

Kingsgrove North High School

The Way North



Our Community Newsletter No. 3, 2019

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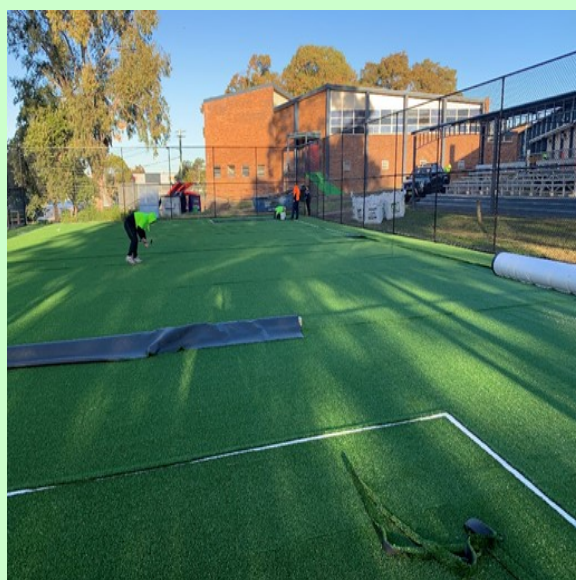
Principal's Report

We are already into week 5 of the term .

On Thursday, 23 May we held our third Iftar dinner in the hall. This was a high success with a number of VIPs attending including Jihad Dib member for Lakemba. I would like to thank Najah Zoabi and Gandhi Sindyan who spent weeks planning and organising the evening.



As we go to print the new indoor soccer court, (futsal) is almost completed and this will be a great addition to our sporting facilities. The court will be open for students during their breaks but also used by the PDHPE faculty and for sport.



The oval redevelopment has also commenced and the old cricket nets that are not useable and in need of major repairs will be demolished and the playing field opened up. We are entering into a partnership with Bexley Soccer Club for community use and have put in a grant for floodlights on the oval. If we are successful, with this, lights will be

installed, and the club will be able to use the oval for training after school during the winter months. As part of the partnership, they will redevelop the oval and maintain this throughout the year at no cost to the school.

We are also in the process of producing a series of 360-degree virtual reality clips that will promote and highlight each key learning area around the school as well as several other newly developed areas around the school. This will then be loaded onto the school website along with the new 2019 promo video that is being produced as well now.

On Wednesday, 29 May our school hosted a Principals workshop from three networks. In total we had 86 Principals come to the school to engage in a three hours series of workshops and presentations. We also had Ms Sylvia Corish the Executive Director visit as well and our Year 12 Hospitality students under the guidance of our Head Teacher Paul Smith did a fantastic job in catering for the event. These were the same students who six days earlier helped prepare for the Iftar dinner that was held the previous week.



Apart from the above events we have also had our annual Athletics Carnival which was also a major success and a report is attached later in the newsletter. We also have several other important dates that are fast approaching. The information evening for both Years 8 and 10 will be held shortly while a taster day for year 10 is planned for the June 16. This gives students an opportunity to experience different courses in year 11 that they may be interested in.

Angelo Stasos
Principal

From the Deputy: Mr. McKeown

YEAR 12

With 15 weeks of school remaining for Year 12, a timely reminder to students that there are explicit expectations and requirements for the successful completion of these courses. NESAs outlines that to complete these courses students must:

- Follow the board developed course
- Display diligence and sustained effort
- Achieve course outcomes

To do this, students must ensure that they attend all lessons, make a sustained effort at completing all classwork and hand in all assessment tasks by the due date. Students should have an active study and revision plan in place in preparation for upcoming Trial Higher School Certificate Examinations (Weeks 3 and 4 Term 3) and then their actual Higher School Certificate Examinations in Term 4. To help with this, students should be attending the Homework Centre on Thursdays and accessing online resources such as EDROLO.

Year 10 "Formal"

Parents are reminded that there is NO Year 10 Formal. Any gathering organised by students has no association with Kingsgrove North High School. The school does not endorse nor support any type of Year 10 Formal.

SCHOOL UNIFORM

As we head into winter up it is a timely reminder to parents of the need for all students to wear full school uniform. Lately student have begun wearing a range of different jumpers and hoodies to school. Students have been reminded on numerous occasions that this is not acceptable. Students out of uniform will have the non-uniform item confiscated for the day and/or receive a lunch time detention. The school has a range of new and second-hand jumpers and other items available for purchase. Some students have been wearing runners to school which is in breach of our uniform policy. School shoes need to be black leather lace up. This is a Departmental requirement due to WHS requirements for our school site. Please do not let your child wear incorrect footwear to school. **Students who are out of uniform MUST bring a note from their parents. This is a one off situation only. Students who do not bring a note will be placed on a lunch time detention. Failure to attend, or frequent detentions for non-compliance may result in further consequences.**

News from the model making club

Our very own military historian, Mr Joseph Macintosh continues to guide and inspire our model making students every Thursday afternoon after school. The students are working on a number of projects creating dioramas of battle scenes, miniature soldiers and military hardware. Mr Macintosh, who is a parent of one of our students, is very knowledgeable, and is guiding the students into completing their artefacts for display in the new museum-quality display unit cabinet in the library.

L. Chegwidan



From the Welfare Desk

Attendance

Congratulations to following students who have 100% attendance for Term 1, 2019.

These students were presented with achievement certificates at their year assemblies.



Raad	Mikayla	Sean
Ashyrah	Andrew	Vasiliki
Jacinta	Anisa	Anthony
Noah	Nabil	Elijah
Bowen	Rovineth	Henry
Suzie	Cindia	Huong Trang
Olivia	Dat	Nairna
Kemal	Felipe	Danny
Isis	Kosmas	Michael
Liana	Benny	(David)
Bcarriz	Isabella	
Zac	Adam	

Please contact the school if you have concerns about your child's attendance. You may speak with the Year Adviser, Heat Teacher Welfare or Deputies about your concerns.

Gold Awards

Congratulations to Maree and Dean of Year 12 on your Gold Awards, and thank you to Frutex for their generous sponsorship.

Who's here to help?

School Counsellors

Janice Killey - Monday and Friday

Paul Mystakidis - Tuesday, Wednesday and Thursdays

Youth Workers

Agnes - Monday and Friday (Library)

Matthew - Tuesday and Wednesday (Library)

Family Referral Service

Margot - Thursdays (Library)

Community Liaison Officers

My Dung Nguyen - Mondays (Library)

Najah Zcabi - Tuesdays, Thursdays, Fridays (JF15)

Multicultural Day is Coming!

We will be celebrating multicultural day on the 29th of August.



This is our tentative program:

9am – a brief administrative period in Period 1 rooms

9:15 – Welcome Assembly

10:05 – 11:05 Performances and Workshops

Recess – Youth Inter Agency Barbecue

11:35 -12:35 Performances and Workshops

12:35 – 2:05 Lunch and Clean Up

2:05 – 3:05 Cultural Performances and Closing Assembly

How parents and carers can help:

- Send your student to school in national dress
- Send examples of handicrafts and cultural items to be displayed in the new glass cases in the library
- Encourage your child to join a performance group.
- Help run a workshop – knitting, embroidery, backgammon etc
- Contribute cultural food.
- Parents are welcome to watch their child's performance.

We will send notes home towards the end of term and again at the beginning of term 3. If you would like to help out, contact Ms Conidaris in the library for more details.



Newsletter May 2019



Welcome to Term 2. All students have completed their term 2 Tasks and their reports are nearly completed. Congratulations to all those students who have achieved their relevant outcomes and those who have made significant improvements in both their achievements, homework completion and attitude.

Remember, Maths is more than symbols and numbers. It trains your brain with important skills needed for today's careers and the careers of the future, that haven't even been discovered yet. There are varying levels of competence and that's ok, as long as students try and do their best. As parents and teachers, supporting our students is our main priority. The best way to do this is to praise how hard your children have worked rather than their mark. Ask your children one of these questions after school about their Maths lessons.

1. What did you do today to make you think hard?
2. If you got this question wrong, what can you learn from it?
3. What strategy are you going to try now?
4. What will you do to improve your Maths?
5. What do you know now that you didn't know this morning?

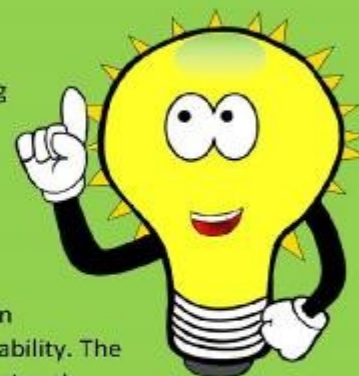
There are still a few students who do not regularly bring their calculators to class. Some were disadvantaged by forgetting them on the day of the tasks. Students need to be responsible for having their own equipment.

The Mathematics Faculty have provided all students from Years 7 to 12 with access to Mathletics. Mathletics is designed to provide students with a captivating learning experience based on curriculum content, structured and interactive support, with engaging gaming and rewards.



Students are encouraged to use this tool at school in their classes and the library, however, they should also be encouraged to make use of it at home to further improve their skills in Mathematics.

This year many of our students will be challenged with problem solving techniques by entering the Australian Mathematics Competition, which is on Thursday 1st August, 2019. Our top Mathematicians need to return their Mathematics Competition entry forms, with their money as soon as possible. We hope they are looking forward to the challenge.



Soon year 10 will be choosing their subjects for Year 11 2020. They have an option of four Mathematics courses, depending on their mathematical ability. The Standard 1 course is aimed at those Year 10 students currently completing the Stage 5.1 course. It is a Category B subject which has an optional Exam in Year 12. If students choose to complete the exam their mark will count towards an ATAR. The Standard 2 course is for students completing Stage 5.2 Mathematics. It will have an exam for the HSC which does count for an ATAR. Only students successfully completing the Stage 5.3 course will be considered for Mathematics or the Extension 1 courses in Year 11. Year 10 needs to be aware of these courses and maintaining an advanced level of application if they are to be considered for any course.

Keep up the good work.

April Solutions

Easy: Charlie has been playing with calculations again...

$$2 \times 4 + 1 = 9$$

$$3 \times 5 + 1 = 16$$

$$4 \times 6 + 1 = 25$$

$$5 \times 7 + 1 = 36$$

What is the next row and can you describe the pattern?

If you multiply two numbers that differ by 2, and then add one, the answer is always the square of the number between them

Difficult: Six business people meet for lunch and shake hands with each other.

How many handshakes are there?

$$6! \div 2 = 360$$

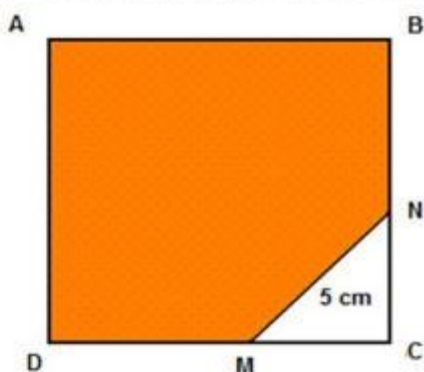
June Problems

Easy:



Sam loves basketball and can sink the ball in the net 65% of the time. If he takes 30 shots, how many will he sink?

Difficult: The size of the perimeter of the square ABCD is equal to 100 cm. The length of the segment MN is equal to 5 cm and the triangle MNC is isosceles. Find the area of the pentagon ABNMD.



PDHPE TERM 2

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



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

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>

Social Science News

I would like to welcome Ms Tang, who is taking Ms Habashy's classes whilst she is on maternity leave. Ms Tang undertook some of her education course training at Kingsgrove North High School last year, and we are pleased to have her back joining our team.

Year 9 and 10 Commerce have recently taken part in workshops presented through the **Commonwealth Bank Start Smart** program. Each workshop focused on a different topic and explored financial concepts such as understanding the impact of financial choices, getting your first job and managing your mobile phone as well as basic investment principles, savings goals and budgeting. Using real-life scenarios, the hands-on workshops highlighted the vital information students need to make smart choices when it comes to spending, saving, investing and earning. It was a very valuable experience and students found it rewarding.

The **Schools Share Market Game** has recently finished, with ten KNHS teams participating. It is an on-line game that runs for ten weeks. Teams are given a pretend \$50 000 to invest in shares. There was quite a bit of competitiveness displayed, especially with Year 12 students trying to beat me in the rankings.

Unfortunately for them..... I won. I made approximately \$3500. If only it was real money! I will graciously give the \$25 Westfield voucher to the second place-getter – **Andison W.** of Year 12, who was also my fiercest competitor. Well done, Andison. He managed a \$670 profit on his investment.

The wooden spoon goes to another Year 12 student, who also thought he could beat me – **Belinda P.** – better luck next time.

Mrs D. Tsitsos
Acting Head Teacher



Year 7 Year Adviser Report

The first term for Year Seven 2019 has been incredibly positive and encouraging. Our students have settled into the high school routine: timetables, changing classrooms and teachers, sports carnivals, wearing the correct uniform and keeping up with homework and assessment tasks! As Year Seven Adviser, I am proud of their successful transition. The highlight of term one was our fantastic Year Seven camp which saw ninety students and six staff members travel to the Nepean Adventure Centre for a two night adventure. Both girls and boys were challenged to face their fears on activities such as high ropes, 10 metre drop and the heart stopping giant swing which was a favourite of many (including staff). Our students showed courage, teamwork and great support of each other during the camp. Well done, Year Seven, on a successful first term.



Industrial Arts News

We've had a busy start to the year in Industrial Arts. The Year 12 students studying Industrial Technology Timber have been busily working towards completing their Major Works. The projects are starting to look really impressive and a few are nearing completion. The projects are due on the 15th of August and we will be showcasing them to the school at this time. The Year 11 Industrial Technology students have been constructing their bedside cabinets that have been influenced by Scandinavian design. Students studying VET subjects have begun their work placements and getting a taste of what being a tradie is all about. The Year 10 iSTEM students have been learning how to program and control several different robots that the school has hired through the STEM Share program. Year 9 Engineering students have recently completed their bridges and tested them with weights, the results were great and if we ever have to replace the Harbour Bridge we can rest assured knowing we're in safe hands! Students in Years 7 & 8 have all been completing various projects such as a wooden naughts and crosses game, battery powered vehicles and children's toys.



Head Teacher Administration Report

As we head towards the middle of the school year, I am currently in the process of creating the Year 12 Trials timetable. This timetable will then be distributed towards the end of Term 3. I am also happy to announce that once again we welcome Mr Graham Allport and his team to KNHS as they will be supervising our students during the Trials assessment period and the HSC.

I would also like to inform Year 12 students that the HSC timetable is available to be viewed when logging onto the education standards website. If students are having difficulties locating this timetable, I am located in the HT Administration office for any student requiring assistance.

Finally, a message to all students enrolled in Languages, I will be forwarding to NESAs any necessary documents needed for oral examinations before the end of Term 2. I will also be passing on any relevant documents to students enrolled in Saturday school for these exams. More updates to come!

Miss Dimitra Tsotsioras
Head Teacher Administration

ANZAC DAY Commemoration 1-5-19

This year Anzac Day falls within the holidays, so a ceremony was held on Wednesday the 1st May, during our whole school assembly. Two students from our year 12 Modern History class, led the ceremony, Claudette S. and Jessie K. They spoke very well about how Anzac Day provides us with a link to the past and is a way of understanding past times and values as well as understanding the roles brave Australians have played in our history- and the legacy they have left to us. The students were asked to consider all those who still suffer in war-torn countries and to commit to being peace-makers in whatever ways they can.

Ms Chegwidden read an emotive poem called "The Inquisitive Mind of a Child" whose author remains unknown which evoked the symbol of the red poppy and its significance to Anzac and Remembrance days. The Ode to the Fallen was recited, a minute's silence observed and the Last Post and Reveille were played. The students were very respectful and did the school proud by behaving appropriately at such a solemn occasion. Many thanks to our MCs and our two boys who helped set up the sound system, Anthony T. of year 11 and Benny X. of year 8.



Year 8 Report

Just a quick one from me this time. We are holding a Subject Selection Information Evening on Tuesday 11th June in the school hall from 6pm. This is an important event for both students and parents to attend. It's a chance to see which subjects are on offer for Years 9 and 10 and hopefully get your children thinking about their choices. I hope to see you all there!

Angela Faros



English Report

As part of the English Faculty's focus on developing critical and creative 21st century learners we have invested in a new study area for students to engage in a variety of activities, from group work, to individual study, to intensive one on one support.

Taking advantage of the thirty laptops available in the new study area, all English teaching and learning programs have been embedded with lessons focused on information and communication technology like developing critical internet research skills and the creation of multimodal texts.

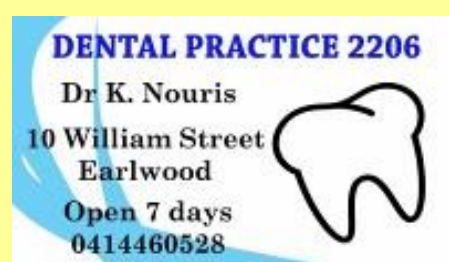
Furthermore, our Learning and Support Teacher, Ms Grackoska, is currently utilising the new study area by running an internet based literacy program titled *Word Flyers*. Here, students in Year 8 undertake intensive literacy activities aimed at developing their reading and comprehension skills.

Finally, as Year 7 and Year 9 finish their 2019 NAPLAN examinations, it is important to remember that NAPLAN is a diagnostic test aimed at providing parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN tests are just one aspect of a school's assessment and reporting process; they do not replace ongoing assessments made by teachers about student performance.

Upon receiving your child's results parents may use this information to discuss progress with teachers and to target areas in need of development at home. Teachers will also use results to help them better identify students who require greater challenges or additional support.

Nicholas Kennedy
Head Teacher English

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 |