

Kingsgrove North High School

# The Way North



## Our Community Newsletter No. 2, 2019

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### Principals Report

As we come to the end of term 1 it is a good time to look back and reflect on some of the major and successful events that have taken place. This term we have hosted a very successful Open Night with over 450 parents and students visiting the school, following on from this our annual swimming carnival was held at Bexley Pool and last week the Cross-Country carnival at Gannons Park.

The year 7 camp was also recently held as was our celebration of Harmony Day which was another highly successful whole school event. These events could not have taken place without the hard work of our staff from across all faculties and I would like to thank and acknowledge all their work. It is these whole school events that build school spirit and let me tell you there is a lot of that at Kingsgrove North.

During the term we were also fortunate to have the Secretary of the Department Mr Mark Scott visit our school. A tour of the school was organised, and he was shown around the school by our leadership team who did an excellent job promoting our school and showing the many new facilities and resources we have.

As always, I like to report to the school community the continual upgrades that are happening at the school. As we go to print Padstow TAFE have commenced work on a mini grandstand on the eastern side of the oval. They have already built two shelters on the oval and this is a continuation of our partnership we have with the TAFE. They will complete this building project and hopefully be back later in the year to build two more on the St Albans side of the oval.

We have also purchased more seating for students in the main quad and a large cover will also be built in the holidays to provide more shelter for students. The indoor soccer arena is slowly coming along and the time line for completion is midterm 2.

The planning has also commenced for the upgrade of the second kitchen which will be transformed into a smaller version of the commercial kitchen we currently have. The tender process has been completed with final plans now being drawn up and then final approval from our Asset Management unit before commencement. As this is also a major project, we are looking at mid-July for completion.

The planning for the new Mathematics centre has also been completed and we are now in the process of ordering new furniture and resources for the room, again we are looking at mid-term 2 as a completion date.

We have started the production for the 360-degree virtual reality clips that will be placed on the website. When completed there will be approx. 16 different areas of the school highlighted with all faculties shown along with other facilities. As you can see there is a lot of things happening and next term will be no different.

Finally, I would like to encourage parents to be involved in the P&C who are a small but active group within the school. The P&C are looking at a number of fundraising projects this year to help with the continue upgrade and increasing resources for the school. Enjoy the holiday break and I look forward to seeing everyone back next term.

Angelo Stasos  
Principal

### Deputy Principal's Report – Ms Bardouh

Wow and here we are at the end of what has been a productive and busy term 1 here at Kingsgrove North High School. A number of key initiatives have been organised and offered to student's opportunities to develop socially, emotionally and academically. We have great staff who go above and beyond who need to be recognised and celebrated.

#### **INTERNATIONAL WOMEN'S DAY**

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. International Women's Day means different things to different people, but the global focus on equality and celebration is clear.

At KNHS we celebrated the day by holding a breakfast where all women, students, staff, parents and caregivers were invited to join in the morning. We enjoyed, pastries, cereals, fruit and not to forget a morning cuppa to kick off a Friday. Many thanks to Ms Karpathakis and Ms Conidaris for organising the delightful breakfast and this event to celebrate being a woman.



## **YEAR 7 CAMP**

Year 7 ventured out to Nepean Adventure Centre on a Monday 25<sup>th</sup> March for 3 days excited for the experience that a year 7 camp will bring. The aim of the camp was about building relationships with one another and to have some enjoyment outside of the KNHS setting. Students were allocated a group and enjoyed the activities ranging from gorge swing, dangling duo, archery, raft building, canoeing, adventure ropes and zorb balls. The students participated in a number of challenging activities that required teamwork, initiative and effective communication.

A special thanks to the staff who attended the camp, Ms McGill, Mr D'Addona, Mr Celenk, Ms Stamenkovic and Ms Conidaris.



## **TELL THEM FROM ME SURVEY**

Students at Kingsgrove North High School were asked to complete the 'Tell Them from Me' feedback survey this term. Our school participated in the 'Tell Them from Me' student feedback survey. The survey aims to help improve student learning outcomes and will measure factors that are known to affect academic achievement and other student outcomes. The survey focuses on student wellbeing, engagement and effective teaching practices.

This survey provides students with an opportunity to provide our school with valuable feedback about their thoughts on school life, how engaged they feel at school and the different ways that teachers interact with them. Schools in Australia use the 'Tell Them from Me' survey to help improve school systems and student satisfaction.

Staff and parents will be provided with an opportunity to complete the survey and provide their feedback in semester 2.

## **HARMONY DAY**

Harmony Day was established to celebrate Australia's cultural diversity and to be a day of cultural respect for everyone who calls Australia home. It is about togetherness and kindness, about sharing experiences and knowledge. In a small but meaningful way this day of celebration – of respect for diversity – works to create the conditions to erase fear and create friendships. AT KNHS we celebrated this day thanks to the hard work of Linda Ayache who organised a well thought out day that was engaging, meaningful and fun. Congratulations Linda. I sure did enjoy myself as year 7 cheered me on, in an attempt to hit the piñata. Well done to all the students who created interesting and thought provoking posters and to the many winners. Conversations relating to kindness, differences, respect and diversity is always a positive.

I would like to wish all students and families a safe, restful and enjoyable break ready for what will be a busy term 2.

Ms Bardouh





Education &  
Communities

# Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

## What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

## The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

## What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

## Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.





### **My child won't go to school. What should I do?**

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

### **What might happen if my child continues to have unacceptable absences?**

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department

may apply to the Children's Court for a *Compulsory Schooling Order*. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

### **What age can my child leave school?**

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

### **Working in Partnership**

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

**If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.**

Further information regarding school attendance can be obtained from the following websites:

#### **Policy, information and brochures:**

Please visit the Department of Education's *Policy library*

#### **The school leaving age:**

Please visit the Department of Education's *Wellbeing and Learning website*

#### **Do you need an interpreter?**

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on 131 450. You will not be charged for this service.

For further advice and questions contact your educational services team

T 131 536

Learning and Engagement

Student Engagement & Interagency Partnerships

T 9244 512

[www.dec.nsw.gov.au](http://www.dec.nsw.gov.au)

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NSW Department of Education and Communities

## CAPA NEWS

Within the Creative and Performing Arts at Kingsgrove North High School we aim to provide students with the knowledge and understanding of traditional, contemporary and advancing technologies and arts practice, preparing our students to be significant producers and informed consumers of Culture within our society. The fundamental study focus of all our Creative Arts courses is the study of strong discipline based content through the experience and development of complex skills required to create and test ideas, generate creative works with confidence, shape inquiry and to critically evaluate and reflect on what they do.

Throughout term one, students participating in Visual Arts, Photography and Digital Media and Music have been engaging in their specialty learning areas. Year seven Music has been continuing their introduction to musicology and notation, while in Visual Arts they have begun to explore the topic of portraiture in art. In year eight Music, students are working of extended music notation and experiencing the practical introduction of rock genre on the guitar. In year eight Visual Arts, students are exploring the theme of still life in art, working in the practical expressive forms of drawing, printmaking and digital art. Both year seven and eight Visual Arts and Music students have assignments over the term one break, these assignments support the students learning in class and are due week 2, term two.



Year nine Visual arts has been investigating material practice through the development and analysis of artworks in the subject matter of urban landscape. Students in this class have a literacy research assessment due during week 2, term two 2019. Year nine PDM students



have been exploring the elements of design and have been introduced to software program Photoshop. Students also have a practical assessment due week 2, term two to submit to their class teacher. In year nine Music, students have been learning about Jazz as a genre investigating both the theory and practical components of this topic. Year ten PDM and Visual Arts students have been busy working towards their practical and theory

coursework, with the art students working on their German Expressionism printmaking self-portrait task. They are also commencing their mural artwork that was designed by year ten art student, Dhani.



Both year eleven students in Visual Arts, PDM and Music are developing their skills in the practical components of their disciplines while studying the theoretical components of their specific creative arts course.



While the year twelve students in Music and Visual Arts are focusing of preparing for their major performances and or Body of Work, as well as revising for their HSC written examinations.

A huge thank you to all the CAPA teachers who always ensure our Creative and Performing Arts students achieve their personal best in our courses.

Sarah Noulas  
Head Teacher CAPA.



# VET NEWS – Term 1 2019

## The benefits of studying a VET course

Vocational Education and Training (VET) refers to education and training that focuses on delivering skills and knowledge required for specific industries. It is a learning option for young people in the senior phase of learning. The role VET courses play in helping students prepare for further education, training, employment and lifelong learning is widely recognised by key stakeholders in education.

For NSW school students in Years 10–12 VET is ‘dual accredited’. Students receive recognition towards their school qualification (Record of School Achievement or HSC), as well as a nationally recognised VET qualification (Certificate or Statement of Attainment).

The other benefits of participating in VET include (but are not limited to):

- obtaining practical experience from work
- gaining familiarity on how workplaces operate
- developing employability skills
- developing and improving interpersonal skills
- allowing students to explore the potential career path they would like to pursue.

## Course fees and uniform requirements



VET course fees cover the cost of consumables such as food ingredients used in Hospitality and other necessary resources for practical lessons. We try to keep costs as low as possible and at the same time make the projects interesting. We therefore would appreciate prompt payment of these fees to allow us to meet our costs.

Some courses such as Hospitality, Construction and Metal & Engineering also have specific uniform and personal protection equipment (PPE) requirements as stipulated by industry standards. Students will be required to wear enclosed leather footwear and uniforms during all practical lessons and during work placement. Further information is available from your teacher or by contacting **Mr P Smith -Head Teacher VET.**

## VET Student Induction Seminar

Year 11 VET students met with Mr Smith for a student information and induction seminar on Thursday 14<sup>th</sup> February. They were informed of what to expect in their studies of Retail Services, Hospitality, Metal & Engineering and Construction. Students are also required to complete a **VET Student Enrolment Agreement – 2019** form. This form contained information about the USI and Privacy notice which requires students to sign the declaration and consent form. Parent/guardians are also required to sign this form. Please ensure these forms are returned to Mr P. Smith to enable the school to complete your enrolment in these courses.



## Unique Student Identifier (USI)

As of the 1st of January 2015 all students undertaking a VET program must have a Unique Student Identifier (USI). The Unique Student Identifier or USI is a reference number made up of 10 numbers and letters that:

- creates a secure online record of your recognised training and qualifications gained in Australia, even from different training organisations
- will give you access to your training records and transcripts
- can be accessed online, anytime and anywhere
- is free and easy to create and
- stays with you for life

**A Registered Training Organisation cannot issue a student with a credential unless the student has provided them with their USI.** To create a USI, students should visit the website below. They will require a form of identification such as their Medicare card to complete the registration form.

Once completed, the student will receive an email confirming their USI. It is recommended that students use their Department of Education email account.

**To register for a USI go to:** [www.usi.gov.au](http://www.usi.gov.au)



## Maths News



We are now nearing the end of Term 1 at Kingsgrove North High School. The Mathematics Faculty has a new staff member Mr Antony Sachs, replacing Mrs Rogers, who is on Long Service Leave. We have a full complement of highly skilled teachers who are available to assist students both inside the classroom and at recess and lunchtimes. The Homework Centre is also available, to all students, every Thursday in the Library from 3.15pm until 4.30pm. We would like to welcome our new cohort of Year 7 students, who are settling in well to their new classes and adjusting to the rigors of homework.

This term we have been busy with lots of assignments, on line assessments and exams. Year 7 have completed an assignment on Measurement, Year 8 did a class test, Year 9 did an online assessment and Year 10 completed their Algebra grading task.

Year 11, who are all doing new courses, have been busy using online Technology to complete their assignments and Year 12, who only have 2 terms to go, completed their second HSC task.

Year 7 and 9 will be preparing themselves for NAPLAN coming up in Week 3 of Term 2. Next term Year 7 will be finalising work on Volume then starting Fractions.

Year 8 will be continuing on Financial Mathematics and then Equations and Pythagoras' Theorem.

Year 9 will be learning about Algebra and Equations and Year 10 will be familiarising themselves with Trigonometry and Measurement.

A reminder to students, that a calculator is essential piece of equipment for Mathematics in all years. It is recommended that all students purchase a **CASIO FX-82AU**. Year 7 and 9 will be using their calculator for Naplan, as there are two components a Calculator and Non- Calculator section.

Year 12 must be aware of what are NESAs approved calculators and must go to the website to find if theirs is acceptable. This needs to be done before major tasks as to avoid any issues, if a calculator is not approved.

We hope that students have a restful and safe break and return refreshed in Term 2.

### Bunnings BBQ Fundraiser

KNHS and the Prefects of 2019 would like to thank the community for their kind donations. The BBQ fundraiser was a blast as we raised \$1280 and these funds will contribute to buying the school a present on behalf of Year 12, 2019. A big thanks to the KNHS staff Mrs Varvaressos (organiser), Mr Stasos (Principal), Ms Ellis, Ms Sarlas and to the prefects for giving up their spare time.

Kind regards,  
Athena Varvaressos



### School Leadership Awards

A big thanks to Mr Grahame Steigler-Peters, Principal, Wiley Park Girls High School for hosting this year's School Leader Awards. Mrs Varvaressos, the 2019 school Captain(s) and Vice-Captain(s) attended Wiley Park Girls High School for morning tea and a brief presentation on the 4th March 2019.

We were honoured to have the Hon. Tony Burke MP, Sophie Cotsis, Member for Canterbury and Jihad Dib, Member for Lakemba present our leaders with other school leaders in our local community present a certificate in recognition of their successful nomination and investiture as School Leaders 2019. Well done Leaders!

Athena Varvaressos



**A brief report from the administration desk!** I would just like to inform students and parents that all HSC Practical Examination Options for Industrial Technology, Music and Visual Arts have now been entered on NESA's Schools' Online. I have also recently completed the 2019 HSC Electives Survey outlining which topics and texts students are and will be studying in their final year at school. Each year NESA asks schools to provide information on Topics, Electives, and Case Studies in particular subjects. This information plays an important part in the marking process, assisting Supervisors of Marking and NESA staff to allocate questions to marking groups enabling student HSC responses to be distributed in the most effective way. Early Term 2, our school has accepted the first round of student teachers that will be completing their practicum from the University of Sydney. We are expecting students to join the Mathematics and HSIE faculty and we look forward to working with them and guiding them through their professional experience at KNHS.

I would finally like to share with everyone the beautiful renovation that have recently been completed in the HT Administration office. This is not only my office, it is also a communal space for all the staff at our school. I would like to thank Ms Sarah Noulas, HT CAPA for her assistance and expertise with the colour scheme, Mr Mark Harris our G.A for spending time putting everything together and of course our Principal Mr Angelo Stasos for allowing these renovations to occur.

I hope all our KNHS families have a wonderful break and I look forward to sharing more updates with everyone in Term 2.

Miss Dimitra Tsotsioras  
Head Teacher Administration



### **Young Women of the World Program**

This term a selected group of KNHS Year 10 girls participated in the 'Young Women of the World' program. The weekly workshops were designed to help young women enhance their interpersonal skills, build confidence and provide information about the issues they face in society. This was a huge success and our girls should be proud of their accomplishments.



## Work Placement

Workplace learning programs form part of the NSW secondary school curriculum. They enable students to spend a planned period of time in a workplace which enhances their classroom learning by building on their industry skills. **Work placement is compulsory for Stage 6 VET courses. This is a NESA requirement.** Non completion of work placement will result in a student being issued with an “N”-award.

The minimum hours of work placement vary, but usually you are required to complete 35 hours of work placement for every 120 hours of the VET course. Students studying the 2 year, 240 hour course will therefore complete 70 hours which equates to two weeks work placement. Your teacher will provide details of work placement. **The dates for the first work placement for Year 11 Preliminary students are listed in the table below.**



<b>Construction</b>	<b>Term 2 Week 5: 27<sup>th</sup>– 31<sup>st</sup> May</b>
<b>Metal &amp; Engineering</b>	<b>Term 2 Week 7 : 10<sup>th</sup> – 14<sup>th</sup> June OR Week 9: 26<sup>th</sup> – 28<sup>th</sup> June</b>
<b>Retail Services</b>	<b>Term 2 Week 7 : 10<sup>th</sup> – 14<sup>th</sup> June OR Week 8: 17<sup>th</sup> – 21<sup>st</sup> June</b>
<b>Hospitality</b>	<b>Term 3 Week 3: 5<sup>th</sup> – 9<sup>th</sup> August OR Week 4: 12<sup>th</sup> – 16<sup>th</sup> August</b>

**For further information regarding VET please contact Mr Paul Smith – Head Teacher VET.**

## Welfare Report

### Attendance.

It is pleasing to note that most of our students have a high rate of attendance. This indicates the students' and families commitment to education, and prepares the way for students to succeed at school, at further study and in the workplace. The NSW Education department has prepared a list of reasons for allowed absence. These are:

- being sick or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstances e.g. attending a funeral

If your child is absent, please send a note with the student on the first day that he or she returns to school and give the note to the office. In this way, your child's absence is justified.

### Assistance for Students and families.

Assistance with personal and family issues is available to or students. Our Youth Workers are available on Mondays, Tuesdays, Wednesdays and Fridays. Margot from the Family Referral Service is at school on Thursdays and our CLOs Najah and Dung are always ready to help in any way possible. They may be contacted directly by students or through Ms Conidaris in the Library.

### Government Subsidies.

The Federal Government provides funding for teenagers to access dental services. If your family receives Family Tax Benefit Part A your child may be eligible for some dentistry, at the very least an inspection and clean. The NSW Government has the Active Kids Program, allowing families to access a hundred dollars of funding for sport and recreation. More information is available [here](#)

### Responding to Bullying

If your child reports that he or she is being bullied, please do not hesitate to contact a Deputy Principal, myself or the year adviser. This will allow us to take the appropriate action to ensure the school is a pleasant and harmonious environment for all students. I've included some tips for helping your child below.

#### If your child talks to you about bullying:

1. Listen calmly and do not tell your child that we are not to blame.
2. Ask your child for the exact date, time and location of the bullying.
3. Write down the details of the bullying and the consequences.
4. Contact the school.
5. Check in regularly with your child.



Best wishes for the Holidays,

Helen Conidaris (rel. HT Welfare)

## HOW TO TALK TO KIDS AND TEENS ABOUT WORLD TRAUMA

By Karen Young

When the world is struck with a catastrophic event, the instinct to shield our children from the effects of it is completely understandable. We want them to grow up believing that the world is pure and good and geared in their favour. We also want them to feel safe, and avoiding a discussion isn't necessarily the way to make this happen.

Older kids and teens will know when something big has happened whether you're the one who tells them or not. Knowing that something has happened, but not having anybody explain things, is a really scary thing to feel for any of us. Our kids are no different. We all need context and assurance and it's the facts that will provide this.

All kids are different. They need different information to feel safe, they look for a different level of detail and they are impacted by different parts of the story.

Nobody will know your children better than you do, so it's important to manage the conversation based on who they are, what they already know and what it means for them.



### With all children.

#### 1. The most important question.

Whatever their age, there is likely to be one thought at the front of their minds, 'What about me?' This is normal and healthy and part of the way they process what has happened. They need to understand it in terms of what it means to them and for their own safety and wellbeing. Let this guide your response.

#### 2. Let them know that what they're feeling makes sense.

We're all different and will respond to things in different ways. Whether they feel nothing at all or very deeply, let them know that whatever they're feeling is completely okay. The only way through a feeling is straight through the middle, and this will only happen when there is gentle acceptance of whatever that feeling is. If they see that you can accept what they're feeling, it will be easier for them to do the same.

#### 3. Name what you see or hear from them.

They need to know that you get it otherwise the things you say will fall short of comforting them. Saying things like, 'Oh don't worry,' or 'Don't be silly – nothing like that will happen here,' though said with the best of intentions, can actually make them worry more. It might also cause them to feel shame which will only make them shut down. They'll still feel what they're feeling and think what they're think but you just won't find out about it. Whatever they're feeling, let them know that you get it by reflecting it back to them, 'I can see you're feeling scared. That's completely understandable. It's a frightening thing to happen.'

#### 4. And help them to put it in context.

If they're feeling scared, it will be because they're noticing the similarities between themselves and the people who have been directly hurt – ages, families, the area they live in – though it might be happening out of their awareness. Explaining the differences between their circumstances and the circumstances around the event will help to ease their fear. 'This has happened in a different place to where we live. Nothing like this has ever happened here.'

Or if you're living where the trauma has happened, 'When something like this happens, people work really hard to make sure that something like this never happens again. The people who do this are really great at what they do. They learn a lot about how it happened and the type of people who did it and they use that information to keep everyone safe.'

#### **5. Ask directly what it is they're worried about.**

Trauma triggers all sorts of things in all of us. Sometimes these will directly relate to the event: How will they look after the people who have been hurt? Have they caught the bad guys? How did it happen? Could it happen here? Sometimes, it might be more indirect and unexpected. They might become scared of you dying or getting sick. They might worry about not being able to reach you when they need to, or of something happening while they are asleep or separated from you. Let them know that when something big happens, we can feel all kinds of things that don't make sense but there are no silly feelings or silly things to think. Ask them what they're thinking and give them permission to say anything they want to.

#### **6. Be available.**

Let them know that they can come to you with questions, feelings, ideas and thoughts and that nothing is off-limits. Give them extra cuddles or an extra story. For older ones, spend extra time sitting on the edge of their bed at bedtime. They might raise things with you or they might not, but at least you're there if they need to.

#### **7. Let them see your compassion, empathy, and resilience.**

It's okay to let them know that you are sad for the people who have been hurt – this will nurture their empathy and compassion – but they also need to see your strength and capacity to cope with the news.

#### **8. It's okay not to have the answers they're asking for.**

Frightening world events don't make sense to any of us. Your children might ask questions that you don't know the answers to, such as 'How did it happen?' or 'Why do some people do awful things?' In these cases, 'I don't know,' is a perfectly reasonable answer. Sometimes it's the only one.

#### **9. Remind them of the goodness in the world.**

They need to have faith in the world and the people in it. Whenever there is trauma in the world, there are also remarkable demonstrations of solidarity and kindness, love and support for strangers. Let them hear these stories. We belong to a humanity that is good and kind. People who orchestrate traumatic events are acting against humanity, they're not a part of it and when they strike, humanity always proves to be kinder, more generous, and stronger. Remind them.

#### **10. Let them feel the arms of the world around them too.**

Let them know that when something like this happens, the world comes together to look after each other and that people from all over the world are working to make the world safer for them.

Being proactive in having the conversation with kids can ensure that you're the one who sets the emotional tone for what has happened – not their friends, not social media and not the 6pm news. Show them that you have faith in their world and their ability to thrive in it.

## #Every1Belongs@KNHS

Kingsgrove North High School celebrated Harmony Week: #Every1Belongs@KNHS on Thursday 28<sup>th</sup> March, 2019. Years 7 to 10 participated in seminars and workstations promoting the schools' rich cultural and linguistic diversity. Our Hall was set up into many activity stations including:

- Painting inspirational and positive messages on rocks,
- Face painting by SRC, Peer Support leaders and Ms Cazouris
- Chalk the Talk: students write positive messages around the school promoting inclusion, equity and diversity
- Positivity Friendship Chain on display in the hall
- Lend a helping hand Print for Harmony' school banner
- Drama role play
- Cultural sports games

Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values: justice, equality, fairness and friendship. Harmony Day coincides with the United Nations' International Day for the Elimination of Racial Discrimination.

At Kingsgrove North High School, we promote various initiatives that allow students to engage in positive behaviour for learning (PB4L). During the Harmony Day sessions, four PB4L raffles were drawn and students had opportunities to hit a piñata with many other students winning show bag prizes.

We also had a guest speaker, community artist Mr Reuben Boughtwood. Students were fascinated with his contemporary murals in the community and aboard promoting harmony, various cultural heritages and Aboriginal and Torres Strait Islander Peoples and cultures.

Students raised is \$330 for Human Appeals International to install a clean water well on behalf of the school.

Thankyou to all the teachers who supported the running the successful event:

Mr O'Connell, Ms Chegwidde, Mr Kurt, Ms Cazouris and Ms Tsiotsioras. A special thankyou to SRC students and Peer support students who dedicated their time to the running of the event and Jason for his wonderful photography.

Congratulations to all the Harmony Day poster winners this year!

We would like to thank our Harmony Day sponsors: Priceline Broadway, Chemist Warehouse Earlwood, The Base Warehouse (Alexandria).

Priceline Broadway

Basement Warehouse Alexandria



## Year 8 Report

The term is already coming to an end and your children should by now be quite busy preparing for assessment tasks. Students received an assessment booklet earlier in the term, outlining assessment procedures and due dates for each subject. Please ensure that your children are up-to-date and well organised with their assessment preparation. If your child is absent on the day of an assessment task, please provide them with a note for the teacher of the subject missed, explaining their absence. This makes it easier for the teachers to follow up and will ensure that your child does not lose any marks.

The colder months will soon be upon us. Students are expected to be in full school uniform. Hoodies and non-school jumpers are strictly prohibited. School jumpers can be purchased at the school's Uniform Shop. Remember that students must wear their Sport uniforms on Wednesdays and there is a winter tracksuit available for purchase as well. Sneakers are only to be worn on a Wednesday and during PE periods- black leather school shoes are essential at all other times.

Ms Angela Faros  
Year 8 Year Advisor

## Social Science News

### Frutex Excursion

In week 9 of Term One, Ms Pappas and Ms Tsitsos accompanied the year 12 Business Studies students on an excursion to Frutex. The purpose of the visit was to provide students with a unique opportunity to experience the operations of a business in action. Frutex is a family owned company and a leading food manufacturer in Australia. Frutex is also a generous sponsor of KNHS. Frutex is engaged in a matrix of business activities comprising sourcing, distribution, food manufacturing, quality assurance and research & development.



Students were given a guided tour of the operations and warehousing by managing director, Mr Peter Magiros and legal counsel, Eleni Papanikolaou. Students found the tour very informative and it reinforced concepts they are studying for their HSC Business Studies course.

D. Tsitsos & K. Pappas

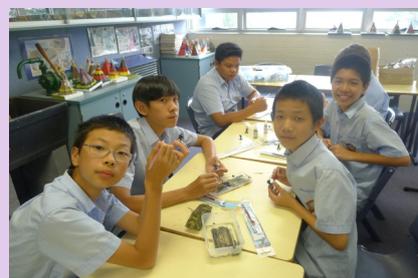
## Power and Authority Study Day

Some of our dedicated modern history students gave up their Sunday to attend a study day on the new core topic, 'Power and Authority', presented by historians, Professor Douglas Newton and Dr. Brian Brennan. The lectures were very informative and addressed the themes and issues of the new CORE topic, and covered a wide range of possible source material which could be referenced in the HSC. The students thoroughly enjoyed their day and learned many techniques for interpreting sources, especially visual ones.



## The Model Making Club News

Fourteen students have been working on painting and assembling miniatures to contribute towards our dioramas. The students finished painting the infantry, equipment and armoured vehicles of the WW2 German Army in Normandy during 1944. This year the students are completing the American troops, all historically accurate down to the uniforms and footwear. These figures will become part of the KNHS perpetual army project. The students enjoy learning new skills and being part of a team, every Thursday afternoon after school, where one of our parents, Mr Macintosh, a military historian expertly guides and educates the group. We are grateful that he freely gives of his time to assist the History Department and our students. He has been running this club for nine years and most of the historical battle scene dioramas that have been created have been produced in KF4, our model-making History room.



## PDHPE

It has been an event-filled term 1 to start 2019. I am frequently proud of our students at KNHS and their abilities to perform in and out of the classroom. Exciting projects like the Year 9 "Healthy Lifestyle Initiative" program saw many of our students thrive as they created new and innovative ideas of how to improve the health of our school.

The Senior PDHPE and CAFS courses have continued to grow and they have begun to develop their written response skills through the study of ALARM (A learning and responding matrix). This vital skill will help students learn as they approach the preliminary and HSC examinations.

The Senior SLR courses have been assisting with the running of the school's integrated sports program. Through this program the students have the experience of becoming event co-ordinators, sports administrators, team managers, sports coaches, and referees.

In the junior years, Year 8 and 10 students have submitted their assessments and are in the process of receiving important feedback that will help them to develop their writing and responding skills. Year 7 and 9 students are currently completing their assessment tasks where they are asked to look at their own personal health and make an evaluation of how they could improve in these areas.

The PDHPE Senior room (EF4) is soon to be completed as it has been transformed into an innovative 360 room. Students have already shown great enthusiasm and interest in this design and we are eagerly waiting for the remaining furniture to be delivered. Stay tuned for the next newsletter to see this exciting room.

Well done to all students for their efforts in and out of the classroom.

## **FUN & FACTS**

### **NATIONAL PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR, AND SLEEP RECOMMENDATIONS FOR CHILDREN AND YOUNG PEOPLE (5-17 YEARS)**

#### Physical Activity

- Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities.
- Several hours of a variety of light physical activities;
- Activities that are vigorous, as well as those that strengthen muscle and bone should be incorporated at least 3 days per week.
- To achieve greater health benefits, replace sedentary time with additional moderate to vigorous physical activity, while preserving sufficient sleep.
- Break up long periods of sitting as often as possible.
- Limit sedentary recreational screen time to no more than 2 hours per day.
- When using screen-based electronic media, positive social interactions and experiences are encouraged.
- An uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years.
- Have consistent bed and wake-up times.

## Up-coming events in PDHPE

Zone Cross Country Carnival	1 <sup>st</sup> of March & 4 <sup>th</sup> of March
Year 11 Life Ready Course Camp	17 <sup>th</sup> – 19 <sup>th</sup> of June
Year 10 BStreetsmart Excursion	10th of September

Mr Rozario  
PDHPE Head Teacher

### PHYSICAL ACTIVITY



Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heart beat faster—more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer.

Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated (in the recommended 60 minutes of daily physical activity) at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.

#### TIPS

- Basketball, soccer, netball, lap swimming, skipping or running are all great ways to add more **vigorous** activity to a day. They don't have to be organised, paid activities—they can be as simple as grabbing a ball or a friend and running around at the park. Anything that makes kids 'huff and puff' counts!
- Add to the daily total with **moderate-intensity** activities such as bike riding, scootering or skateboarding. Swap a drive to the local shops or library with a bike or scooter ride.
- Examples of **light activities** include leisurely walking or playing handball. Walking your dog or to school is a great way to increase light activity. Some activity is better than none.
- Great options to **strengthen muscles and bones** include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.
- Try to **switch sitting for being active**. Encourage kids to get off the bus a stop earlier, or to meet friends for a game in the park rather than spend their leisure time sedentary on a screen. These small changes will deliver health benefits, but remember to maintain sufficient sleep.
- **Teachers:** you can also help students to add vigorous activity by integrating short but intensive aerobic activities into Physical Education lessons and inside the classroom such as tuck jumps or fun simple dance routines.

### SEDENTARY BEHAVIOUR



Long periods of sitting can counteract the benefits of being physically active so should be broken up as often as possible.

Sedentary recreational screen time should be limited to 2 hours per day. This does *not* include screen-based activities for educational uses. Encourage positive social interactions and establish boundaries by discussing time limits and age appropriate content with children and young people.

#### TIPS

- **Parents:** be your child's role model and keep your own screen time to a minimum and be active too.
- **Parents:** leave the car at home and ride or walk together to your local activities. Be **active together** on the weekends by taking a nature walk or learning a new activity such as rock climbing.
- **Teachers:** add in physical activity such as star jumps to break up long periods of sitting in school.



### SLEEP

Sleep is essential for optimal health.

Children (5–13 years) should have 9 to 11 hours of uninterrupted sleep per night and young people (14–17 years) should have 8 to 10 hours uninterrupted sleep per night.

To establish and maintain healthy sleep patterns, children and young people should have a consistent bedtime routine, avoid screen time before sleep, and keep screens out of the bedroom.

#### TIPS

- To keep a **consistent routine** try not to vary bedtime and wake-up times by more than 30 minutes.
- **Avoid screens** one hour before going to bed.
- Make bedrooms a **screen free zone**.

For more info go to [www.health.gov.au](http://www.health.gov.au)

### **PROJECT BASED LEARNING – THE RESPIRATORY SYSTEM**

As part of the PD/H/PE curriculum, Year 11 support students studied a human body unit. This involved learning about the bones and muscles of the body and body systems including the respiratory system. The project for this topic involved students creating a poster of a diagram of the respiratory system with a 3D element to it. This project aimed to develop students' knowledge and understanding of all the organs and parts of the body involved in breathing. Students also had the opportunity to get crafty with their posters as they were able to use a selection of materials to make their projects 'pop' and authentic.

Year 11 support students were highly engaged and enjoyed doing this project as it was relevant, hands-on and challenging.



### **Project Based Learning – Healthy Lifestyle Intervention Program**

The theory component topic for this term for Year 9 PD/H/PE was on 'Lifelong physical activity'. As part of their Project Based Learning students were required to create a 'healthy lifestyle intervention program' that would promote lifelong healthy, safe, active and balanced lifestyles specifically for our Kingsgrove North student body. This involved Year 9 students creating awareness (in our school community) about the importance of a healthy diet and regular exercise.

All Year 9 students were highly engaged by this project and got really creative with their ideas. Some student projects included - websites, posters (advertised around the school), information pamphlets, organised a fitness class to run in the morning, food stations and social media pages (Instagram and Facebook)

The girls from class 9 AX – D'arcy H., Anna K., Jasmine R., Angelika Singh and Evangelia S. – did a fantastic job with their acai station (during lunchtime on 26<sup>th</sup> February 2019) to raise awareness of the importance of a healthy breakfast for increased energy and function throughout the day. To inform students of the benefits of acai the girls had also designed information posters that were given to KNHS students to read. The acai had been pre-made and was then served up and given to students to try. The station was extremely popular and busy with lots of curious students wanting to learn about and try something new and healthy.

Congratulations to all Year 9 for their hard work and efforts!



Ms Axougas

### Term 1 Integrated sport

Our integrated sport program has proved to be successful with Year 7 and Year 8 students fighting hard to win weekly competitions to make it to the semi-final and finals round. Congratulations to all contenders that played in the semi-finals in Week 10. We look forward to the finals and meeting our winners! We must always remember to – stay positive, work hard and make it happen!



Ms. Axougas

### KNHS TERM 1 SPORTS REPORT

On Friday the 29th of March, KNHS held the annual school Cross Country Carnival at Gannons Park, Peakhurst. This carnival was held as a Colour Run for the second year in a row and was an extremely fun and successful day with the majority of students taking part in the colour activities, cross country run and fun novelty activities run by the year 10 PASS students. The top 10 placings in each race have qualified to compete at the St George Sporting Zone Cross Country Carnival on the 21st of May and will race against competitors from approximately 18 schools for a chance for further representation opportunities at the regional level.



The Summer Grade Sport season has reached its halfway point and Winter Grade Sport selections have taken place with the new season set to begin on the 8th of May. Many Teams are looking competitive and strong and we wish them the best of luck. We have also introduced a female only gym as a sport this year and it has been extremely popular with year 9-10 girls with a group of nearly 40 students training at the Oasis Female Fitness Centre every Wednesday. As an option for the year 9-10 boys we have formed a local partnership with the newly opened Kingsgrove F45 Gym with a group of approximately 30 boys taking part in high intensity circuit training sessions every Wednesday.

# MASCOT WANTED



**WE NEED YOUR HELP  
DESIGNING A MASCOT  
FOR OUR HOUSE  
COLOURS!**

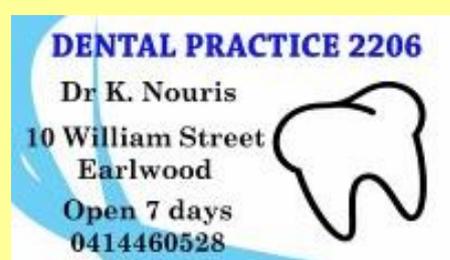
**SO GET CREATIVE AND  
SUBMIT IDEAS TO THE  
PDHPE STAFFROOM  
TODAY!**



# Photos from Cross Country



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 2019.

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 1. G A Lawyers Kingsgrove             | 2. City Ford Rockdale           |
| 3. Awesome Cam & van Hire             | 4. Euro Funeral Services        |
| 5. Orthodontist Sydney Wide           | 6. Carrier Electrical Services  |
| 7. Jackie's Floral Gallery            | 8. The Woods Café and Deli      |
| 11. Roselands Shopping Centre         | 12. Potentia Tutoring Centre    |
| 13. Telstra Store Campsie             | 14. German Butchery Deli & Café |
| 15. Heartbreak Ridge Paintball        | 16. Blue cross Pharmacy         |
| 17. Linda Burney MP Member for Barton | 18. Blue Cross Medical Centre   |