

02

Issue 2, 2021

THE WAY NORTH

Kingsgrove North High School
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OFFICIAL COMMUNITY NEWSLETTER

PRINCIPAL'S REPORT



As we come to the end of the term I would like to first of all take this opportunity to acknowledge and thank my staff for what has been a busy and demanding term. The new school plan for the next four years has been finalised and has been published on the school website for public viewing. I would like to thank and acknowledge Mr McKeown for leading the new plan along with Ms Bardouh. Further to this, I would like to also acknowledge my staff who also participated in the consultancy process and provided valuable input and feedback.

SCHOOL PLAN

The new school plan for the next four years has been finalised and has been published on the school website for public viewing.

With restrictions being slowly relaxed we have been able to participate in a few more events and activities. Several excursions have taken place as well as the recent meet the parent evening for year 7 students. Unfortunately, the heavy rain did restrict the number of parents that came along.



The student Leadership team and the SRC attended the Young Halogens leadership event that was held at Darling Harbour. This is a wonderful leadership program with several high-profile speakers. The students are given the opportunity of not only asking questions but also engaging with the speakers at the end of their presentation.



PRINCIPAL'S REPORT



The Innovation Hub has finally been put into place and we are now in the process of having the room fitted out. A number of areas are still to be finalised including the installation of wireless data points. The hub will be painted during the holidays and early in term two when it is handed over to the school we can start to furnish the inside.



The hub will be an exciting addition to the STEM program at our school and when fully fitted and operational will provide the latest in technology and resources for our students and also our neighbouring schools.

During the holiday break another two pergolas will be built on the oval on the St Albans Road side to complement the existing pergolas already in place. As we go to print, Padstow TAFE are back again to complete a concrete path in front of the six stands that they have already completed. They will also look at several minor works across the school this year.

The primary school STEM and coding programs have also recommenced this term with both Wiley Park and Campsie primary schools being involved. **This year we have ten schools in the community who have signed up to be part of these programs.**

Finally, I just wanted to raise a matter that we are considering for 2022 in regards to sport. We are looking at a few new models for sport. One that is high on our agenda and discussed recently at the P&C meeting is an integrated sports model. Basically, this means that sport in its present form would be changed and students would get to do sport as part of their timetable. The normal PDHPE lessons would not be affected at all, nor would the Swimming, Cross Country, and Athletics carnivals (which would continue as normal). State knockout competitions would also continue as normal for the events that we enter. The main change would be no sport on Wednesdays, with classes continuing as normal. Students would still finish earlier at 2:30pm. I will provide more information as we move forward with a final decision on which model we decide on.

I will be on leave for the first five weeks of term 2. Ms Bardouh will be relieving Principal with Mr Kennedy filling in as Deputy Principal.

I wish everyone a happy Easter and a safe holiday break ready for term 2

Angelo Stasos - Principal

DEPUTY PRINCIPAL MR McKEOWN'S REPORT



If we flash back to 12 months ago, the state was in lock down, students were engaging in learning remotely and teachers tackled a new paradigm in teaching via google classroom and zoom.

What a fast-paced term this has been. The impact of the last 12 months is still being felt as we settle into our “new normal”. I have been impressed with the resilience and adaptability of our students as they continue their educational journey at KNHS.

This term has also seen the creation of our new 4-year School Improvement Plan. I would like to thank the staff, students, and parents for their valuable input into this process.

YEAR 12

With 20 weeks of school remaining for Year 12 (less if you take out the Trial HSC period at the start of Term 3), a timely reminder to students that there are explicit expectations and requirements for the successful completion of these courses. NESA 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 the Trial Higher School Certificate Examinations in 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.

As we head into the holiday period, I would like to wish a Happy Easter and Ramadan Mubarak to those celebrating these significant religious festivals. To everyone, have a safe and relaxing two week break. See you all in Term 2.

Adam McKeown - Deputy Principal

DEPUTY PRINCIPAL Ms BARDOUH'S REPORT



I am constantly impressed with our students and the level of energy and active citizenship that the overwhelming majority display.

KNHS has been abuzz with positivity, and students engaged in learning. It's a place where great things have happened this term.

Term 1 has seen restrictions slowly ease and we were able to invite female members of our community to attend our annual International Women's Day Breakfast. The event was well received by the students and wider community with strong attendance from staff and students. Congratulations to Ms Ayoubi on a well-co-ordinated, attended and strongly publicised event.



DEPUTY PRINCIPAL Ms BARDOUH'S REPORT



Students Engaged in Learning

I am invited to engage with students from time to time during class and experience the learning taking place in our classrooms. A huge shout out to Mr Smith for taking the opportunity to celebrate Year 7 Technology Mandatory learning where the students developed creative ideas in constructing their portable self-watering planter from recycling materials. The students will then grow a seedling from the greenhouse, monitor the conditions, record the data and then evaluate how successful their self-watering planter design was. Students were very proud of their designs. Demonstrating how they function was a positive experience.



Ms Todd/Ms Holwett

The great masterpiece cakes created by the Year 10 Food Technology classes as an assessment task for term 1 were well celebrated and assessed. Congratulations to all involved in the great learning opportunities provided to our students.



DEPUTY PRINCIPAL Ms BARDOUH'S REPORT



Year 7 Meet 'n Greet Afternoon

The rain, wind and dreadful weather didn't keep the parents away on the 8th April for the year 7 Meet 'n Greet afternoon. Many thanks to the teachers who attended and student leaders who welcomed parents to the school and assisted in the sausage sizzle. Thanks to Ms Klapsogiannis and Mr Celenk, for your culinary skills with the BBQ.

It was a well-attended event despite the challenging weather conditions and parents were given an opportunity to put a face to teachers and discuss how their child has transitioned into high school life and the progress they are making.

Year 7 have now completed the first term of their high school journey. They should use the holiday time to rest but also engage in wide reading, to continue to develop language and vocabulary skills that will support them in all facets of their learning.



Year 11

A few words of advice for all year 11 students. We are at the end of term 1 of year 11, with only 2 terms until the end of the Preliminary course. The pace and intensity of year 11 is very different to what they have been used to in previous years. Tips I will repeat in our conversations and during assemblies:

- Attend school each day for every period.
- Make the most of each and every learning opportunity provided to you by your teachers.
- Ask questions each and every time you need some clarity on a task set (someone else will probably want to ask the same question).
- Begin homework tasks and assessment tasks as soon as you get them.
- Develop a structured study plan for when and for how long you will work on tasks (set small achievable goals).
- Challenge yourself to learn something new each and every lesson
- Make notes for your subjects so that at the end of a course and for exams you are well prepared and don't feel overwhelmed.

The school does acknowledge that year 11 and year 12 are stressful years for students and to this end we have reached out to ELEVATE Education who provide structured, small group sessions focusing on time management and acing your exams. Year 11 and Year 12 will be part of this program for the first time in 2021 and we hope that they find it both beneficial and the skills transferable to your high school journey. Ms Gullota will be overseeing this program and following up with year 11 and 12 to ensure the skills learnt are utilised effectively.

Fadia Bardouh - Deputy Principal



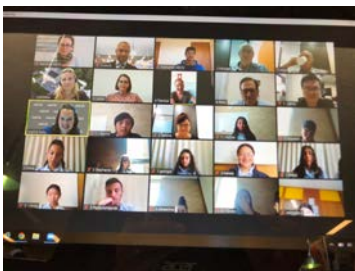
DEPUTY PRINCIPAL MR ROZARIO'S REPORT

WELL DONE PARENTS AND GUARDIANS.

Encouragingly, I have had many parents and students inform me that they have started having a conversation about responsible mobile phone use.

ABCN Empower Program

The ABCN Empower program is designed to equip students with the confidence, behaviours and mindsets needed to prepare for the rapidly changing world of work. On Tuesday the 30th of March, sixteen Year 10 students took part in the program. Students enjoyed chatting with the mentors who shared their own career journeys and challenges, 'fabulous failures' and strategies to build resilience. Overall this program can make an effective impact on students as they consider their options for the future.



Stay tuned for many more ABCN activities throughout the year.

Well done parents/guardians

I have had many parents and students informing me that they have started having a conversation about responsible mobile phone use and the importance of having a healthy balance between a screen and the wonderful world around us. Can I please encourage those conversations to continue as they will lead to more positive relationships and experiences in a student's life.

DEPUTY PRINCIPAL MR ROZARIO'S REPORT



Term 1 FUN & FACTS

The Importance of Exercise

You've probably heard countless times how exercise is "good for you." But did you know that it can help you feel good too? Getting the right amount of exercise can rev up your energy levels and even help improve your mood.

Rewards and Benefits

Experts recommend that teens get 60 minutes or more of moderate to vigorous physical activity each day. Here are some of the reasons:

- **Exercise benefits every part of the body, including the mind.** Exercising causes the body to make chemicals that can help a person feel good. Exercise can help people sleep better. It can also help some people who have mild depression and low self-esteem. Plus, exercise can give people a real sense of accomplishment and pride at having achieved a goal – like beating an old time in the 100-meter dash
- **Exercise helps people lose weight and lower the risk of some diseases.** Exercising regularly lowers a person's risk of developing some diseases, including **obesity, type 2 diabetes, and high blood pressure.** Exercise also can help keep your body at a **healthy weight.**
- **Exercise can help a person age well.** This may not seem important now, but your body will thank you later. For example, osteoporosis (a weakening of the bones) can be a problem as people get older. Weight bearing exercise such as like jumping, running, or brisk walking – can help keep bones strong.

The three parts of a balanced exercise routine are: aerobic exercise, strength training, and flexibility training.

Finally I would like to wish everyone a wonderful break and a blessed Easter. We look forward to another exciting term starting on Tuesday the 20th of April.

Jason Rozario - Deputy Principal

ADMINISTRATION



Administration information:

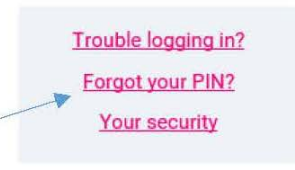
As Term 1 is coming to an end, all our Year 10, 11 and 12 2021 students have now been officially enrolled with NESA. Student details and courses have been uploaded onto our Schools Online site. This process is important to confirm that all students in the above year groups meet eligibility requirements. Earlier this term each student signed their Confirmation of Entry document to ensure that all details uploaded are correct.

Course	Year Number	Year Level
Advanced English	12	Year 12
English Standard	12	Year 12
Mathematics Extension 1	12	Year 12
Mathematics Standard	12	Year 12
Personal Development, Health and Physical Education	12	Year 12
Science	12	Year 12
Visual Arts	12	Year 12
Workshop Technology	12	Year 12
Music	12	Year 12
Physical Education, Health and Physical Education	12	Year 12

Students Online:

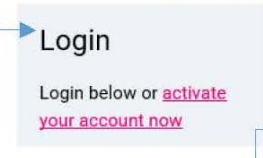
Students are encouraged to log into their NESA Students Online portal to make sure their personal details are up to date and correct at all times. It is through this portal that students will be able to view their end of year grades or marks. To log into the portal students must:

1. Go to the website → <https://studentonline.nesa.nsw.edu.au/>
2. Log in by entering your Student NESA number and pin

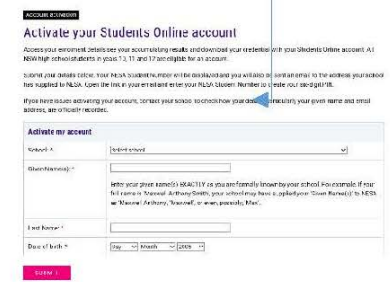


Students who have forgotten their pin, must click onto the **Forgot your pin?** tab and submit a request for a new one.

Students who are wishing to log in for the first time are required to click onto the **activate your account now** tab. Here they will need to select the schools name from the drop down box, type in their first, last name and date of birth. This process will be followed by a confirmation email to the school email account from NESA with a pin ready for use.



All change of address details must be provided to the front office before that information will be registered with NESA. If there are any technical issues regarding this site, students can come to see me during recess or lunch at any time in the HT Administration office for assistance.



Dimitra Tsiotsioras - Head Teacher Administration

SCHOOL COUNSELLOR REPORT



SCHOOL COUNSELLING SERVICE

At Kingsgrove North High School, we have a school counsellor onsite every day of the week who is trained to provide mental health support to young people in schools.

Hello from the School Counselling service!

We thought this was a good opportunity to reach out and let you know a little bit about the school counselling service. Firstly, our names are Naomi and Paul, and our professional background is in psychology and education. This means that we have trained extensively to provide mental health support to young people in schools.

How can we help? Students can self-refer to us (we have a letterbox on our door), and we do our best to see students at times that work well for them. This may be during class or during breaks. We are a brief intervention service, which means that sometimes we will need to refer students out to external psychological services. We also work with the school's Learning and Support Team to help students who might need extra assistance to get the most out of school.

If you're a parent, and have concerns about your child, you may like to give us a call here at the school. That way, we can listen to your concerns and provide you with options to help support your son or daughter. We know that being a teenager can be pretty tough at times- we are here to provide a safe, respectful, and welcoming environment for students to discuss whatever is on their minds, and help their experiences at school be positive.

We thank you for reading our message, and look forward to being available to assist in any way we can.

Naomi Asakawa and Paul Mystakidis - School Counsellors

WELFARE & LIBRARY NEWS



Say No to Bullying Day

Say No to Bullying day was marked with lessons on online safety. Our wellbeing ambassadors and peer support leaders presented workshops to Year 7 and 8 classes. The first part of the workshop gave students the opportunity to complete our school's bullying survey. Highlights of the survey included a pleasing number of students showing strong pro-social behaviours. The workshops included online safety tips and ways to report cyberbullying materials. Students answered questions in small groups. There was robust discussion and some of our students' answers are on the library noticeboard.



How Families Can Respond to Bullying

Schools can be much more effective if parents report bullying and support their efforts to deal with it.

If your child reports that bullying is occurring at school, or the bullying involves students from the school outside of school, you should let the school know the situation. Working together with the school is the best way to help your child resolve bullying issues.

We will work with you to resolve the situation and will also work with the other student's parents. Due to privacy laws, they will not be able to share information about any other students involved. It is important to remain calm and focus on being constructive (even if you feel upset).

Here are some tips

- make a time to talk with your child's year adviser, school counsellor or deputy principal.
- write notes (and any other records) based on what your child has told you so you can be as clear as possible about what happened.
- recognise that investigating the situation at school will require time
- stay in touch with the year adviser and let them know if problems continue or something new happens.

From the Bullying No Way Website <https://bullyingnoway.gov.au/responding-to-bullying/how-families-can-respond> accessed 29/-3/2021

WELFARE & LIBRARY NEWS



Fun with Numbers!

Students with greater than 90% attendance this term – 685

Year 7 Students Vaccinated against Diphtheria, Tetanus, Whooping Cough and Human Papilloma Virus – 139

Achievement cards awarded for 10 positive SENTRAL acknowledgements in 2021 – 208

Premier's Reading Challenge

All Year 7 students have now entered the Premier's Reading Challenge (PRC) and have read at least one book each. To complete the challenge, students read 20 books. Of the 20 books, 15 are from the PRC list and 5 can be choice books. The books are entered on the student's reading records. Most students have been able to access the site with their phone and this has made it much easier to keep track of which books they have read. The library has over 1000 books on the PRC list and they are easily identified by the blue spots.



Please encourage your child to read at least 2 or 3 books over the holidays. If your child runs out of reading material they may borrow from the local libraries at Campsie and Earlwood. If you have any questions about the challenge, please contact Ms Catsanos or Ms Conidaris in the Library.

| NSW Department of Education

2021 NSW Premier's Reading Challenge

Start reading now!

www.premiersreadingchallenge.nsw.edu.au

Key dates for students in K-10:
Challenge opens Monday March 1
Challenge closes for student entries Friday August 20
Artwork by Dr Bronwyn Bancroft

Please encourage your child to read at least 2 or 3 books over the holidays.

Helen Conidaris - Head Teacher Welfare

STRATEGIC IMPROVEMENT PLAN



KNHS is currently working to update the Strategic Improvement Plan to improve learning outcomes, achievement, and the growth of all students.

The Prefect Leadership Team participated in a group activity where they offered their voice by sharing ideas and opinions in a collaborative environment. Students were able to reflect on their six-year journey at KNHS, identify strengths and weaknesses they encountered, and through different activities and with the use of various tools, were able share ideas and promote awareness. These ideas may promote school connectedness.



This activity embraced the student leadership team’s opinions and allowed them to feel connected to the KNHS four-year plan moving forward to enrich success.

Athena Varvaressos - Prefect Leadership Co-Ordinator

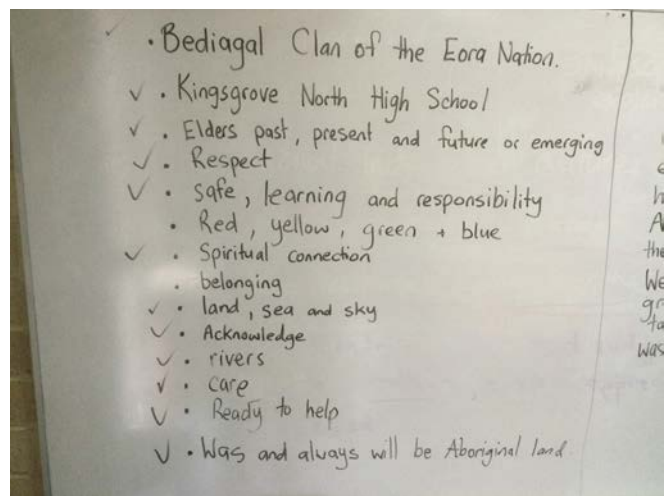
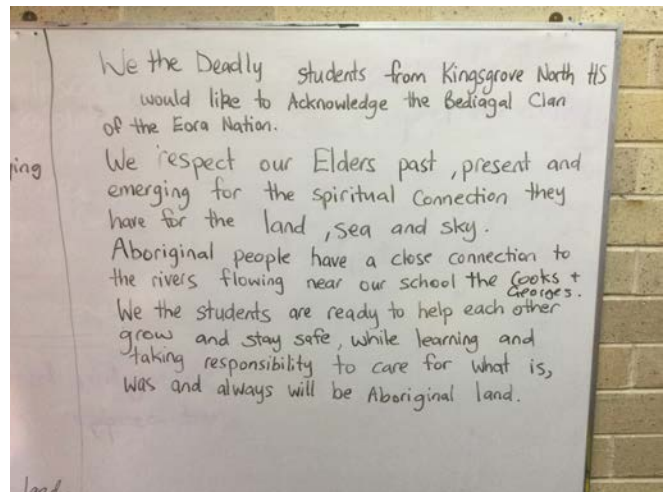
ABORIGINAL WORKSHOP



Our students came together for the first time this year to get to know each other and discuss culture. We shared some food and fun activities. Olivia Patten and Calita Murray from the Arncliffe Regional Office came to KNHS to encourage us to be more involved in Acknowledgement and Welcome to Country and shared with us how to construct a meaningful Acknowledgement for our school.

KNHS students Wade P, Matilda A, Blake M, Lachlan M, Juliana S, Amira S, and Tayne P attended. The workshop began with a brain storming session where students contributed to the content of an Acknowledgement of Country statement. The photos below contain the elements of both Aboriginal themes and Kingsgrove North High School values. These elements were then blended and combined into an expression of Acknowledgement to the land on which Kingsgrove North High School stands.

The students are continuing to improve and elaborate on this statement to further express their commitment to both Aboriginal and School values and cultures.



Dr Roger Bourne - Learning Support Team



WELLBEING - LIGHTHOUSE REVIVE PROGRAM

Lighthouse Revive Program

The program is designed to give young people an opportunity to learn about leadership, challenge themselves and learn how to positively interact with others. Young people are given the skills to gain confidence and reflect on what gives their lives meaning and purpose. Participants are also given the opportunity to put what they have learnt into practice as they serve back into their local community.



Wednesday, October 30, 2019



Lakemba kids soak up the surf

IT'S certainly not every day that kids from Lakemba get the opportunity to jump in the ocean – unlike their counterparts on the northern beaches.

But yesterday 14 children travelled more than an hour and a half from the southwest to get to Manly Beach to learn water safety skills.

The teenagers, who are enrolled in a program called Lighthouse Community Support aimed at broadening their horizons, were taught by lifesavers how to

spot and escape a rip, and how to body surf. They also got a chance to have a go on boards and the inflatable rib boat.

Noah Touma, 15, of Roselands, said he wanted to learn how to take care of himself and his mates in the water. "I want to know how to save someone if I need to."

It was breezy along the northern beaches coast yesterday, but the swells were lower than those at the weekend which reached two metres. Swells of around a metre are expected tomorrow.



WELLBEING - WISE UP PROGRAM



The “Wise Up” leadership program has been running since 2012 and addresses the current issues and trends that impact youth.

The “Wise Up” Program runs for 8 weeks, and covers issues such as:

- Dedication to success and goal setting
- Volunteering with State Emergency Services- team building and how to deal with a natural disaster
- Safer Driver, which is presented by the NSW Police Force Highway Patrol
- Healthy relationships/domestic violence
- Drugs and alcohol workshop
- Bullying
- Nutrition
- A team building field trip



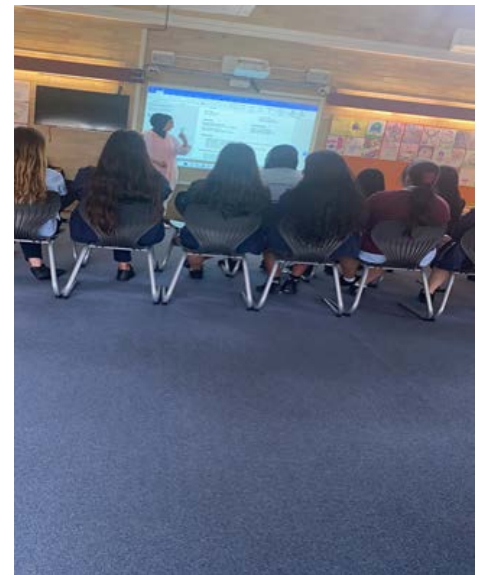


WELLBEING - GIRL TALK PROGRAM

Girl Talk Program

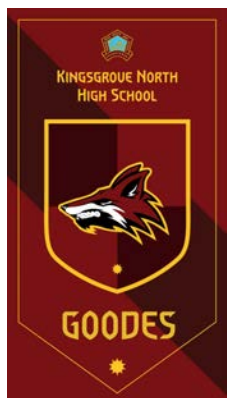
The “Girl Talk” program for year nine and ten students is designed to

- Enhance positive self esteem and resilience in young women
- Provide a variety of life experiences and encourage goal setting behaviours
- Equip young women with coping strategies for many life situations
- Expose participants to healthy female role models
- Hands on social skills to help young women stay engaged in school by focusing on leadership qualities, emotional intelligence, resilience and communication skills
- Personal and creative growth opportunities



Najah Zoabi - Student Support Officer

SPORT NEWS- BRAND NEW COLOUR HOUSES!



Adam Goodes was an outstanding footballer over seventeen seasons with the Sydney Swans. Goodes holds an elite place in AFL history as a dual Brownlow Medallist, dual premiership player, four-time All-Australian member of the Indigenous Team of the Century and representative of Australia in the International Rules Series.



Sally Pearson is one of Australia's greatest Olympians and regarded as the nation's most successful track athlete of all time. She is the fourth fastest 100m hurdler in history.



Ashleigh Barty is an Australian professional tennis player and former cricketer. She is ranked No. 1 in the world in singles by the Women's Tennis Association and is the second Australian WTA singles No. 1 after fellow Indigenous Australian Evonne Goolagong Cawley.



Tim Cahill is an Australian former professional footballer who played as a striker, but also played as an attacking midfielder on several occasions. A box-to-box midfielder, Cahill became recognised for "his aggressive and powerful approach and his ability to head the ball in the penalty area".



SPORT NEWS



There has been a lot of excitement going on in the PE/Sport Staff Room!

Year 9 and 10 have loved their first term back competing against other schools since having a whole year off due to COVID. Summer sport has come to a halt until it recommences in term 4. This week, students chose their sport for term 2 and 3 Winter Competition, with some students trailing for the A and B team – all ready for next term!



It's been a super busy term for our Year 7's and Year 8's in Integrated Sport. All of our colour teams have worked tirelessly to come out on top and to make it the finals. Finals were this week and all students participated well and should be congratulated for their efforts. A special congratulations goes to the following teams for winning the competition for the term:

- T-ball RED
- Touch Football: GREEN
- Netball: YELLOW
- Mini Soccer: YELLOW
- Ultimate Frisbee: BLUE

Unfortunately, due to the big downpour we had, we had to push the date back for the Cross Country carnival, which will now be in Term 2, on Friday the 30th of April (Week 2). This gives students plenty of time to start their long distance running practice during the holidays!

The Premier's Sporting Challenge will commence in Term 2 for Year 7 and Year 8 Integrated Sport, Year 9 and 10 PASS students, and year 11 SLR Students.

The Premier's Sporting Challenge is a great way to motivate students to stay active, and keep themselves accountable to ensure they're doing their best to stay fit and healthy! (The KNHS staff will be joining in to keep us accountable too!).

Stacey Axougas & Josie Woods - PE



YEAR 7 REPORT

As we finalise the end of Term 1, I would like to congratulate our year 7 students for making it through their very first term of High School. With their first term of assessment tasks, homework, new subjects and teachers, I am proud of the effort and focus students have demonstrated.

Year 7 has done an amazing job at transitioning into all subjects this term. Students have been working hard at adapting and learning new skills and routines. I know it can be quite challenging entering into a new environment with new routines, timetables and subjects, however, you should all be very proud of yourselves! I would like to remind you to ensure you are wearing your full school uniform, attending your classes on time and focusing on your learning.

I would like to thank all of the parents and carers who attended our Year 7 Meet and Greet on Thursday 18th March, even though the weather did not hold up and we had to change the location. Thank you for making the time to come and meet our KNHS year 7 teachers. Thank you also to the SRC and Prefects for cooking the BBQ.



A reminder to ensure you are utilising your school diaries and writing down all homework and assessment task due dates. Please remember you can always use the homework centre on Thursday afternoons in the library and always ask your teachers for clarification and assistance if you need it. Year 7 students have received their Year 7 Assessment Booklet 2021 at a previous year meeting. This booklet contains all year 7 subject's assessments, their approximate due dates, and assessment policies and procedures. If students have misplaced their copy, a PDF version can be found on the Kingsgrove North High School website under the category of 'Learning at our School'.



As Term 2 approaches, I would like to remind everyone that we need to continue to build positive relationships with peers, teachers and the KNHS community. Be mindful of having positive interactions and positive friendships.

Thank you for your dedication, positivity and overall efforts this term year 7. I look forward to seeing your progression and learning growth as the year continues. I hope everyone has a well-deserved relaxing break!

Have fun, stay safe, finish any assessment tasks and homework you have, and enjoy your time with your family and friends.

Dioni Karpathakis - Year 7 Advisor

YEAR 9 REPORT



Term 1 has been a busy start to the 2021 school year for Year 9 students! It has been fantastic to see all students settling into and enjoying their electives. The Year 9 students are at a point where they need to begin thinking about possible careers post-high school, and so have participated in various workshops and programs organised by the school.

One such workshop was the “Survivor Skills” workshop presented by Howard Smith from The Business Concierge. This workshop sits within the KNHS School-to-Work plan and was an excellent opportunity for students to examine fundamental life skills such as introduction to resumes and getting your first part-time job, budgeting for life, and interview skills and techniques.

Selected students have also participated in the Links to Learning program “Step Out!”. “Step Out!” is a project funded by the NSW Department of Education and delivered by 2Connect Youth & Community. It involves a variety of personal development activities and life skills training to assist them in their future employment, educational outcomes and overall wellbeing. This project is currently running for half a day per week over a 6-week period on Thursdays at KNHS.

Students are welcome to come along to homework club on Thursday afternoons in the library (3.05pm – 4.30pm), where teachers are available and happy to assist!

Students can look forward to participating in the postponed Cross-Country Carnival, which will take place in Week 2, Term 2. As well as the Cross-Country race, there will be a colour run, barbecue and a host of other fun activities - don't miss out!

Looking towards Term 2, students should be mindful of Semester 1 reports and make sure they are staying on top of school work.

Bethany Miller - Yr 9 Advisor

Year 9 students are at a point where they need to begin thinking about possible careers post-high school, and so have participated in various workshops and programs organised by the school.

ENGLISH NEWS



This term many of our senior students have been focused on the craft of writing. They have been developing their own voice as authors and have been expressing their thoughts and emotions through language. Interestingly, there have been many scientific studies into the cognitive benefits of the act of writing. Various studies have found that:

- Expressive writing has been shown to reduce stress by 60%. (Ciotti, 2014)
- Writing for 15 minutes a week has been shown to improve sleep and have positive impacts on mental health. (Pennebaker, 2012)
- Regular expressive writing is linked to improved immune function. (Pennebaker, 2012)
- Blogging can trigger a dopamine release, similar to that triggered when listening to music or jogging. (Pennebaker, 2012)
- Writing regularly can assist in closing 'mental tabs' (ie. Too many windows/tabs open in the brain, leading to stress and neural overload). (Ciotti, 2014)
- Writing by hand has been shown to improve understanding and the retention of information. (Ciotti, 2014)

THE ACT OF WRITING

There have been many scientific studies into the cognitive benefits of the act of writing.

The act of writing regularly is not only advantageous for academic performance, it is also of considerable potential benefit to our health and wellbeing. With that in mind, the English Faculty encourages everyone to pick up a pen and start writing!

Nicholas Kennedy - Head Teacher English

THE 7 PROCESSES OF READING

EMPLOYED BY GOOD READERS

The processes we undergo when reading are very complex, and when we understand what we read, we have successfully employed many different skills.

DETERMINING IMPORTANCE

Identifying the main idea and key points within a text.
Knowing the purpose for reading helps determine what's important.
Good readers can determine the most important themes and ideas.

ASKING QUESTIONS

Approaching a text with questions, and developing new questions as readers read on.
Using this strategy before, during and after reading helps to deepen your understanding.

MAKING CONNECTIONS

Relating to the text personally, understanding its relevance in the real world, and comparing it to other texts.

SUMMARISING

Taking a large section of text and reducing it to its main points and key ideas.
A trick is to write 1 sentence for each of the 5 Ws (Who, What, When, Where, Why) and 1 H (How).

VISUALISING

Creating pictures in your mind while you read. You can include sights, sounds and smells. Visualising helps you to recall events and to strengthen your understanding of the text.

INFERRING

Using clues from the text and your own prior knowledge (schema).
Inferring is like reading between the lines. The author's words + your schema = your inference.

SYNTHESISING

Taking new information and combining it with things you already know to create a new understanding or perspective of the text.
Think of synthesising like baking a cake; all the different ingredients mixed together make a whole new thing.
Information from the text + Information from your head = Deeper understanding.

CAPA NEWS



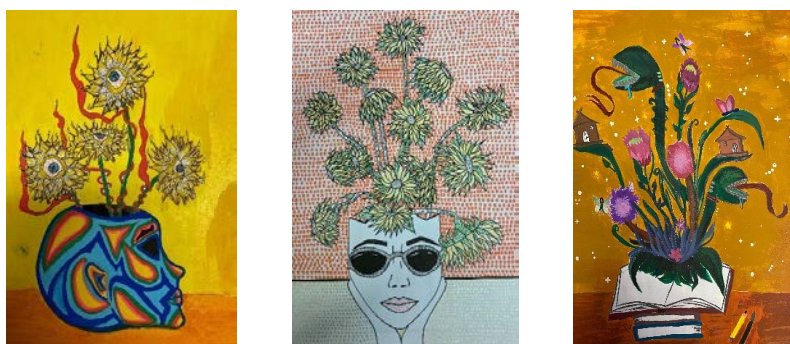
As we finalise our Term 1 learning in the Creative and Performing Arts, our students have been focusing on a variety of practical activities and theoretical studies.

Year 7 Visual Arts students have been busy finalising their 'Elements of Art' topic of learning, by creating a name title page using their understanding of the elements of art. They also explored Masks around the world through their assessment task 1 that was submitted during week 9. They have just begun their new unit of learning 'Portraiture' which they will continue next term. Year 7 Music students have been learning about rhythmic patterns through body percussion and the keyboard. This term, they have learnt to play "The Simpsons" theme on keyboard.



Year 8 Visual Arts students are still continuing with their studies of still life artworks. They are currently working on their oil pastel still life artworks and have recently submitted their Still Life Assessment task for marking. I was very proud of the standard of work received for their practical 'Sunflower' appropriation artworks. Some of these were incredible.

Year 8 Music students have been learning about the guitar this term. Their assessment task required them to learn to play a riff from a famous song and the chords to 'Johnny B Goode'. They also completed a listening test based on expressive techniques of the guitar.



CAPA NEWS



Year 9 Visual Arts students have been exploring the theme of urban Environment. They have been focusing on their development of their pen and Indian ink drawings. I am looking forward to seeing their Visual Arts Assessment task submissions in week 10. Year 9 Music students spent the term learning about the topic Music for Small Ensembles. In small musical bands, they performed a song to the class with each student playing a musical part. Additionally, they also composed a song for a small ensemble using the notation website Flat.io.



Year 10 Visual Arts have begun carving their self-portraiture lino blocks, which will be ready for printing early next term. Year 10 Music students have been learning about Australian Music, performing a song as well as completing a listening analysis task using Google Classroom.



It is great to see our senior CAPA students using the CAPA STEAM Technology centre, with PDV and PDM students utilising the laptops, 3D printers and dye sublimation printer. Year 11 Music students have been studying the topic Methods of Notating Music. They composed a musical piece using Flat.io and then performed their composition on their specialty instrument. Year 12 Music students have just completed their HSC core performance, core musicology and core composition task based on the topic of Music for TV/Film and Multimedia.

With the remainder of the term being productivity and creativity packed, we look forward to seeing all the students' progression.

Sarah Noulas - Head Teacher CAPA

MATHS NEWS



We are now nearing the end of Term 1 at Kingsgrove North High School. We have a full complement of highly skilled teachers who are available to assist students both inside the classroom and at recess and lunchtimes. In addition, the Homework Centre is 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 and class tasks:

- Year 7 completed an open book task on Integers
- Year 8 completed an assignment on Percentages
- Year 9 did a class task on Data Analysis
- Year 10 completed their Algebra and Measurement grading task
- Year 11 have been busy using online Technology to complete their assignments
- Year 12 (who only have 2 terms to go) are in the process of completing their second HSC task

Term 2 is also set to be busy:

- Years 7 and 9 will be preparing themselves for NAPLAN (coming up in Week 3 of Term 2)
- Year 7 will be finalising work on Fractions and Decimals
- Year 8 will be continuing with Algebra and then Data Collection and Representation
- Year 9 will be learning about Geometry
- Year 10 will be familiarising themselves with Equations and Trigonometry

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

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

Helen Sarlas - Head Teacher Maths

CALCULATORS

A calculator is an essential piece of equipment for Mathematics in all years. It is recommended that all students purchase a CASIO FX-82AU PLUS II.

VET NEWS



I am proud to announce that our Year 11 Hospitality student, Brandon H has been selected to represent the school on the Southern Sydney Business Education Network (SSBEN) Youth Council. The purpose of the Youth Council is to involve the Youth stakeholder group in the decision making of the organisation by seeking a youth perspective on their activities, involving youth in the development of their values, and seeking input and opinion that informs and drives the organisation's choices and activities.

Southern Sydney Business Education Network (SSBEN) is passionate about helping young people to make the successful transition from school to work or further education. They recognise that today's youth will make up tomorrow's workforce and it is vital to provide them with a strong foundation of skills and practical experience to build upon.

A key service SSBEN provide is the coordination of work placements for students studying Vocational Education and Training (VET) courses as part of their HSC. Workplace learning programs form part of the NSW secondary school curriculum.

Year 12 Work Placement Success Story.

Year 12 Manufacturing & Engineering students have attended work placement over the last 3 weeks. During this placement, the students spend a week working at a company in the metals industry, usually at a mechanic or steel fabricator. The students are able to expand on their skills learnt at school by putting them to practice in a real world setting and learning a range of new skills at the same time. One student of note is Eduardo D, who has been offered an apprenticeship at British Star Engineering as a result of his impressive performance during his work placement. At this stage Eduardo will begin his apprenticeship next year and begin his career in the metals industry. Eduardo's work placement provider commented "Eddy was an excellent student who showed great initiative and application to his work". Eduardo was also offered paid work during the school holidays until he is able to begin his apprenticeship next year. Furthermore, they were so impressed with Eduardo that at the commencement of his work placement British Star Engineering allowed him to design and construct anything of his choice, of which he made a full size steel dining table frame that Eduardo will attach a solid hardwood top to at home.

Congratulations to Eduardo D for a successful work placement at **British Star Engineering**

For further information regarding VET please contact Mr Paul Smith.

Paul Smith - Head Teacher VET

Congratulations to **Brandon H** on his appointment to the **Southern Sydney Business Education Network Youth Council.**



HSIE NEWS



HSIE has been very busy this term getting into the swing of learning.

Year 7 History has started honing their critical thinking and communication skills. They have been learning how to analyse sources through historical mysteries such as 'Why was Stonehenge built?' and 'How did Lindow Man die?'. They have been learning to infer, understand context and how to effectively communicate our understanding with their peers.

Year 7 Geography has started the year learning about landscapes and landforms. They have been looking at the processes that construct our world's natural landforms. Year 7 have submitted their first Geography Assessment Task for the year. Students were required to write a report on a World Heritage Site of their choosing, focusing on the methods of protection that keep the site in near-pristine condition for years to come. Congratulations Year 7 on completing your first term of Geography!

Year 9 Geography has started the year by studying the topic 'Changing Places'. With a focus on urbanisation and population distributions, students have shown a keen interest in this human geography topic. 9N have been studying this course through project-based learning, and have worked well within their groups to complete required tasks such as creating a plan for a new suburb in Sydney. We seem to have some great geographers in Year 9!

Year 10 History has been looking at the Cold War and Australia's Involvement in the Vietnam War. They have delved into some rigorous source analysis, looking at the experiences of Australian soldiers in the Vietnam War. It's been great to see the improvement of evaluative skills this term. Well done Year 10.

Year 11 Ancient History has been studying the myth of Troy. They have been looking at interpretations of Troy and the archeological finds to support and debunk the myth. Students have submitted their first assessment task for Year 11; congratulations on a great start to the year.

Year 11 Economics has been examining a range of economic models. Students have gained an understanding of how economies operate and the interactions between consumers, businesses, the financial sector, governments and global markets.

Year 12 Economics have been focusing on Australia's Place in the Global Economy. This included understanding the impact on the Australian economy of trade and financial flows between Australia and the rest of the world, the causes and impacts of change in the exchange rate for the Australian dollar and the major elements of Australia's trade policy.

Year 12 Modern History has been studying the United States between 1919 and 1941, in particular the impact of the Great Depression on American society. They have just started their new topic on the Cold War and are displaying a great understanding of the tensions that arose between the USA and USSR. The enthusiasm and dedication they are bringing to their learning has been exemplary. Well done Year 12.

Well done to all of the learners for a productive start to the year.

Marianna Bridgen - Head Teacher HSIE

SCIENCE NEWS



We would like to welcome Gerard Reardon as our new Lab Technician to the Science department. We also welcome back Ms Ebru Gurler to continue sharing the position with Ms Friedewald.

It has been a busy term with all students from Year 7-10 completing a unit on Safety in Science. Year 7 have been working on the skills that are required to be a Scientist and have completed a Student Research task based on these. Year 8 have been working on Body Systems culminating with a modelling task based on any of the systems. Year 9 have completed units of work on Electricity and Energy Efficiency and should be able to save energy while Year 10 have completed their individual Student Research Project based on the scientific method skills that they have learnt over the past 4 years.

We are currently running classes in Biology, Chemistry, Investigating Science and Physics in Year 11 and 12. All Year 12 classes have completed Module 5 and 6 while Year 11 have completed Module 1. A reminder to all senior students to use Edrolo for these subjects to consolidate the work being taught in class.

Year 11 Investigating Science visited Taronga Zoo in early March as a part of the compulsory depth study hours. They have been learning about Science and observations and were able to see how this process is utilised by the keepers in their work with the animals at the Zoo. In the afternoon, they participated in workshop in the education Rainforest classroom watching the interactions of the Tamarin monkeys as well as learning about snake and tortoise behaviour.

Well done to all of the learners for a productive start to the year.

Robyn Ellis - Head Teacher Science

CODING WITH OUR PRIMARY SCHOOLS



For the past few weeks, our school has been receiving some wonderful visitors from Wiley Park Public School. The Year 5 visitors have been engaged in coding lessons using our latest piece of technology, the Ozobot robots.

The Ozobots are tiny little robots that use downward facing cameras to detect colours and line patterns. The robots can move based on the colours and lines that it detects. Using different coloured markers, the students can code various commands for the robot to follow, such as 'speed up', 'slow down' or 'stop'. The Ozobots could be coded to make choices when facing different situations, such as when they are moving towards an intersection. Wiley Park Public School students were also involved in creating a code online for the Ozobots to follow. Codes are created using block coding. The students learned heaps of awesome things about Ozobots, robots and coding!



We were very lucky to work with a bright bunch of students who could think critically and solve problems. We really enjoyed having you here with us for our coding program. Thank you so much Wiley Park Public School!

Peter Vu

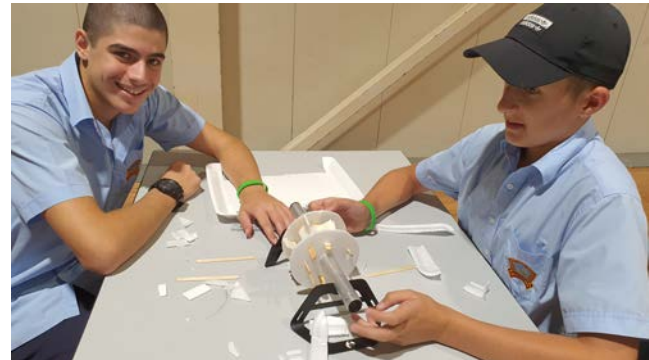
SCIENCE AND ENGINEERING CHALLENGE



Year 9 and 10 iSTEM students participated in the Science and Engineering Challenge in Week 9.

Students participated in activities including bridge building, creating hover devices, developing network diagrams, building turbines and finding strategies to utilise power and energy efficiency. Our students displayed excellent collaboration skills and worked together to construct amazing devices. Throughout the day, students have developed a greater interest in Science and Engineering and have shown increased levels of confidence in their ability to tackle unfamiliar problems in the challenge.

Our students interacted well with the event staff and their peers from other schools, showing excellent sportsmanship in the competition and appreciation for others during this challenge. They bring back skills that would allow them to be innovative and successful learners. Thank you to Ms Ellis and Ms Varvaressos for organising this exciting opportunity for our iSTEM students. We look forward to next year's challenge.



The STEM challenge invites students from all across the state to engage in challenges that require future focused skills involving critical thinking and problem solving.

Peter Vu

REVIEW OF THE STUDY HUB



Term One, 2021 has been a busy term in the Year 12 Study Hub. The designated areas of the Library on the third and top floor mezzanine are dedicated to senior students who want and need quiet working spaces to focus on the catching up on classwork, homework, assessments, revision, group work and some down time.

During Term 1, Year 12 used the study spaces approximately 2440 times during study periods. These numbers increase with students using the Library Hub before school, recess, lunchtimes and after school.

So far this year there has been a significant increase in student engagement in their learning and use of Library resources. Many senior students are accessing laptops and working on research, assessments and they are using the break out rooms as learning spaces for individual and group study. Even Chemistry, Mathematics and Engineering students can be seen using the white boards and teaching each other.

I am very visible on the third floor, talking with all students as they sign into the Study Hub every lesson and every day. My accessibility has been noted by many students and I spend part of every period moving around the Library checking in and up on students during their time here. It is in these casual conversations that many students talk about their learning, stress, anxiety, achievements, goals, plans, fears and dreams with me.

I have become a sounding board and touch stone for many individuals. The welfare side of the Study Hub has become increasingly important this term with many students suffering from anxiety, fear of failure and not coping with the enormity of assessment task after assessment task. I offer encouragement, practical solutions and help. Even after school if needed.

An increased number of teachers and students are using me a resource this term. I have been very busy working with teachers across KLAs and supporting students, joining their Google classroom has helped me track students' work and needs. Teachers have asked me specifically to work with special students in need of support and give them close attention to help them achieve their goal of completing assessments. I have been tracking students who have been struggling with assessment tasks; helping them to break it down, finding resources, organising work schedules and creating timelines to get work finished.

Much of my day is working one to one with individuals or in small groups. The main focusing has been creating ideas, developing a scope of work for students, helping students with their writing across KLAs. I am helping many individual students develop better writing practise and skills. Students have become used to sharing their work as a Google doc with me. I take the time to annotate their work with detailed comments and give them a quick turn-around for comments.

The International students in Year 12 also use the Study Hub frequently, finding comfort in the Library and with help on tap. I have been also working with Minimum Standards students this term, assisting students in meeting the Minimum Standards Levels 3 and 4. The Study Hub/ Library has become a very dynamic working space in 2021.

Lydia Gulotta - HSC Hub Co-Ordinator

DRIVING OFFENCES IN SCHOOL ZONES

With your help, a safer community.

Disobey 'No Parking' Sign



Fine =
\$194*
& Lose 2 Points

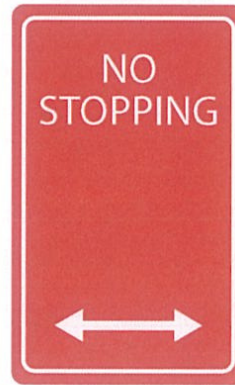
'KISS & DROP' ZONE

ONLY stop to
drop off or pick up
Stay within **3 meters**
of your car
Stay less than **2 minutes**



Section 168 Road Rules 2014

Disobey 'No Stopping' Sign



Fine =
\$349*
& Lose 2 Points

DO NOT STOP
for **ANY** reason



Section 167 Road Rules 2014

Child or Passenger Not Restrained

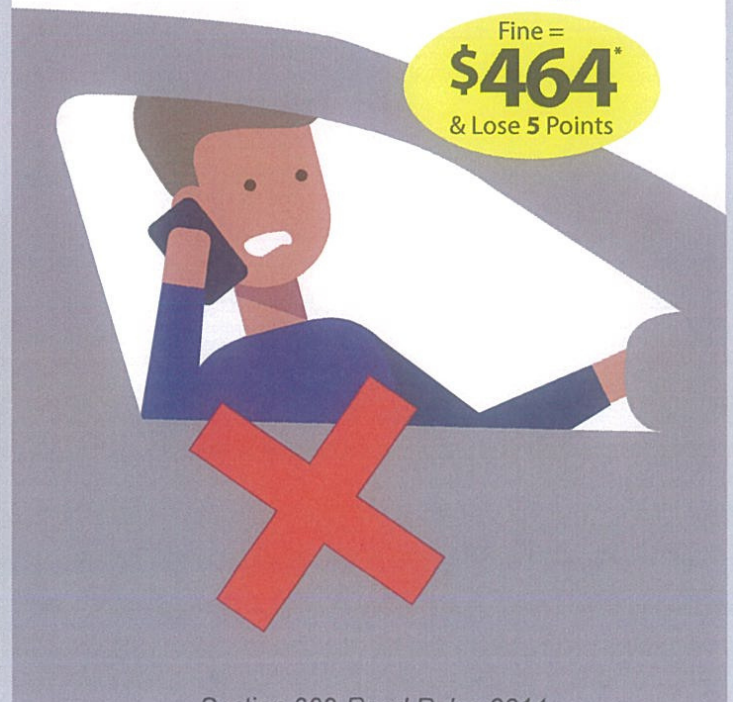
Fine =
\$349*
& Lose 3 Points



Sections 265, 266, 267 Road Rules 2014

Driver Uses Mobile Phone When Not Allowed by Law

Fine =
\$464*
& Lose 5 Points



Section 300 Road Rules 2014



Kingsgrove North High School Iftar Dinner

Thursday, April 22

To be held in the School Hall
from 5PM onwards

ALL ARE WELCOME!



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We would also like to thank and acknowledge the following local businesses that have sponsored and supported our classroom calendar for 2021.

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2. Beyond Blue	www.beyondblue.com
3. Wires	www.wires.org.au
4. Heartbreak Ridge Paintball	www.paintball.net.au
5. Jackies Floral Gallery Kingsgrove	www.jackiesfloralgallery.com.au
6. Barnardos Australia	www.barnardos.org.au
7. Blue Cross Pharmacy Kingsgrove	www.bluecrosspharmacy.com.au
8. Blue Cros Medical Centre	www.ipn.com.au/gp/bluecross
9. The Office of the Hon Linda Burney MP	www.lindaburney.com.au
10. Classroom Calendars	www.classroomcalendars.com.au