

Kingsgrove North High School

The Way North



Our Community Newsletter No. 4, 2018

2 St Albans Rd, Kingsgrove, 2208

T 9502 3933

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Principal's Report

It has been a great honour to be Relieving Principal for Angelo Stasos whilst he was on leave. I have come to know the Kingsgrove North High School community more closely and truly appreciate the vitality of the staff and all the great programs that exist for our students.

During this term we have worked collaboratively accomplishing many significant projects and always striving to deliver the best possible learning opportunities for our students. Congratulations Kingsgrove North High School staff and students for all your hard work and your collective team effort. It is such a vibrant school community to work in with such supportive and dedicated staff and families.

Staff have completed the first phase of the External Validation process and have identified whole school impact in STEM (Science, Technology, Engineering and Mathematics), Wellbeing, Teaching and Learning, Community and International Partnerships and Transition initiatives. The research staff have undertaken during this External Validation process is designed to improve teaching and learning to meet individual student needs and identify the future directions of the school. We will communicate the outcomes of this process when the school is formally assessed in Term 4.

I thank you once again for your patience as we still continue to undergo demolition work to the front office entry to the school. There has been significant delay which has been beyond our control. With work now in its final stages, you can now look forward to the magnificent entry of the school. I must thank the SASS staff for their endurance during this operation.

I thank our Deputy Principals, Mr McKeown and Mr Spero for their dedication and commitment, ensuring all school business is well communicated to students, staff and families. I would also like to thank the teaching staff, P&C, SASS team and community partners who are constantly working together to ensure the best outcomes for our students.

I look forward to seeing you all in the near future and will always have a strong connection with the Kingsgrove North High School community.

Kind Regards,
Debbie Agapitos
(Relieving Principal)

Kingsgrove North High School

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Year 7 Report

And as quick as a flash, we've come to the end of Term 2. Half way! Its been an exceptionally busy term- lots of assessments and exams for the kids, and lots of marking and reporting for the teachers!!!

Hopefully, you've had a good look at your child's Half Yearly Report and are pleased with their progress so far. Having read through every Year 7 student's report for every subject, I have identified some impressive achievement. I'd like to congratulate the following students who achieved excellent results across all subjects:

Connor Dinell, Irene Hatzianestis, Christian Hatziravdelis, Alyzza Pascual-Dobes, Selafina Akauola, Tiana Carrington, Jessica Afonso, Noah Duchet-Catherine, Benny Xu, Jenny Chu, Courtney Henry, Simon Manetas and Abdulrehman Zreika.

It was lovely to see such a good turn out at the Parent and Teacher Interviews on Monday evening (2-7-18). I personally, had lots of positive and encouraging conversations with many Year 7 parents, and I am very happy to hear about how many students are loving their experience at KNHS.

Term 3 will see the start of the "Year 7 Super Reading Challenge". This is a class vs class reading competition. The class that has read the most novels collectively at the end of the year will earn a "super" prize. I am asking parents to monitor and track reading progress and the students will also earn school achievement cards as they hit their reading goals. More information will be sent home next term.

Enjoy the holiday break! I know I'm going to take advantage and sleep in every morning. Stay safe and re-energise for a great Term 3.

Angela Faros



PDHPE Term 2

First Aid Training

'Knowing what to do can make a real difference' (Coffey, 2017). Now our senior students can too!

On Monday 25th June, Year 11 PDHPE and SLR students undertook First Aid course run by *Surf Life Saving NSW*. This course was mandatory for students as part of their senior studies.

The course involved learning about providing first aid in emergency situations. Students had the opportunity to learn through practical application of how to perform CPR on adults and babies, apply bandaging and manage treatment for anaphylaxis and asthma.

Our gratitude is extended to the PDHPE staff and the trainers: Craig, John and Kim, who all worked tirelessly throughout the day to ensure the running of the course was smooth and effective. The day proved to be a huge success as it was a great learning experience for everyone.

By Ms. Axougas



Year 12 PDHPE Excursion to the NSW Uni Museum of Human Disease

This term the Year 12 PDHPE class completed an assessment task at the Museum of Human Disease at The University of NSW. The Museum has a collection of 3,000 specimens of human tissue. As a museum of pathology the specimens are utilised in the study of human disease. The specimens' display the natural history of disease is in full view. Each specimen is accompanied by a clinical history and some specimens are over 100 years old.

The Museum contains examples of both infectious and non-infectious diseases. Some diseases such as typhoid and diphtheria are now quite rare in Australia due to vaccination and public health programs. Other infectious diseases such as HIV and Tuberculosis still remain as major problems within the community. Many diseases associated with lifestyle are also available to view and provide great evidence to the cause of correct lifestyle choices. The Museum houses exhibits on smoking, obesity, alcohol, drugs and mental health. Students were well informed about how a person's lifestyle can affect their health.

Mr Rozario



PDHPE FUN AND FACTS

WHY EXERCISE??

Benefits of regular physical activity

If you are regularly physically active, you may:

- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower the risk of osteoporosis
- lower your risk of falls
- recover better from period of hospitalisation or bed rest
- feel better – with more energy, a better mood, feel more relaxed and sleep better.



A healthier state of mind

A number of studies have found that exercise helps depression. Exercise may block negative thoughts or distract people from daily worries. Exercising with others provides an opportunity for increased social contact. Increased fitness may lift your mood and improve sleep patterns. Exercise may also change levels of chemicals in your brain, such as stress hormones.

Aim for at least 30 minutes a day

To maintain health and reduce your risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate-intensity physical activity on most, preferably all, days.

Physical Activity Guidelines

The Australian Government's Physical Activity Guidelines state that:

Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

Be active on most, preferably all, days every week.

Accumulate a minimum of 2 ½ to 5 hours of moderate intensity physical activity each week.

Do muscle strengthening activities on at least two days each week.

Ways to increase activity

Increases in daily activity can come from small changes made throughout your day, such as walking or cycling instead of using the car, getting off a train or bus a stop earlier and walking the rest of the way, or walking to school.

<https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important>



Upcoming PDHPE events in Term 3

Upcoming PDHPE events in Term 3	
28 th of August	Yr 10 BStreetsmart Excursion
6 th of September	PASS & SLR Excursion
19 th of September	Year 8 PDHPE Excursion

Mr Rozario

Athletics Zone Carnival

What an amazing two days for our representative athletics team of Kingsgrove North High School! 50 students represented our school at the annual St George Zone athletics carnival held over two days on the 2nd and 3rd of July 2018. A Wonderful achievement as 14 competitors have earnt their positions in the next upcoming regional athletics carnival where they will be representing the St George Zone. Our students will be competing in a total of 28 events as many have achieved positions in multiple events. An outstanding effort overall and a big congratulations to all of our students who have proudly represented our school. Thank you to all the students, parents, teachers and school for their support. We wish our athletes the best of luck for the next carnival ahead.

Ms Saad



Greek Dancing Group

The Greek Dancing Group performed on Friday 29th July at the Madiba Project annual multicultural event at Bankstown Sport Club. The girls performed two dances showcasing their culture and even got the audience involved for the Zorba. They did a fantastic job.

Ms Kallitsis



The Model Making Club Report.

The students who come to the model making club every Thursday afternoon after school continue to acquire new skills in the creation, manipulation and placement of small-to-scale figures in battle situations. They are currently working on a Cold War scene and receive expert instruction from Mr Macintosh who is a parent of one of our year 8 boys. He has been working with students in this capacity since 2010.



VET NEWS

SKILLS SHOW AUSTRALIA – 2018 ICC- Darling Harbour



On Monday 4th June 2018, VET students from Year 11 and 12 Hospitality classes visited the WorldSkills National Competition, part of Skills Show Australia at the International Convention Centre, Darling Harbour.

Skills Show Australia is a celebration of trades, skills, vocational education and training and above all – industry excellence. The Skills Show provides students with an opportunity to discover future careers through interactive events, demonstrations and competitions. It is the perfect opportunity to showcase potential career choices and shift perceptions around a career in the skills and trade industry.

The students were able to watch many competitors from various trades, battle it out to become the Australian WorldSkills champion and to go on to represent Australia in the International World Skills Competition to be held in Kazan, Russia in 2019.





Trades represented included Commercial Cookery, Baking & Patisserie, Butchery, Brick & Block laying, Carpentry, Joinery, Sheet metal Technology, Electro-technology, Automotive & Landscaping to name a few.





The day also included networking opportunities for the students to engage with employers, industry bodies and Vocational Education Institutions who were all able to advise our students on potential career and employment opportunities. Our students also got to chat with a former student of Mr Smith and previous Commercial Cookery WorldSkills Champion, Matt Wills.



Photo: Former WorldSkills Commercial Cookery Champion Matt Wills with KNHS Max Kamsang & Mr P. Smith

CAPA News

As we approach the final stages of students learning in term 2, I would like to remind students and their parents of the wonderful opportunities our students have experienced in the Arts.



In Music, students have taken part in a guitar making workshop as well as a boy's vocal workshop.



In Dance, The Bring it on Dance squad performed an amazing Hip hop composition for the Bring it on Dance competition. Even though they did not place, the team danced very well and represented our school with first class honours. Congratulations to all the team on their hard work and dedication.



KINGSGROVE NORTH HIGH SCHOOL
COS SHOWCASE 2018

DATE: 29TH AUGUST 2018
TIME: 5.30pm - 8.30pm
CREATIVE ARTS EXHIBITION - SENIOR QUAD
PERFORMING ARTS SHOWCASE - HALL
BBQ & DRINKS PROVIDED
PRIZES TO BE AWARDED

Facebook: <https://www.facebook.com/KingsgroveNHS/> Website: www.kingsgrove-nhschool.com.au

Next term, the CAPA staff and students will be continuing to focus and develop works to exhibit and or perform in our annual COS Showcase and working with the COS primary schools, also involved in the evenings events.. This year's event will be on Wednesday 29th August 2018 at the school. It is going to be an amazing event with the art exhibition starting at 5.30pm in the senior quad followed by a sausage sizzle in the Ffrench's Fforest BBQ area, moving to watch the performances in the school hall by 7.00pm.

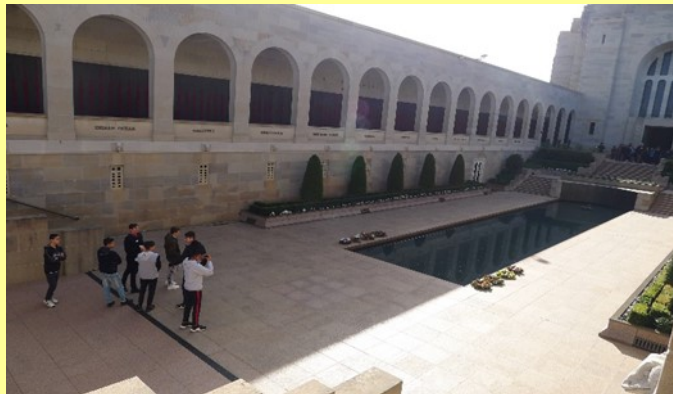
Finally, I would like to thank the CAPA staff for their hard work and commitment over the past two terms; it has been a very busy time for our faculty. They always work with dedication to ensure our students have the best opportunities and are actively working towards their learning outcomes in the CAPA subjects.

Sarah Noulas
 Head Teacher CAPA

Canberra Excursion

21-6-18

On the 21-6-18, the International students and some Year 10 History students travelled to Canberra to the Australian War Memorial and National Museum. They particularly enjoyed the guided tour of the War Memorial where four groups and their leaders were able to participate in the experiences of many Australians who fought in overseas conflicts. The students particularly like the screening of the World War One dogfight and the Japanese midget submarine attack. Our International students found the trip very educational and a good bonding exercise amongst the students. They also enjoyed walking along the Lake Burley Griffin walkways and generally acclimatising themselves to Australia's capital city.



**Dear KNHS Community,
Please join the PREFECT committee
and various staff members for a
sausage sizzle and a cold drink on
Saturday 21st July, 2018 to raise funds
for KNHS.**



From the Welfare Desk

Congratulations to our Top Blokes!



Rumman, Lucas, Abdullah, Tre, Ky, Austin and Aqib have graduated from the Top Blokes program. Every Tuesday morning, they came to the library to meet with their mentors Billel and Amanda. The program has improved the boys' attendance and punctuality and given them a renewed focus in completing their studies. Well done Boys!



Canterbury Bankstown Youth Forum

Rocket, Liana, Angela, Jacob C and Archar represented our school at the Canterbury Bankstown Youth Forum. They were exemplary representatives, speaking on behalf of their table groups and adding their thoughts.



Attendance

I have noted this term that many students have improved their attendance rate. I encourage parents to support their children in attending school every day that instruction is offered. Your child may need help waking up in the morning, organising his or her clothes or packing a bag with the required materials and equipment for the day. These are important life skills, and will stand your child in good stead as he or she enters the workforce or tertiary study. Please contact the school if you require assistance.

Holiday Fun!

The holidays are a very important time for students. They have the time to follow their interests – reading, playing sport, socialising with friends, visiting family and enjoying the great outdoors. I would like to wish our school community a rewarding and safe vacation.

Helen Conidaris
(Rel) HT Welfare

From the Library

FIFA World Cup

The Library is celebrating all things soccer! We have a research competition and a jersey design competition. They are attached to the newsletter for your child to print out and complete during the holidays if he or she would like to enter. Completed entries can be brought to the library and handed in at the desk. We were fortunate to purchase many new soccer books, and our students have borrowed and read them with enthusiasm.



New Books

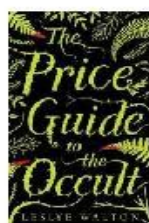
One of the joys of being a librarian is finding and choosing new books. This term, we have some real gems.

The Rainbow Goblins by Ul De Rico (Thames and Hudson, 1978) has been the basis for record album covers and has some magnificent artwork. We have put some of the artwork around the library.



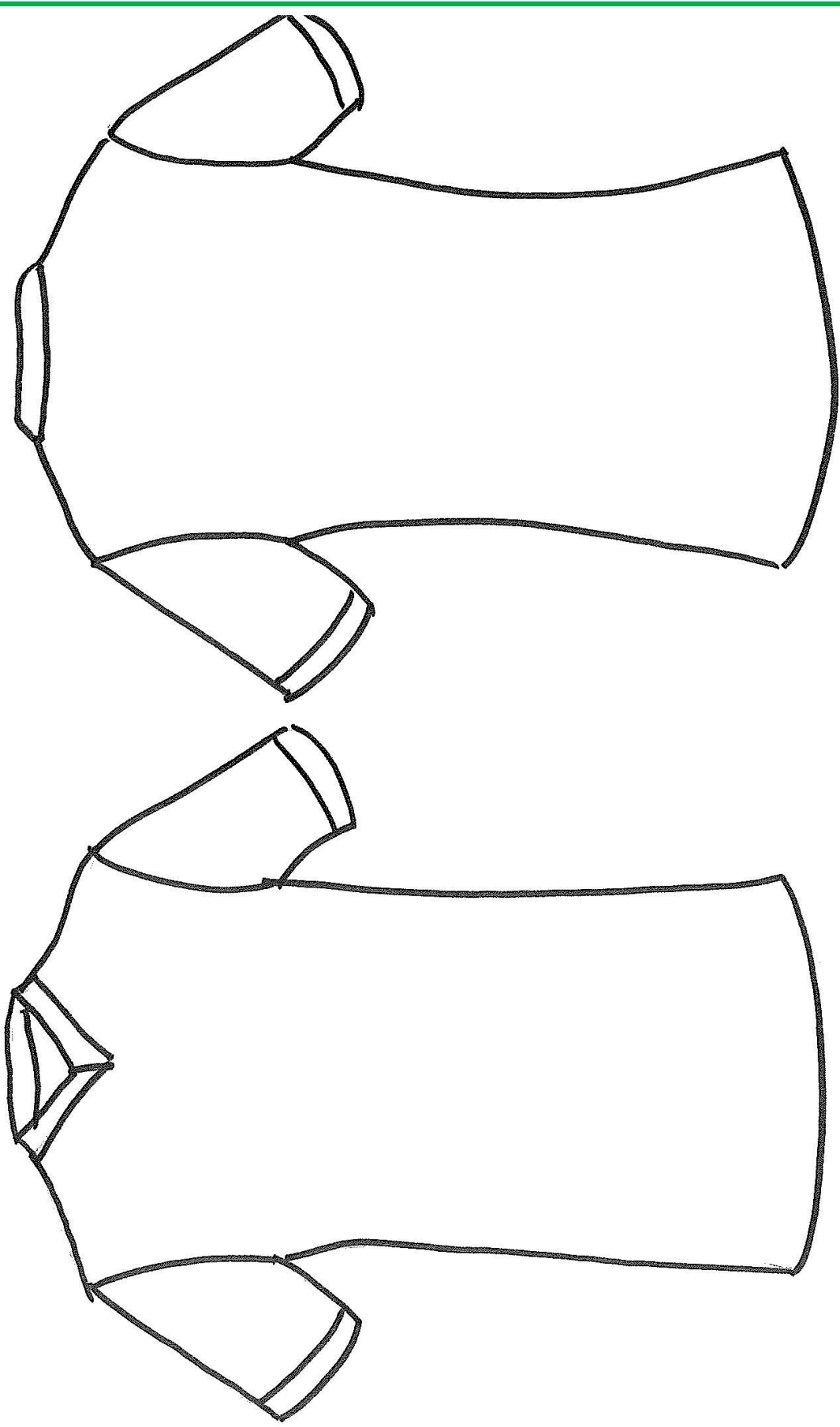
Still with the theme of colour, author Michael Speachley presents an enlightening perspective on consumerism in his new book, *The All New Must Have Orange 430* (Penguin Viking, 2018). This is recommended reading for any child who asks can I have.... the latest new thing.

LYLA by Fleur Beale (Allen and Unwin 2018) is part of the Through My Eyes natural Disaster Series. Set in New Zealand, it traces the effects of the Christchurch earthquake on a young girl, her family and her community.



For lovers of fantasy and the supernatural there is the price *Guide to the Occult* by Leslye Walton (Candlewick press, 2018). It follows Nor Blackburn, who would like to live an unremarkable life through adventures with murder and magic in the Pacific Northwest of the United States, famous as the setting for the Twilight saga.

Enjoy the break,
Helen Conidaris (Teacher Librarian)





Quiz

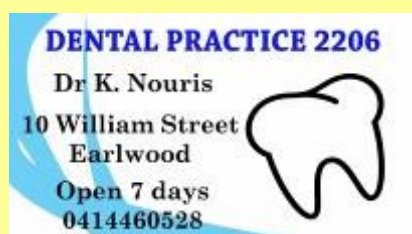
Complete the quiz to go into the draw for a prize

01. Has Australia ever won the FIFA World Cup™? _____
02. Has Australia ever hosted the FIFA World Cup™? _____
03. What is the FIFA World Cup™ Australian team's name? _____
04. Which country has won the FIFA World Cup™ the most times? _____
05. What is the country with the smallest population in the FIFA World Cup™? _____
06. What is the country with the largest population in the FIFA World Cup™? _____
07. How many countries in the FIFA World Cup™ have English as their official language? _____
08. How many countries in the FIFA World Cup™ have Spanish as their official language? _____
09. How many players per team in the FIFA World Cup™? _____
10. What team's playing strip is this? (See image Q.10) _____
11. Which country does Cristiano Ronaldo play for? _____
12. Which of these countries has never won the FIFA World Cup™?
 - a. Russia
 - b. Argentina
 - c. Germany
 - d. France
13. What is the biggest crowd ever for a FIFA World Cup™ game? _____
14. Which country made vuvuzelas popular? _____
15. Where was the very first FIFA World Cup™ held? _____
16. Which country did David Beckham play for? _____
17. Which player has scored the most FIFA World Cup™ goals in history?
 - a. Miroslav Klose (Germany)
 - b. Ronaldo (Brazil)
 - c. Just Fontaine (France)
 - d. Roberto Baggio (Italy)



Image Q.10

Kingsgrove North High School is proudly sponsored by the following organisations. We would like to thank and acknowledge our sponsors for their continue support of our school.



We would also like to thank and acknowledge the following local businesses that have sponsored and supported our classroom calendar for 2018.

- | | |
|-------------------------------------|----------------------------------|
| 1. Abel Trophies | 2. City Ford Rockdale |
| 3. David Jones Removals and Storage | 4. Euro Funeral Services |
| 5. Harvey Norman- Wiley Park | 6.HBA Hair by Andy |
| 7. Jackie's Floral Gallery | 8.Kings Value Chemist |
| 11. LJ Hooker - Earlwood | 12. Professional Tutoring Centre |
| 13. Telstra Store Campsie | 14. Vicinity Centres |