



Newsletter

Term 3 Week 7 2023

Kandos
HIGH SCHOOL

Fleming Street Kandos NSW 2848

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kandos-h.schools.nsw.edu.au



PRINCIPAL MATTERS

Fostering Kindness and Participation for a Quality Learning Environment

I hope this newsletter finds you and your families in good health and high spirits. The recent rain has refreshed what was becoming a dry landscape, and for the moment we can set aside our worries of a dry spring and enjoy a tinge of green and hope the long-term weather forecasters are wrong.

We have been busy this week at Kandos High School. We're currently going through the process of supporting our nominee captains who gave their speeches to the school on Wednesday, 30 August, and on the same day we had our first orientation for our incoming Year 7 in 2024.

I always enjoy working with our current prefects in interviewing our captain nominees, asking them about their leadership experience, their values and what they believe needs to be a priority from the student body perspective for the future. A big thank you to Ms. Besant, Blainey Heath, Noah Kernaghan, Brayden Moore and Izaak Orchard who spent time listening and providing feedback for the speeches and answering questions about the role of the captains.

We have the magnificent eight this year stepping up into the leadership realm and all have a great deal of leadership experience and expertise in the role within the school and more importantly within the wider community.

I would like to congratulate our nominees for their contributions to date and having the courage to step up into what can be an intimidating role with a lot of responsibility, not to mention their speeches in front of the student body and staff, which we know for some who have not done a lot of public speaking is a big journey.

What's on?

2023

Monday, 4 September

Squash Encouragement Day

Tuesday, 5 September

ABBA Rehearsals

Wednesday, 6 September

State Athletics

Tree Planting with Landcare

Thursday, 7 September

State Athletics

Pop Up Restaurant

Friday, 8 September

State Athletics

Monday, 11 September

Year 11 Exams Commence

Tuesday, 12 September

ABBA Rehearsals

Year 11 Exams

Wednesday, 13 September

Year 11 Exams

Thursday, 14 September

Year 11 Exams

Friday, 15 September

Year 11 Exams

State Squash Final

Tuesday, 19 September

ABBA Rehearsals

Wednesday, 20 September

Year 11 Biology Field Study

Friday, 22 September

Year 12 Assembly

School Captain Candidates for 2024



*Back Row: Emily Sack, Tegan Godwin, Felikss Sander, Halli O'Brien
Front Row: Chloe Farrugia, Jessica Gallaher, Matilda Eisenhauer & Kirilee Besant*

Thank you to Mrs Parsons who runs the election where the students vote as we do in the wider community. We hope that you will make a great contribution, whether you are elected as a captain or by providing the advocacy and mentoring for our junior students as a senior role model and working together as a year group.

I was inspired by a pattern in the speeches that revolved around Kindness and Active Participation in school life, and as a partner in your child's educational journey wanted to delve further into this topic that is not only crucial for their personal development but for the overall quality of our learning environment.



*Year 11 Year Advisor
Ms. Leanne Besant*

The Power of Kindness: Nurturing Heart and Mind

Kindness is a quality that transcends age, culture, and background. It's the simple act of showing empathy, consideration, and respect to others. As parents, we have a unique opportunity to nurture this quality within our children, helping them grow into compassionate and understanding individuals. It is not a value that we hear about often in our contemporary society, but when we look at the plight of some of our global communities, it is a value we need to hold dearer to our hearts as a civilised human race.

Building kindness as a culture is vital in an educational setting. Kindness is the foundation of positive relationships. When children interact with their peers, teachers, and staff with kindness, they create an atmosphere of trust and camaraderie and this environment encourages open communication and collaboration, making learning more enjoyable and effective.

Acts of kindness have a direct impact on mental and emotional well-being. Teaching children to be kind helps them develop a strong sense of self-worth, boosts their self-esteem, and reduces instances of bullying and exclusion.

Kindness equips our children and young adults with essential conflict resolution skills. They learn to address differences in a respectful and understanding manner, which not only resolves disputes but also contributes to a harmonious classroom environment, where we are focused on learning, which brings me to my next theme.

“Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.”

Archbishop Desmond Tutu

Active Participation: Engaging Minds and Enhancing Learning

Participation goes beyond merely just attending classes - it's about actively engaging in the learning process and getting involved in activities outside of class. School has both a social and learning environment for our student to participate in, both in class and opportunities to engage with extracurricular activities focused on key learning area enrichment, agricultural, sporting, artistic, cultural and performance in the creative arts. Encouraging our children's participation in school activities is vital in fostering the following characteristics and skills within them.



2023 KHS School Captains leading the ANZAC March in Kandos

When students actively participate in class discussions, group projects, and extracurricular activities, they gain a deeper understanding of the subjects. Their critical thinking, problem-solving, and communication skills flourish in these interactive settings.

Participation helps children overcome shyness and fear of public speaking. As they voice their opinions and ideas, their confidence grows, preparing them for future challenges in both academic and professional realms.

School activities create a sense of belonging and community. By participating, children become an integral part of the school's social fabric, making friendships and memories that last a lifetime.

Participation exposes students to a wide range of interests and talents. It helps them discover their passions, whether in arts, sports, sciences, or other areas, setting the stage for lifelong pursuits.

It's evident that kindness and participation are interconnected, forming a positive cycle within the school environment. When students are kind to each other, they encourage participation and collaboration. Likewise, active participation often leads to increased empathy and understanding among students.

As parents, you play a vital role in nurturing both kindness and participation in your child's life. Encourage them to take part in class discussions, join clubs, and engage with their peers. Teach them the value of listening to others, embracing differences, and treating everyone with respect.

"Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than forgive: forget. Do more than dream: work."

William Arthur Ward

Let's work together to create a learning environment where kindness is celebrated, and active participation is the norm. By instilling these values in our children, we are not only shaping their academic success but also preparing them to be compassionate, engaged citizens of the world.

Thank you for your unwavering support in making our school community a place where every child can thrive.

Until next time

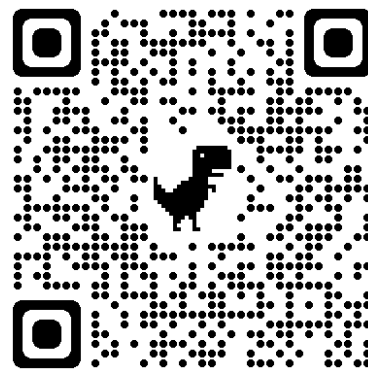
Dyanna Thommeny

KHS Principal

2024 Stage 6 Subject Selection HSC & NESA Guidelines

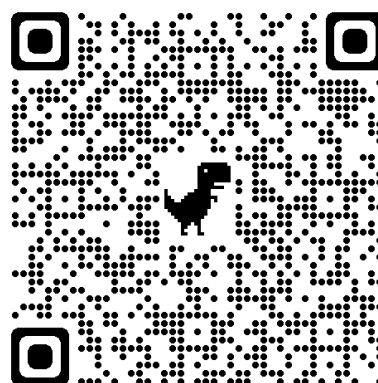
The KHS's Subject Selection Presentation is now available to view on our school YouTube Channel for 2024 Stage 6 students, and their parents and carers. Mrs. Julie Parsons has created a thorough presentation which outlines the current HSC & NESA Guidelines. The QR Code provided will take you directly to the presentation.

If you require more information, please call our Front Office PH: 6379 4103



2024 Year 9 & 10 Elective Courses

Information for parents and students deciding on elective courses for Years 9 & 10 and Years 11 & 12 in 2024 are now available on our website. If you require more information, please call our Front Office PH: 6379 4103



UNSW
SYDNEY

Register now for the Gateway Spring Program

Spring Up: 6 September, 6-7pm, online

Spring Program: 18 - 21 September, 5-7pm, online

On-Campus Day: 26 September, 9:30-4pm, UNSW Kensington Campus

The Program has been flexibly designed to fit in with your busy schedule!

During the Gateway Spring Program you will:

- receive guidance on how to begin preparing your Gateway Admission Pathway application for an early offer to UNSW,
- prepare for the HSC with masterclasses in English and Maths
- enhance your academic skills with strategies for effective notetaking, extending your critical thinking and techniques to focus on your wellbeing,
- better understand the opportunities available to you at UNSW with Faculty Q&A's,
- access exclusive follow-up academic enrichment and an opportunity to receive tutoring support in the lead-up to Year 12.

Mid West Music Quest

Three cheers to Matilda Eisenhauer who recently won the Mid West Music Quest on Friday, 18 August. Matilda was one of eight finalists to make it through to the last round of the competition, charming the judges and audiences with her versions of 'Cold' by Chris Stapleton, and 'The Archer' by Taylor Swift.

Matilda is well known for her talent at KHS as she regularly performs at our Merit Assemblies and Presentation Days, notably singing the National Anthem.

Use the QR code to watch Matilda's Mid West Music Quest performances.



KHS donated historic science equipment to the Kandos Museum

KHS has donated a large amount of school science equipment, some of it close to 100 years old, to the Kandos Museum. Among the boxes of seriously cool science gear is a large amount of science equipment that was donated to the school by Cement Australia over 50 years ago.

Kandos Museum volunteers, Fiona, Des and Mike, visited our school on Thursday, 17 August to collect the science equipment and it is expected to be on display at the Kandos Museum in the coming weeks.



Cementa's Artist In Residence - Josie Cavallaro

On August 24, Year 8 students were treated to a special workshop with Cementa's current artist in residence, Josie Cavallaro. For the next Cementa Contemporary Arts Festival in 2024, Josie will exhibit 'Playback Kandos' at the Kandos Museum and will exhibit numerous works from her workshops with students and community groups in our region. This is Josie's first workshop with Year 8, however they will meet over Zoom, and then again in 2024 to finalise their project.

Here's a description from Josie's website of her project and what she did with our students today:

Playback Kandos is an art project that invites you to listen to a narration of an object and then translate it into material form. The project is framed by a recorded description of a selected item from the Kandos Museum collection. Playback creates a space for attention and intention. Through the actions of listening, interpreting and re-making, each rendition will contribute a unique reading of that object, re-told through the kinks of perception and lived experience. Each edition is made signature by the maker's hand, expressing their relationship to material and social expression.

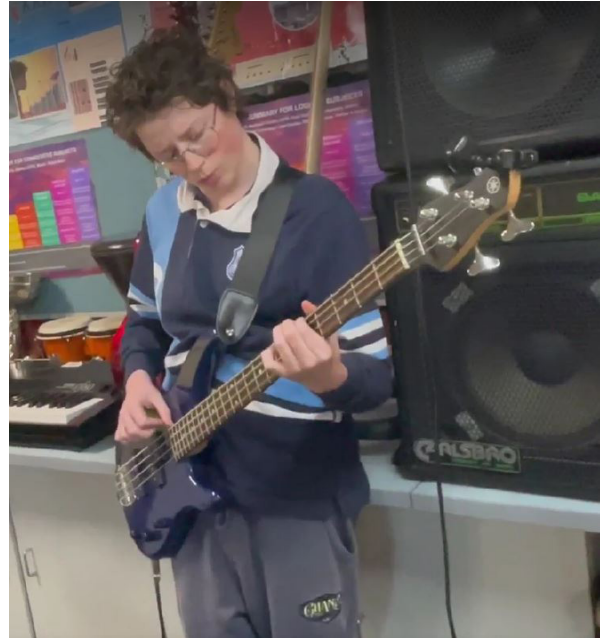
A massive shout out to Josie for visiting our school and enriching our students' art education further! We look forward to working with you again soon and being a part of your interesting Cementa project. Also, a big thank you to Cementa for connecting our school with your visiting artists and with your festival! As a small rural school, we're very honoured and privileged to have this opportunity.



Year 12 HSC Trial Music Exam

Year 12 music students rocked out on Tuesday, 15 August performing for their HSC Trial Exams. HSC & NESA guidelines state that we can't publish their musical talent just yet, however we can show you some happy snaps from the exam!

We're looking forward to showcasing our HSC students Major Projects after their HSC is complete - It'll be worth the wait!



School Captain Speeches

On Wednesday, August 30, eight diligent and studious Year 11 students presented KHS with their 2024 School Captains Speeches. Candidates addressed the school with confidence, speaking of their academic and sporting success at KHS and within our community. Candidates also spoke of their willingness to represent our school and community with pride, and relayed personal values and attributes they will contribute towards being our 2024 School Captain.

The quality of the speeches today was outstanding. All of the candidates should be immensely proud of their efforts! Voting commenced this morning at recess, best of luck!



Chloe Farrugia



Felixss Sander



Tegan Godwin



Emily Sack



Jessica Gallaher



Matilda Eisenhauer



Kirilee Besant

**Who will be the
2024 KHS School
Captains?**



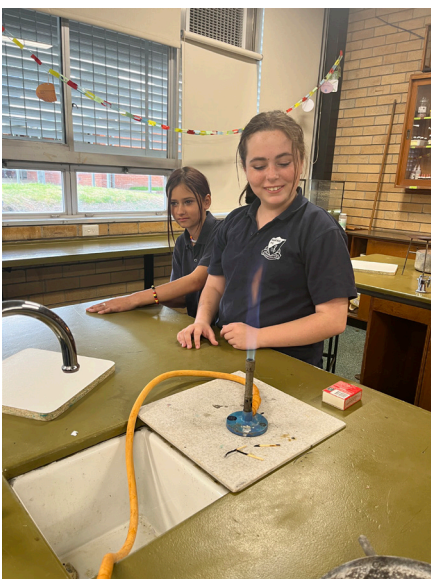
Halli O'Brien

Year 6 Transition

On Wednesday, August 30, Year 6 students from local Primary Schools visited KHS for their first Transition Day. Transition Days are designed to ease primary school students into high school learning, familiarising them with our school facilities and subjects, an opportunity for students to meet their peers from different schools, as well as meet our staff.

Students were treated to a range of activities, including an extensive tour of the school by our senior students and an in-depth look at our Library and its impressive facilities with Mrs. Helen Fuller. Students explored the Ag plot garden and classroom with Mrs. Deb Johnston and met both sets of twin lambs. Students also met our most famous Ag plot resident, Johnnie. Star struck by Johnnies aptitude, students indulged him with a full Spa Day pampering. At lunch, Year 6 was treated to a BBQ lunch with the staff. To wrap up the day, students had their first science lesson and were thrilled to use Bunsen burners and implode soft drink cans with Mrs. Britt Anderson. The atmosphere in Lab 2 was palpable!

Thank you for visiting our school, Year 6! We're looking forward to seeing you all again very soon!



Kandos IGA Donation Fuels PCYC Safer Drivers Course

The IGA Community Chest is a community support fund that is made up of a percentage of sales of IGA branded products and selected product lines bearing the Community Chest logo. At our Education Week Assembly, Ahmedi's IGA Kandos donated their Community Chest funds to our school at the value of \$1826.48. This donation has been used to fund our PCYC Safer Drivers Course for our students.

The Safer Drivers Course aims to provide learner drivers with the knowledge they need to reduce road risks and prevent accidents by becoming a safe driver. Students will complete the course with a greater understanding of how to be a safe P-plate driver.

Statistically, the first six months after receiving your provisional license are the most dangerous. New P-plate drivers can find it challenging on the roads without the support of an experienced instructor by their side.

The PCYC Safer Drivers Course equips young drivers with the tools they need to manage the transition to a full license.

A big thank you to Ahmedi's IGA Kandos for their generous donation of the IGA Community Chest, to Lyn from the PCYC for teaching our students invaluable driving skills, and to Mrs. Kerry Reynolds for facilitating the course.



KANDOS HIGH SCHOOL

Please be advised that there will not be a Merit Assembly at the end of Term 3. Instead, we will be conducting our year 12 Farewell Assembly.

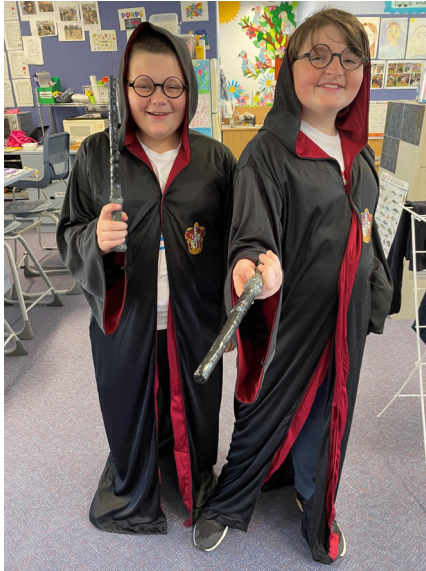


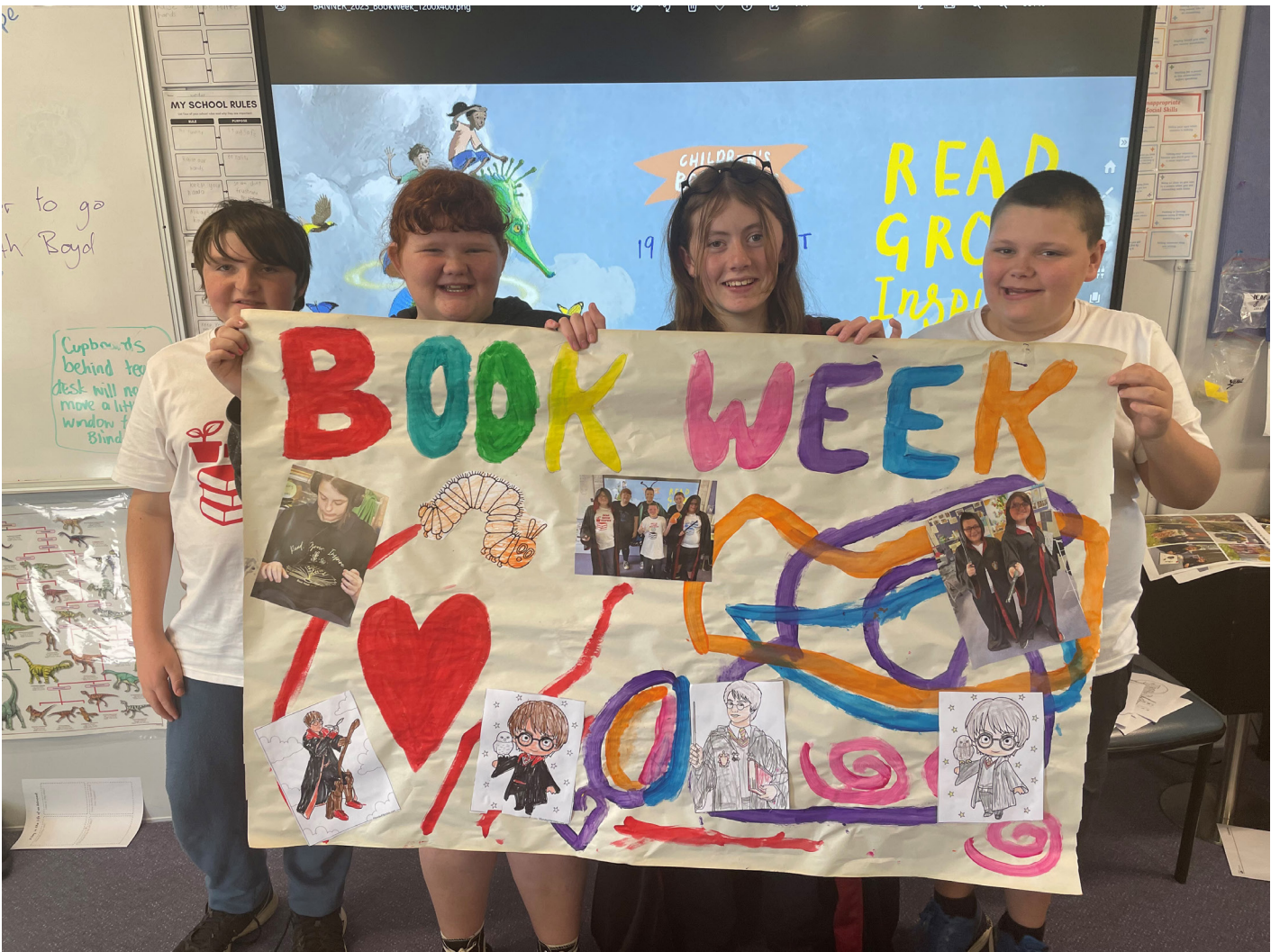
For more information, contact out Front Office 6379 4103

Supporting the Matildas - Green & Gold Mufti Day



Book Week - Read - Grow - Inspire





AG BRAG

Out With The Old...

Troy's Contract Fencing have done a fantastic job of replacing the old timber fence that was on its last legs...or should I say posts. Johnnie, Hercules and Billy kept a close eye on the work that was being completed. Students will have the chance to show off their own skills in the future and work on the internal fences.



Am I Seeing Double?

It turns out that anything Roo can do Martha can do too...literally!! Not to be outdone, Martha welcomed twin boys and just like Roo one was white and one was black, producing a perfectly matched pair between them!! Keeping with our Home & Away tradition, Tene and Justin now have Marli and Dean as play mates.



Coffin Creek Bull Sale

Members of the Kandos High School Show Team were lucky enough to attend the Coffin Creek Bull Sale that was recently held. Students had the opportunity to view the bulls prior to selling and improved their understanding of estimated breeding values and developing an appreciation for objective and subjective qualities in each animal. Thank you to Coffin Creek for inviting students to this on farm sale.



Dubbo National Ram Sales

Students recently travelled to Dubbo to participate in Merino Junior Judging at the Dubbo Merino Ram Sales. The quality of the competition was high, with 3 of the 17 competitors having already qualified for the Royal Easter Show. As always, students conducted themselves with the professionalism and courtesy for they have come to be known for. Alexis Farrugia and Millie Brown both made the top 5, demonstrating their knowledge in the judging area. Congratulations to Millie, who will join MacAlister Heath at the 2024 Royal Easter Show.



Sponsor Shoutout!

This edition of AG BRAG is sponsored by Monivae. Thank you for your ongoing support and donation of oaten hay for our stock.

Deb Johnston
Agriculture Teacher

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



Attendance & Absence Explanation



Education

The Education Act 1990 requires you to ensure your child attends school each day, that instruction is provided unless they are prevented from doing so by sickness or other acceptable reason and for you to provide an explanation for any absence.

The Act requires you to explain your child's absences within seven days of their occurrence. Failure to do so will result in an unjustified absence being recorded.

Please use the Sentral App to explain absences, phone our Front Office 6379 4103 or email kandos-h.School@det.nsw.edu.au

Kandos High School

Every Day Counts

NSW Department of Education



When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1.5 years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Nearly 2.5 years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed.
Every student should be at school every day!



KANDOS HIGH SCHOOL

Sarah Falzon

SBAT Program

School Based
Apprenticeship or Traineeship

Cert III in
Individual
Support

ADA Cottage
RSL LifeCare



★ **LAUREN COOPER** ★

SBAT PROGRAM

School Based Apprenticeship or Traineeship

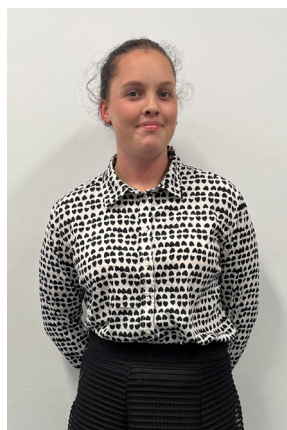
**CERT III IN EARLY CHILDHOOD
EDUCATION & CARE**

Year 10 Mock Interviews

On Friday, 18 August Year 10 & CLIP students were given the opportunity to gain valuable life experience by being a part of mock job interviews. Students wore suitable attire, designed their resume, cover letters and prepared for a series of questions that may be asked in job interviews for careers the students are interested in; Teacher's Aide, Administration - Real Estate, Automotive Electrical Apprenticeship, Sports Turf Management, IT Traineeship and Early Childhood Traineeship.

Although the students were nervous about their interviews, our job selection panel stated they all did exceptionally well. Well done to Year 10 & CLIP students!

Thank you to Mrs. Julie Parsons for creating this experience for our students, and to Nicole Lee from Skillset, Amanda and David Roach from Rotary, and Peter Hadfield from the Rylstone Post Office (and Rotary), for volunteering their time to interview our students. You all showed great enthusiasm for our students and gave them a lot of confidence!

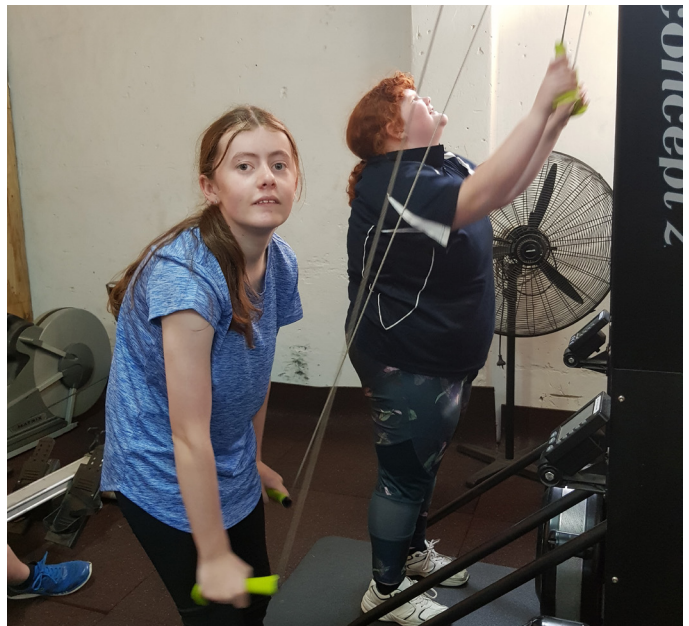


Let' Get Physical

KHS's Support class recently visited Stone Strength in Rylstone to explore the gym's equipment and improve their fitness! The class had a fun time and are looking forward to visiting again soon.

Their visit was made possible because of the Glencore Junior Sports Grant that was successfully obtained by Mrs. Kerry Reynolds. The grant is being used to fund the Stone Strength Program that funds students travel to Rylstone to visit the gym, and aims to educate students on the correct ways to utilise gym equipment and create a fun and healthy environment.

A big thank you to Glencore for this amazing opportunity for our students, Morgan McNair from Stone Strength, and to Mrs. Kerry Reynolds for the hard work and effort you apply to make our students physical education the best it can be!



Trans-Tasman Squash Challenge

Well done to Halli O'Brien for giving it her very best at the Trans-Tasman Squash Challenge in week 6. Halli played singles and doubles games throughout the week for the NSW team, competing against the New Zealand and Queensland teams. The NSW team managed to beat Queensland, however New Zealand won the Trans-Tasman Squash Challenge title.

Nevertheless, KHS and our school community is immensely proud of Halli's efforts and we look forward to cheering her on again next year!



Kandos High School

Online Safety

Do you know what your children are doing online?



Teenagers can come across content, contact, conduct and contract risks when they're online or using social media.



Teenagers need to keep building skills and knowledge to identify and manage internet safety risks independently.



You're a role model for internet safety.



It's important to talk with teens about online reputation, online content, privacy settings, personal information, online purchases and dangerous apps.



For more information on keeping your child safe online, visit:

www.esafety.gov.au/parents/issues-and-advice

 **raisingchildren.net.au**
the Australian parenting website



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

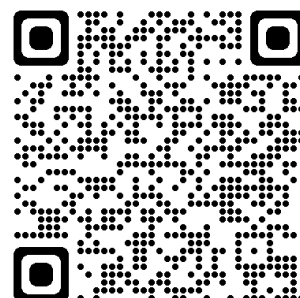
Make sure you are honest with them about potential harms and avoid exaggerated statements.



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.

To visit the Vaping Taskforce website for more information, use the QR Code provided.



TUNING IN to KIDS & TEENS

A course for parents and carers
of children and young people
over six sessions

understanding feelings
managing emotions safely
building strong connections
communicating effectively
building confidence

TUESDAYS 6-8pm
Sept 5, 12, 19
Oct 10, 17 & 24

Mudgee



Course information and bookings
via Humanitix (quick link via QR code)
or email [Tanya tspalding@uniting.com](mailto:Tanya.tspalding@uniting.com)

Mudgee
Therapy
Room

Uniting

We're coming to your community



**NSW Government services will be available
at our Mobile Service Centres in:
Kandos on Wednesday 13 September 2023
9:00am – 3:00pm**

This includes:

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

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

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



Find us at:

Kandos Community Centre
44 Angus Ave



NSW_2023/23 02/05/23

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.



Canteen Menu



HOT FOOD

Sml Pie	\$1.20
Lrg Beef Pie	\$4.20
Sml Sausage Roll	\$1.20
Lrg Beef Sausage Roll	\$3.20
Chicken Nuggets	80c ea
Chicken Chippies	80c ea
Chicken Crackles	70c ea
Chicken Tenders	\$2.00
Beef or Vege Dim Sims	\$2.00
Spaghetti Bolognaise	\$4.00
Lasagna	\$4.00
Vegetable Lasagna	\$4.00
Potato Bake	\$4.00
Fried Rice	\$3.50
Beef Ravioli	\$4.00
Spinch & Ricotta Raviolli	\$4.00
Mac'N'Cheese	\$1.20
Tuna Bake	\$4.00

BURGERS

Grilled Chicken Burger	\$6.00
Schnitzel Burger	\$7.00
Works Schnitzel Burger	\$11.00
Cheeseburger	\$5.00
Plain Burger	\$6.50
Works Burger	\$11.00
Egg & Bacon Roll	\$5.00

PIZZA BREAD

Bacon & Cheese	\$3.50
Ham & Cheese	\$3.50
Ham & Cheese Pineapple	\$3.50
Extras	\$0.50

TOASTED SANDWICHES

Ham & Cheese	\$4.00
Ham, Cheese & Tomato	\$4.50
Chicken & Cheese	\$4.50
Extras	\$0.50

KEBABS

Chicken or Beef	\$7.50
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SANDWICHES & WRAPS

Chicken & Mayonnaise	\$4.50
Chicken & Salad	\$6.50
Salad	\$5.00
Ham	\$3.00
Ham & Salad	\$6.50
Ham & Cheese	\$3.50
Ham, Cheese & Tomato	\$4.00
Chicken, Avocado & Garlic	
Aioli	\$5.50
Chicken	\$4.00
Chicken, Avocado, Baby	
Spinach, Sundried Tomato	
& Garlic Aioli	\$7.00
Extras	\$0.50

SALADS

Plain Salad (GF)	
Small	\$3.50
Large	\$4.50
Greek Salad (GF)	
Small	\$4.50
Egg Salad Small	\$4.50
Vegan Salad (GF)	
Small	\$4.00
Large	\$5.50
Extras:	
Ham, chicken and egg	\$0.50

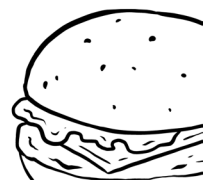
TOASTED WRAPS

Ham & Cheese	\$5.00
Half	\$3.00
Chicken & Cheese	\$5.00
Half	\$3.00

RICE PAPER ROLLS

Variety of fillings - Veggies, Chicken, Ham, Tuna, Salmon. All inc Salad and choice of meat.	
Small (GF)	\$4.00
Large (GF)	\$5.00

*Gluten-free Bread & Wraps Available (GF)
Lactose Free Options
Please advise when ordering.*



SUSHI

Variety of fillings:
Cucumber, Avo, Tuna,
Chicken, Salmon & Veggies

Small (GF)	\$4.00
Large (GF)	\$5.00



PIZZA BREAD

Bacon & Cheese	\$3.50
Ham & Cheese	\$3.50
Ham, Cheese & Pineapple	\$3.50
Chicken & Cheese	\$3.50
Extras	\$0.50



SNACKS

Rice crackers & cheese	\$1.20
Yoghurt & Muesli	\$3.00
Chocolate Mousse	\$2.50
Jelly	
Small	\$1.00
Large	\$2.00
Jelly & Custard	
Small	\$1.00
Large	\$2.00
Plain Yoghurt	
Small	\$1.00
Flavoured Yoghurt	\$3.00
Assortment of Chips	\$1.00 - \$2.50

FRUIT

Fruit Salad	
Small	\$1.20
Large	\$2.00
Snack Box	\$5.00
Fruit Box	
Small	\$4.00
Large	\$5.00
Fruit Cup	\$1.20
Piece of Fruit	\$0.30 to \$0.60ea

HOT DRINKS

Tea, Hot Chocolate and Hot Milo	
Small	\$2.50
Medium	\$3.50
Large	\$4.50

STAFF & YEAR 11 & 12
Cappuccino, Latte Long
Black, Mocha Medium
\$3.50 Large \$4.00



*Lactose-free Milk, Skim Milk
& Soy Milk available*

ICE BLOCKS

TNT	
Frozen Juice Cup	\$1.00
Ice Cream Cup	\$1.00
Ice Cream Cone	\$1.00
Quelch Stick	\$1.00
Long stick Ice Block	\$0.50

DRINKS

Pop Tops	\$2.50
Poppers	\$2.00
Cup Juice	\$1.00
Large Juice	\$4.00
Juice Pouch	\$2.50
Chocolate & Strawberry	
Milk 250ml	\$3.50
Plain Milk	\$2.00
Water	
Extra Small	\$0.80
Small	\$1.20
Large	\$2.00
Glee (High School Only)	\$2.50
Groove	\$3.00

BREAKFAST

Cereal	\$1.00
Toast	\$0.50
Raisin Toast	\$0.50
Melted Cheese	\$1.00

*We also cook a variety of biscuits, mini
muffins, banana bread, carrot cake, yum
yum balls and popcorns. Priced between
30c and \$2.50.*


*All nibbles and snacks are made by the
canteen daily.*

UPCOMING PAYMENTS & PERMISSION NOTES

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

- 2024 Year 9 Excursion
- Year 11 Life Ready Excursion
- NSW CHS Athletics
- State Squash Finals
- Squash Encouragement Day
- PCYC Safer Driver Course
- Sport - Stone Strength Gym

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.



Logos: be you, Beyond Blue, With delivery partners: Early Childhood Australia, headspace, Funded by: Australian Government Department of Health

Kandos High School is proudly supported by