha Duffield, Emily Gallaher, Alex Grimshaw and Mia Reddish travelled to Orange to compete in the Western Region Cross Country. After a gruelling 4km run, Emily triumphantly finished first in her 14 Years Girls race; she will now compete in the State Cross Country race at Eastern Creek in July! Congratulations on your big win, Emily! Huge achievement!



Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Build friendships



Develop life skills



Days missed = years lost

A day here and there doesn't seem like much, but...

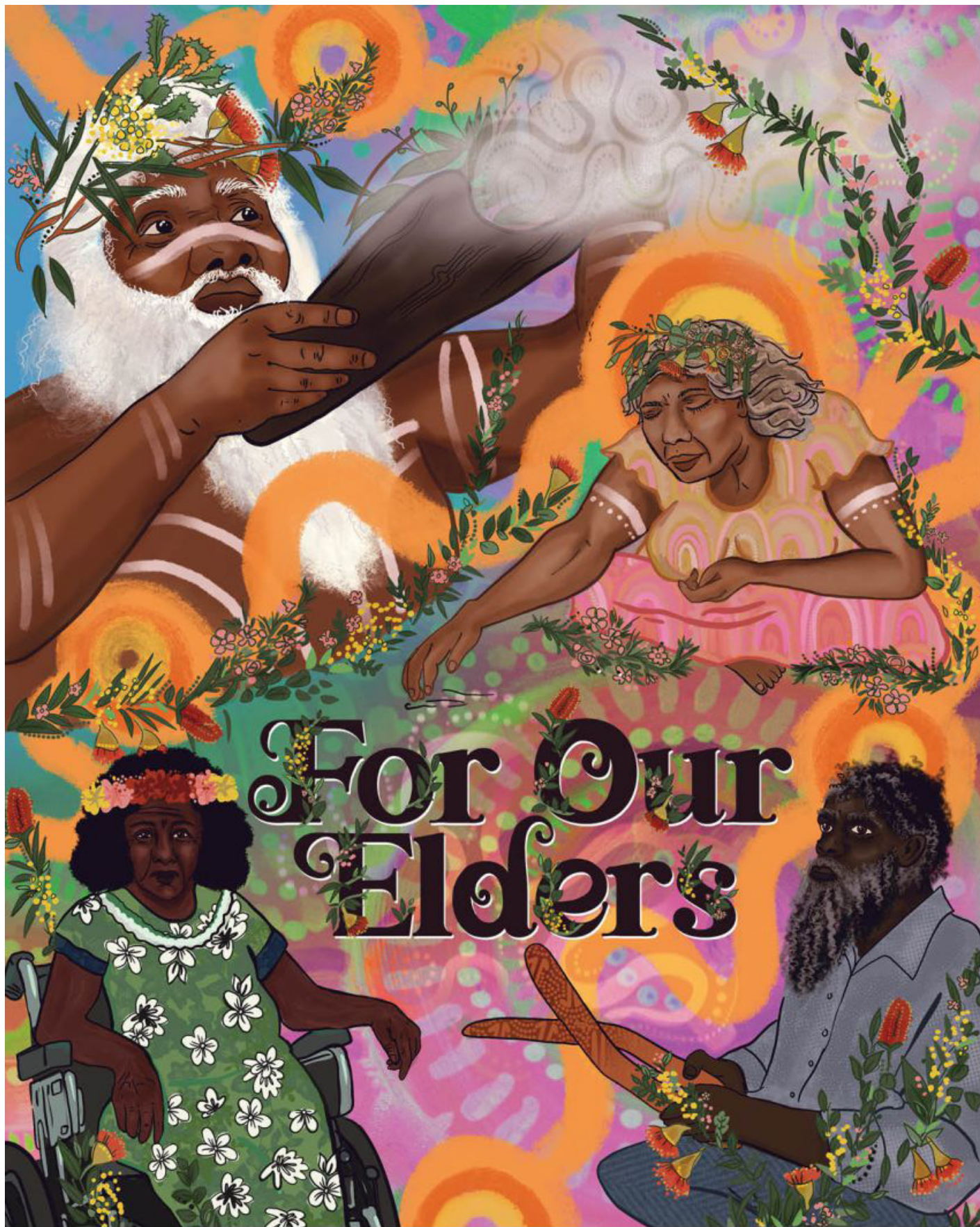
When your child misses just...

they miss weeks per year

and years over their school life

1 day per **fortnight**
 = **4** weeks  = Over **1** year missed




1 day per **week**
 = **8** weeks  = Over **2.5** years missed



NAIDOC Week

2-9 JULY 2023

#NAIDOC2023 #ForOurElders

 @naldocweek
  @naldocweek
  facebook.com/NAIDOC

For Our Elders, Bobbi Lockyer

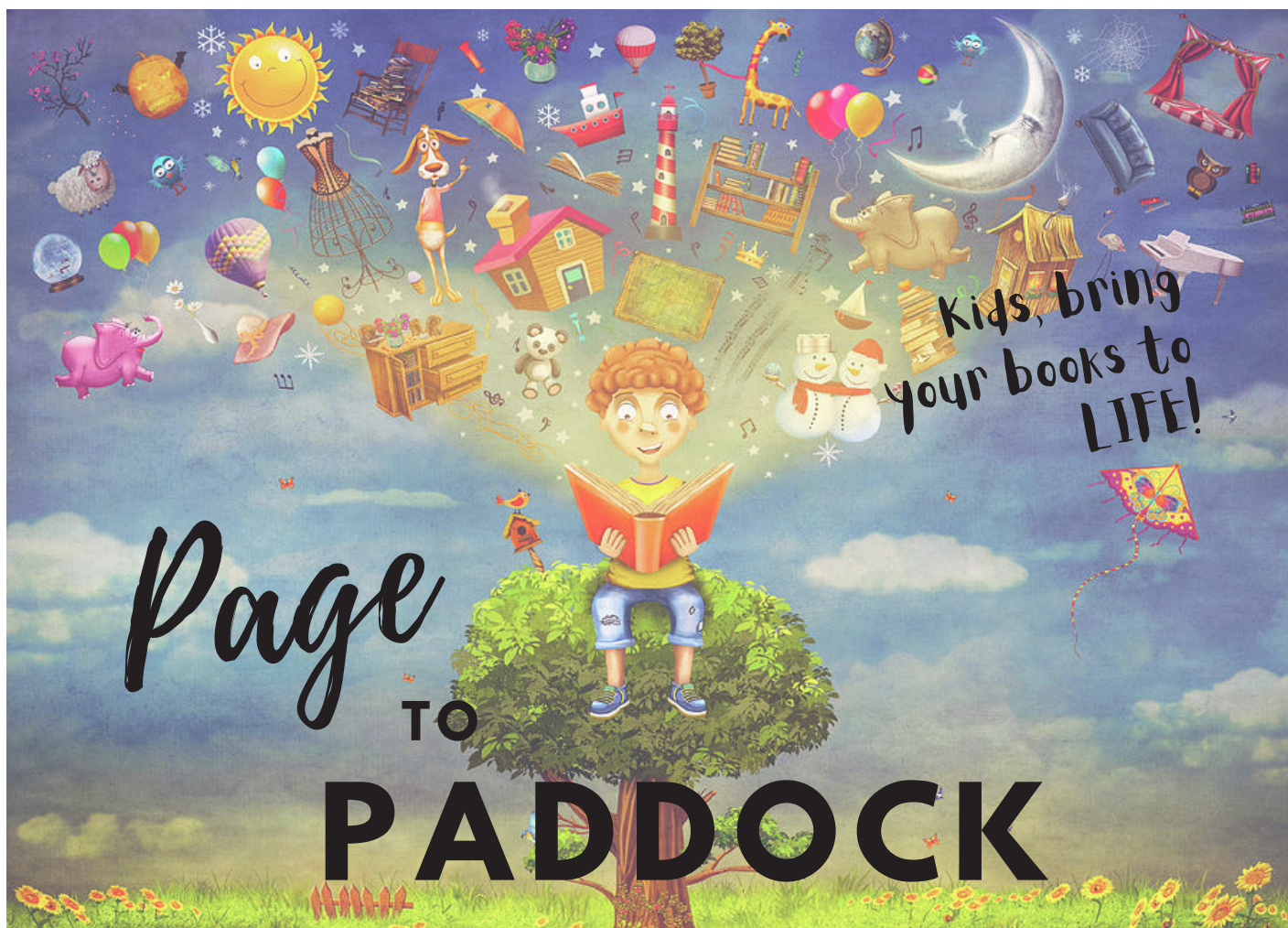
Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.

Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok.



naidoc.org.au





SCULPTURES IN THE GARDEN

For kids!

ROSBY VINEYARD
7-22 OCT 2023

TO ENTER - VISIT:

www.sculpturesinthegarden.com.au/sig-for-kids

ANY QUERIES - EMAIL:

maree.parker@mudgeepreschool.com.au OR
janeroberts2850@gmail.com

**WEATHERPROOF SCULPTURES TO BE
DELIVERED ON FRIDAY, 6 OCT 2023
BETWEEN 9-11AM**

Follow us on  @sigforkids





WAYOUT
A CEMENTA INITIATIVE

CeMeNTA

THE UNCOOPERATIVE

A CEMENTA INITIATIVE

End of Program Show

**Exhibition opening at 4pm on
Saturday, 1 July 2023
71 Angus Avenue, Kandos**

This Children and Young People Wellbeing Initiative by CEMENTA Inc is jointly funded by the Commonwealth and the New South Wales Government under the Disaster Recovery Funding Arrangements and Mid Western Regional Council Youth Services.

WARRABINGA

Fundraising Committee

Will be making a
Possum Skin Cloak

6th July at Newco Hub.

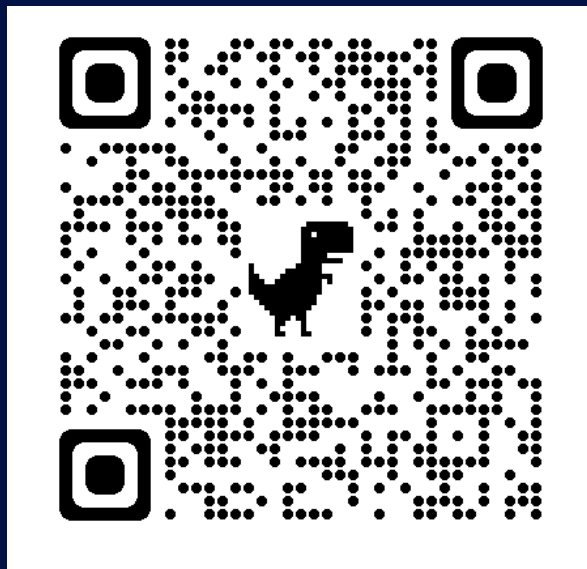
Places are limited please contact
Lesley Pennell on 0475 112 943.
Or on admin@warrabinga.com.au

You are welcome to come and have a
morning tea with us,

Kandos High School



Facebook Website



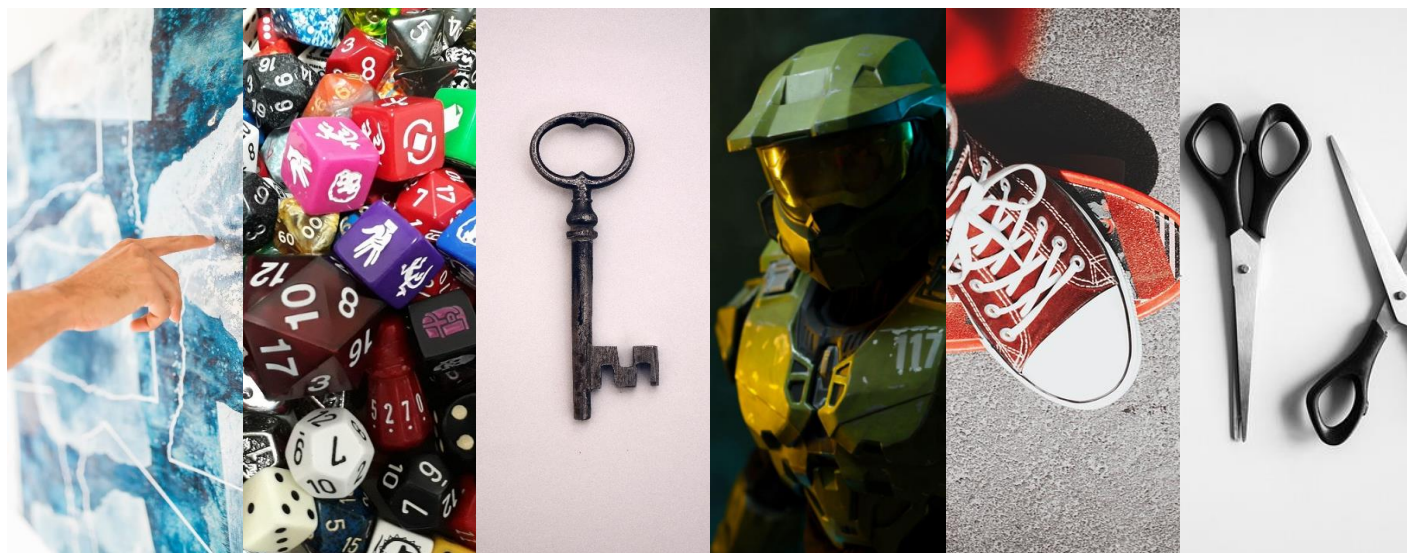
Youtube



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.



WINTER SCHOOL HOLIDAYS

3-16 July 2023

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

Cyanotypes with Steven Cavanagh

Create camera-less photographic imagery with the sun! Join artist and photographer Steven Cavanagh in a workshop exploring the fascinating photographic process of developing Cyanotypes.

WHEN Tuesday 4 July, 10:00am – 1:00pm

AGES 12–20 years

WHERE Mudgee Arts Precinct Workshops, 2-6 Douro St, Mudgee

Level Up in Gulgong

Spend a fun few hours with friends playing a variety of roleplaying and tabletop games. You could end up slaying dragons, defeating monsters or simply be the last one standing on the board. Lunch is included.

WHEN Wednesday 5 July, 11:00am – 3:00pm

AGES 12–20 years

WHERE Gulgong Memorial Hall, 112 Herbert Street, Gulgong

Dubbo Escape Room Excursion

We're taking a bus to Dubbo to test your teamwork and cryptic clue-solving ability! Unravel the mysteries in two different rooms and beat the time limit to escape. Lunch provided.

WHEN Thursday 6 July, 8.30am – 4.30pm

AGES 12–18 years

WHERE The Stables, 84 Market Street, Mudgee (pick-up from Gulgong also available)

3D Printing Workshop with Caminus Prime COSPLAY

Be inspired by Caminus Prime's amazing 3D printed COSPLAY. Focusing on the basics of production you'll design and print your own 3D creations. Bring along a USB to save your files after the workshop.

WHEN Tuesday 11 July, 12:00 – 3:30pm

AGES 12–20 years

WHERE Mudgee Arts Precinct Workshops, 2-6 Douro St, Mudgee

Skate Park @ Rylstone

Join us at the Rylstone Skatepark for food, tunes and giveaways. The Youth Services team will be on hand to hear your ideas for future activities and events for youth. *Event may be cancelled if weather is unsuitable.*

WHEN Wednesday 12 July, 11.30am – 1.00pm

AGES 12–24 years

WHERE Rylstone Skatepark, 20 Cudgegong Street, Rylstone

Messages in the Sky / Wanderlust terra Firma Making Sessions with Claire Healy and Sean Cordeiro

Work with renowned contemporary artists Claire Healy and Sean Cordeiro to create an exciting new artwork that will be shown at Mudgee Arts Precinct in their upcoming exhibition Messages in the Sky. Book in for one session, or both. Lunch is included.

WHEN Thursday & Friday 13-14 July, 11.00am – 4.00pm

AGES 12–24 years

WHERE Mudgee Arts Precinct Workshops, 2-6 Douro St, Mudgee

[> MORE OVER THE PAGE](#)

WINTER SCHOOL HOLIDAYS

3-16 July 2023

Mail Out Kit – Flower Press

Can't make it to one of our in person activities these holidays? We'll organise to mail you a flower pressing kit to create your own crafts from foraged flowers and grasses. Kits are limited.

WHEN In your own time

AGES 12–24 years

WHERE At home mail out kit

Town Hall Cinema

Spider-Man: Across the Spider-Verse (PG) is showing at the Town Hall Cinema. **Tickets are \$15 adults, \$10 Children/Concession, Under 5 years – free.** Buy online at www.trybooking.com/CISKL

WHEN Sat 8 July, 2pm and Sun 9 July, 2pm

AGES Everyone

WHERE Town Hall Cinema, 64 Market Street, Mudgee

Photography Competition

PERSPECTIVE



Can you see things from a different point of view?

Enter your creative snaps in our PERSPECTIVE themed competition. Photos must not contain any recognisable human faces (this is to do with publishing permissions). Entrants must be aged 12-24.

Email your entry (not exceeding 10MB) by 4pm **17 July 2023** 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 25 July 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 www.mwrcyouth.eventbrite.com.au





School Holiday Program

July 2023

Mid-Western Regional Council Library offers a range of free and low-cost fun activities for children of various age groups during the school holidays.

Mudgee Library

WEEK 1

DATE	AGE GROUP TIME	ACTIVITY
Monday 3 July	Ages 11–14 2.30–3.30pm	Circus Stencil Collage
Tuesday 4 July	Ages 3–5 10–11am	Storytime and Collage Craft
	Ages 9–12 2–3pm	'Big Top' Oil Pastel Art
Wednesday 5 July	Ages 9–12 10–11am	Circus Sculptures
	Ages 6–8 11.30am–12.30pm	Wire People with Juggling Balls
Thursday 6 July	Ages 3–5 10–11am	Storytime and Paper People on Trapeze
	Ages 6–8 2–4pm	Movie Afternoon

WEEK 2

DATE	AGE GROUP TIME	ACTIVITY
Tuesday 11 July	Ages 6–12 10–11am	Carnival Games
	Ages 9–12 2–4pm	Movie Afternoon
Wednesday 12 July	Ages 3–5 10–11am	Storytime and Making Juggling Balls
	Ages 9–12 11.30am–12.30pm	Silhouette Trapeze Painting or Ink Art
	Ages 6–14 4.30–5.30pm	Chess Club
Thursday 13 July	Ages 3–5 10–11am	Storytime and Stilt Walking Sculptures
	Ages 6–8 2–3pm	Circus Sculptures

Gulgong Library

WEEK 1

DATE	AGE GROUP TIME	ACTIVITY
Monday 3 July	Ages 6–8 9.30–10.30am	Making Juggling Balls
	Ages 9–12 11am–12pm	'Big Top' Oil Pastel Art

WEEK 2

DATE	AGE GROUP TIME	ACTIVITY
Monday 10 July	Ages 3–5 9.30–10.30am	Storytime and Collage Craft
	Ages 6–12 11am–12pm	Carnival Games

Kandos Library

WEEK 1

DATE	AGE GROUP TIME	ACTIVITY
Friday 7 July	Ages 3–5 10–11am	Storytime and Collage Craft
	Ages 6–12 11.30am–12.30pm	Carnival Games

WEEK 2

DATE	AGE GROUP TIME	ACTIVITY
Friday 14 July	Ages 6–8 10–11am	Making Juggling Balls
	Ages 9–12 11.30am–12.30pm	'Big Top' Oil Pastel Art

To book a session, go to

mwrclibrary.eventbrite.com

NOTE: A parent or carer is required to stay with their child for any sessions that are for ages 3–5 years. Sessions are strictly limited to the number of tickets available on Eventbrite – please book a spot for each child attending. Also be aware that there is a minimum number of children required to run our sessions. Unfortunately, if this number is not reached, we may have to cancel the session at short notice. Please contact the Library if you have any questions about our school holiday activities.





What are the top habits of highly effective students?

Effective students are those who have learnt to study smarter rather than harder. Below is a list of the top habits that effective students do.

- 1. MAKE THE MOST OF CLASSTIME:**
You are going to be sitting in class anyway, so you may as well make the most of the experience! Time wasted in class is lost learning opportunities or time you need to make up at home. To make the most of classtime stay on task and be as involved as you can in the lesson.
- 2. ASK QUESTIONS OFTEN:**
Students who are effective will ask questions when they don't understand something, they don't wait until 3 weeks into the topic then say 'I don't understand any of this!'. So if you aren't sure about something, then ask your teacher.
- 3. COMPLETE ALL HOMEWORK:**
Your teachers are giving you the homework for a reason, even if you are unsure what the reason might be! It is all part of building your learning in the subject. Focus on putting 100% effort into completing all homework to the best of your ability.
- 4. DO INDEPENDENT LEARNING:**
Students who do well academically do more than just the set homework. Rather than cramming just before an exam, they learn as they go. This means the nights they don't have much homework they step up and take responsibility for their learning and ask themselves 'what else could I be doing to help me understand and learn my subjects?'. Often this entails reviewing previous work that was difficult or preparing study notes in advance.
- 5. ARE FOCUSED WHEN WORKING:**
Students who are effective usually work in blocks of time at home, anywhere from 20 minutes to an hour, but in that time they focus on the task at hand. This means they have removed all distractions and commit that when they are working on schoolwork, they are just working on schoolwork – no personal activities at the same time.



- 6. WORK SMART FOR ASSESSMENTS:**
Effective students spend time when they are given an assessment ensuring they understand the requirements and the marking criteria. They work to the guidelines of the assessment and approach the task systematically, making a plan and setting targets for when they want to complete each step.
- 7. NEVER CONFUSE 'READING' WITH 'STUDYING':** Effective learners know how to study properly for a test. They know that just reading your notes over and over is not an effective way to learn. Instead, they read a section then test themselves on it, seeing what they can say out loud or write down. They also do lots of revision questions or past exam papers so they can practise the skills of the subject and identify areas of weakness.

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au. Our school's access details are:

Username: **kandoshs**

Password: **28success**



MID WEST MUSIC QUEST

IS BACK FOR 2023

OPEN TO MUSICIANS OF ALL AGES

AUDITIONS

Rylstone Memorial Hall: 25 JULY
Gulgong Memorial Hall: 27 JULY
Mudgee Arts Precinct: 2 AUGUST

GRAND FINAL

Mudgee Town Hall: 18 AUGUST



SCAN QR CODE FOR MORE INFO

We're coming to your community



**NSW Government services will be available
at our Mobile Service Centres in:**

Kandos

Tuesday the 4th of July 2023

9:00am to 3:00pm

This includes:

- Regional seniors travel card
- Savings Finder rebates and vouchers
- NDIS Worker Check applications
- Responsible Service of Alcohol applications
- Responsible Conduct of Gambling applications
- other online services.

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




UPCOMING PAYMENTS & PERMISSION NOTES

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

- EOI - 2024 Year 9 Excursion
- 2023 Year 9 Excursion
- Stone Strength Gym
- Western Athletics Carnival
- EOI - Year 11 Life Ready Excursion
- School Fees



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/headspace	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



Funded by





Kandos High School is proudly supported by

