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Issue 1, 2022

THE WAY NORTH

Kingsgrove North High School
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OFFICIAL COMMUNITY
NEWSLETTER

PRINCIPAL'S REPORT



Welcome back to 2022 after what has been a challenging and at times difficult year in 2021. There have been several staff changes with some staff leaving us and new staff starting.

I would like to welcome Ms Neridah Hill who is our new Deputy Principal. Ms Hill comes to us from Liverpool Girls and has a wealth of experience in her role as a Deputy Principal. We welcome her to our school and hope she enjoys her time with us.

In the English faculty Ms Nuray Duran has been appointed to replace Ms Alex McGill and we welcome back Ms Hannah Reid and Ms Carli Arvanitis in the same faculty. Ms Sarah Santangelo has joined the Learning Support Team. Ms Beth Miller has also been appointed to the school via merit selection.

We also welcome back Ms Krysten Byrne who is relieving in the IA faculty, and Ms Leonie Antoniou and Ms Natalie Ivanovska in PDHPE. In the TAS faculty, Mr Todd Le has joined us. In the Mathematics faculty we have Mr Jason Wen, Ms Vanessa Li and Ms Xinnai Wang. We also have Ms Ada Leung in the CAPA faculty.

Welcome to all our new staff whether they are here on a permanent basis or for the year.

The distribution of RATs has gone well, and all students are now settled and working well. There are several whole school activities as well as programs that we have planned for this year, and it is hoped that with the school going back to its normal operations that these can proceed as planned.

The outdoor gym planned for the area next to the basketball courts is progressing well with the shade cover about to be put up and the first of the outdoor equipment to start arriving by mid-March. The gym will be fully operational and ready for use at the start of term 2 and will be a great addition to the school as a whole and the sporting facilities that we have in place.

The staggered starts for different year groups will finish at the end of week 5. From Monday 28 February normal school bell times and operations will be back in place.



PRINCIPAL'S REPORT



The innovation Hub is now fully operational and is a welcome addition to not only the school's facilities but also to the STEM program that has been running with our neighbouring schools. It has been a long time coming with some delays due to covid and a few other issues, but that is all behind us now. I would like to acknowledge Mr McKeown (our former Deputy) for all his support and input into the design and a special thanks to Ms Varvaressos who coordinates the STEM program in the school and designed the interior of the hub.



The changes to the timetable structure with integrated sport being introduced and students in years 11 and 12 away on the Tuesday of week B is working well. The new procedures have taken away the flexi time that students used to have and now require them to be at school all day which has also resulted in less issues.

Overall, students in years 11 and 12 still get the same amount of teaching time as in previous years. The benefit with what we have introduced is that students who have a study period are in the library with a fulltime teacher who is able to support them for any coursework or assessment tasks that they need to complete. Further to this, a new monitor is about to be put up in the HSC hub area that will provide ongoing information for students about the HSC, notices from their teachers, and study skill strategies.

Late last term we had several large murals put up around the school to enhance the learning environment. These have complimented the existing murals we already have around the school. The next stage is placing curriculum themed murals in some of the classrooms. The printed blinds already in the 34 of the rooms have made a big difference to the learning environment.



PRINCIPAL'S REPORT



A new garden is also under construction at the front of the school. The old brickworks have been rendered and coloured and a new modern sign has been put in place. The first of the new plants have been installed and we are waiting for the next order to come though and be planted. The new garden has been possible with the generous assistance of Frutex, and a sign will be put in place at the front acknowledging their ongoing support of the school.



I look forward to a productive and smooth rest of term one.

Mr Stasos – Principal



DEPUTY PRINCIPALS' REPORT



It has been wonderful to see the return of our students to their classrooms, and we look forward to another successful year of learning. On behalf of the team at Kingsgrove North High school, we would like to welcome our new Year 7 students. They have settled in so well and have been busy getting to know their peers and teachers. Their classrooms are productive spaces where learning takes priority and students are busily adjusting to moving around to different subjects, reading timetables, and learning from a variety of different teachers. Year 7 have enjoyed their first KNHS Swimming Carnival and have participated in transition programs including Peer Support. We are very proud of their efforts and cannot wait to see how they continue to grow over the upcoming years. We are confident that all students will find their time at KNHS richly rewarding both in and outside the classroom.

Teachers work in partnership with parents. Teachers have the knowledge of teaching and parents have the knowledge of their child. We encourage parents who have any questions or concerns to contact the school so that issues can be resolved quickly and fairly. As a large school, there are many sources of advice for parents who have questions. In the first instance, please speak with the classroom teacher or subject-specific head teacher for classroom matters. For other issues, parents should contact the relevant year advisor who will be able to assist. We also have school counsellors, a student support officer and coordinators of other support programs. It's always best to contact the school early if you have any questions or concerns.

KNHS aims to provide effective learning and teaching in partnership with parents and the wider community so we ask that students and parents support the school with high expectations including:

Demonstrating excellence by attending all classes. Students are expected to arrive before 8:50am, attend each day, and be on time to each lesson. Irregular attendance, whether it be whole day absence, partial absences, truancy or late arrival to class can all significantly impact a student's learning and achievement.

Demonstrating responsibility by wearing the correct school uniform. Students are expected to wear the correct school uniform and completely covered, black, leather school shoes on Mondays, Wednesday, Thursdays and Fridays. Students are expected to wear the school sports uniform and supportive sports shoes on Tuesday and for PE practical lessons. When out of uniform, students are expected to bring a signed note from their parent/carer and collect a uniform slip from their Deputy Principal. They will need to attend a reflection at recess or lunch if they don't follow the correct procedures. *Visit our website for details of correct school uniform and visit the uniform shop onsite on Tuesday 11.30am-3.30pm or Thursdays 8am-12noon.*

Demonstrating responsibility by keeping mobile phones off and away. Students are expected to turn their phone off and keep it away all day. Students can use their phone in class under the direction of their teacher for learning purposes only. Items linked to phone use such as AirPods and speakers should not be brought to school. If students are failing to cooperate with this expectation, they may be asked to hand over their phone and parents may be requested to collect it from the school.

Demonstrating respect by maintaining personal space. Students are expected to be mindful of personal space when in class, moving between classes and in the playground. Students must keep their 'hands-off' at all times, and games or play fighting that breaks this expectation is not accepted. This unsafe behaviour can cause accidents or lead to more aggressive interactions, which will not be tolerated.

DEPUTY PRINCIPALS' REPORT



Demonstrating responsibility by being organised and prepared for lessons. Students are expected to have their homework diary, pencil case and workbooks for each period of learning in their bag each day. Bringing completed homework and assessment tasks is also the responsibility of every student.

Demonstrating respect by cooperating with staff, school expectations and procedures. Students are expected to know and always demonstrate our core values, speak politely and with manners, and be an up-stander by telling peers to stop or walking away when they may not be cooperating. We value our partnership with you in your child's education and are supportive of regular communication. For this to be successful, please ensure that the office has your current mobile phone number and email address. We are looking forward to a year full of exciting programs and opportunities for our students.

Hello KNHS from Deputy Principal Mrs Hill

2022 is well underway and I am so excited to be joining the Kingsgrove North Family. I am thrilled to be able to help lead a school with such dedicated staff and fantastic students. I look forward to seeing many members of our school community over the coming months at the various planned school events. Wishing you all a happy, safe and successful year ahead. "A new school year means new beginnings, new adventures, new friendships and new challenges. The slate is clean and anything can happen"



Ms Bardouh
Deputy Principal,
Years 10 & 12



Mrs Hill
Deputy Principal,
Years 7 & 11



Ms Noulas
Relieving
Deputy
Principal,
Years 8 & 9

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

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NSW Department of Education and Communities

WELFARE & LIBRARY NEWS



The School's Welfare Team

Our students' welfare is supported by a large team of teachers and allied personnel. They are available to help students and families with issues at school and at home.

Year Advisors are the initial contact people in the school to deal with the wellbeing of students in their year cohort. This year's advisors and assistants are:

| Year | Adviser | Assistant |
|------|-----------------------------|------------------------------|
| 7 | Ms Reid (English) | Mr Vitale (PDHPE) |
| 8 | Ms Karpathakis (CAPA) | Mr Celenk (Science) |
| 9 | Ms Saad (PDHPE) | Ms Bastas (Learning Support) |
| 10 | Ms Miller (Industrial Arts) | Mr El Masri (TAS) |
| 11 | Ms Faros (English) | Ms Arvanitis (English) |
| 12 | Mr Poulos (Maths) | Ms Stamenkovic (CAPA) |

Our school counsellors are Ms Naomi Asakawa (Tuesdays and Fridays) and Mr Paul Mystakidis (Wednesdays and Thursdays). The school's Student Support Officer is Ms Najah Zoabi and our youth worker is Mr Matthew Waqinavalu. Students can self-refer to all of these people as needed.

Our families are also supported by Barnardos Family Referral Service and 2Connect. Our Barnardos worker, Margot Thomas can be contacted on 0409 219 511 or by email at margott@barnardos.org.au. Ms Kim Mingacca from 2Connect also supports families at our school. She may be contacted through the Library on Thursdays.

The school is also fortunate to have Ms My Dung Nguyen to work with our Vietnamese students and parents. She may be contacted through the library on Mondays.

WELFARE & LIBRARY NEWS



BULLYING

Bullying is...

an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying is not...

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation, or violence.

However, these conflicts still need to be addressed and resolved.

How Families Can Help Young People

Our school can be much more effective when parents report bullying and support our 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. More information about helping your child deal with bullying can be found at [Bullying No Way!](#)

WELFARE & LIBRARY NEWS



CYBERBULLYING

Only around 1 in 10 young people inform a parent or trusted adult of cyberbullying. Some reasons for this low number include embarrassment, fear of not being believed, fear of having the issue trivialised, or losing access to technology. Taking proactive steps to educate your child about what they can do about cyberbullying can be a good way to ensure they approach you for support when they need it.

To be proactive about cyberbullying you can:

- ensure that your child only friends and chats with people on social media that they know in real life
- ensure that privacy settings are set on all your child's social media accounts
- make sure your child knows not to share or give out passwords
- ensure that your child knows how to block, delete or report anyone who is upsetting them online.

If you become aware that your child has been affected by hurtful comments, images or conversations online, there are simple things they can do. They should:

- not respond to online bullying
- keep evidence of bullying behaviour, via print outs or screenshots
- delete the offensive posts or messages once they've been documented
- untag or flag any photos for removal that are distressing
- unfriend or block the person that is posting hurtful comments
- change privacy settings on their social media accounts and change any passwords that have been shared with others.

How Can Parents Help?

If you are concerned that your teen is being bullied online is to open up a conversation, listen and be supportive. Some things you can do are:

- talk to your child about what has been happening and try to get a clear picture about what has been happening and for how long it's been going on
- teach them how important it is to stay calm when dealing with online bullying. Don't respond to bullying with aggression. Encourage them to call out the bullying behaviour in a calm manner. For example, 'Please stop sending these messages – this is bullying'
- go through the initial steps above to try to put a stop to the abuse
- if the cyberbullying continues or intensifies, it's time to enlist some external help. There is more information here at Reach Out Schools.

WELFARE & LIBRARY NEWS




Library News

Year 7 have had the first of their library classes for the year. In that lesson, they took a Shelfie and uploaded it. We have made a display on the noticeboard.

If you would like the library to add a book to the collection, please use the form!



| | |
|--|--------------------------|
|  | BOOK REQUEST FORM |
| Your Name | _____ |
| Book Title | _____ |
| Author | _____ |
| The library staff will contact you when the book arrives! | |



Last year 20 of our Year 7 students completed the Premier's Reading Challenge. This year's challenge begins on the 28th of February. Students in years 7 to 9 are encouraged to register for the challenge using their DET username and password at <https://online.det.nsw.edu.au/prc/home.html>.

The library has over 1400 books on the reading list, and of course students may read up to 5 books of their own choice.

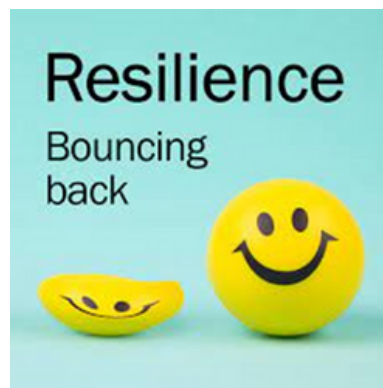
Ms Conidaris - Head Teacher Welfare



STUDENT SUPPORT NEWS



Year 7 Respectful Relationships workshops were fun and interactive while covering very important topics such as respect, consent, healthy and respectful relationships. Students were given an opportunity to participate in different activities within their classroom groups.



Year 9 and 10 girls have commenced the “Bounce Back” program, which focuses on resilience, goal setting and how to “Bounce Back” from life’s challenges. The girls loved interacting with each other, and the activities involved! This program will run for six weeks.

Ms Najah Zoabi- Student Support Officer

Thông Báo

Vào mỗi Thứ Hai từ 8:30 am tới 3pm , Trường chúng tôi có nhân viên người Việt có thể giúp phụ huynh liên lạc với nhà trường về các vấn đề học tập của học sinh.

Để học sinh ngày càng tiến bộ, chúng tôi cần sự hợp tác của quý phụ huynh bằng cách khuyến khích học sinh:

- Đọc sách.
- Làm bài tập ở nhà.
- Tham gia các hoạt động thể thao ngoài trời: bơi lội, bóng đá, bóng chuyền ...v.....v.....

STEM NEWS

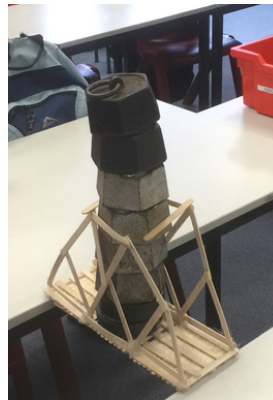
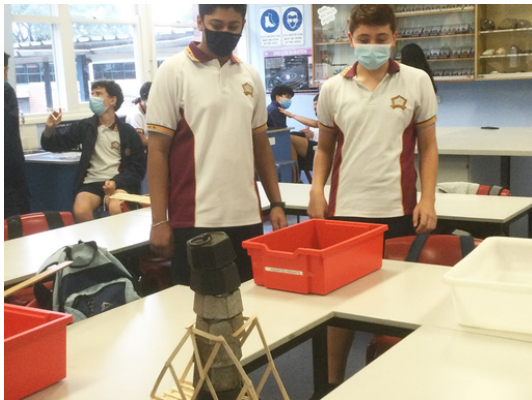
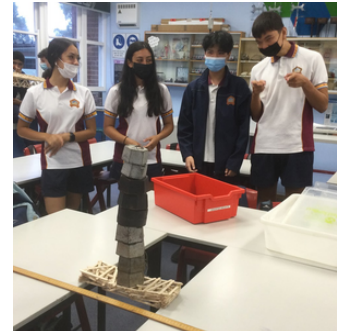
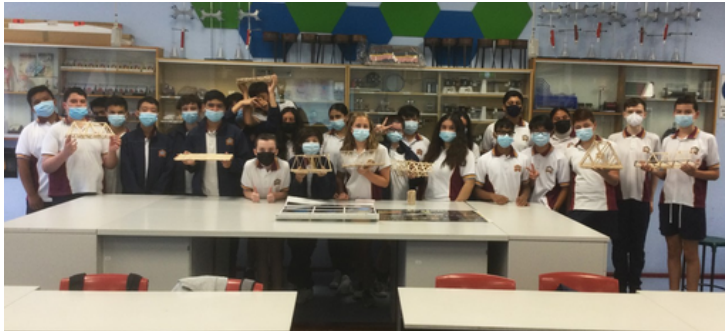


Year 9 Stem students have started the year with their spatial thinking caps on. These are skills students use in their everyday part of life - like unpacking a school bag, deciding how to cut a tray of brownies into 10 pieces, or even just moving squares and blocks in video games like Tetris and Minecraft.

Our students were given a design brief to build a bridge which provided them opportunities to collaborate effectively with others and become a team player. By sharing ideas and findings they improved their communications skills.

Building the bridges allowed their minds to explore and helped them to become creative thinkers. For some, they were even able to take on a leadership role. Students overcame challenges, and with their first project-based learning activity complete they were able to come together as a class.

Two of the eight bridges were able to withstand weights greater than sixteen kilograms. What an outstanding effort and start to the new year. Well done Year 9 Stem.



Year 9 Stem students have started the year with their spatial thinking caps on.

Ms Varvaressos - Head Teacher STEM

YEAR 11 REPORT



Seniors! They're now officially seniors!!

Expectations are higher, regular study becomes paramount and your children are going to experience stress like nothing before! As well as learning to cope with this new phase of their learning, the students will continue to experience rapid physical, cognitive and psychological growth which will affect how they feel, think, make decisions and interact with the world around them. As a result, this can also be a challenging time for parents.

Some advice: **set boundaries, implement consistent monitoring and maintain strong connections with your children.** It is important to keep the communication lines open! Speak openly about the changes your children are experiencing and be conscious of their mental health, as many conditions people confront in adulthood can begin to manifest during adolescence.

It is vital to keep the communication lines open between home and school. Please do not hesitate to contact me at school for a confidential chat if there is anything going on that I can assist with- we are a team!!

Ms Faros - Year 11 Advisor



VET NEWS



The Benefits of Studying a VET Course

Vocational Education and Training (VET) refers to education and training that focuses on delivering the 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 whilst making the projects interesting. We would appreciate prompt payment of these fees to allow us to meet our costs.

Some courses such as Hospitality, Construction, and Manufacturing & Engineering also have specific uniform and personal protection equipment (PPE) requirements as stipulated by industry standards.

Students are 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 are required to attend a student information and induction seminar on **Tuesday 22nd March 2022 from 1:35 – 2:35pm**. Students will be informed of what to expect in their studies of Hospitality and Construction. Students are also required to complete a VET Student Enrolment Agreement – 2022 form. This form contains information about the **USI and Privacy notice** which requires students to sign the declaration and consent form. Parents/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.

VET NEWS



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**

Work Placement

Work placement is compulsory for Stage 6 VET courses. This is a NESA requirement. Non-completion of work placement may result in a student being issued with an “N” determination for that course.

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. However, due to the impact of COVID-19 the work placement requirements may change. Your teacher will provide details of work placement in due course.

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.



Mr Smith - Head Teacher VET

HOSPITALITY NEWS



Year 12 Hospitality Kitchen Operations Work Placement Week 2022



Bankstown Sports

Brandon and Marisa had a wonderful week consolidating skills learnt in the classroom and gaining industry experience.



Jeleis and Samara worked at China Lane Restaurant – Sydney and gained fantastic feedback!



Marissa and Maya spent the week at Sydney Graphic Art Club practicing a variety of skills such as their precision cuts, making arancini balls, assembling burgers and coating chicken for schnitzels.



Ms Todd – Hospitality Teacher

PDHPE NEWS



Welcome back to another exciting year in PDHPE at Kingsgrove North High School. Despite the health restrictions in place, we have started the year with many fun events including the new Tuesday Sport, the Oz-Tag Gala Day, and our school's Swimming Carnival.

In the classroom, students are in the process of completing their first theory assessments and will be commencing the practical components of this term's PDHPE course. Well done to all students for their efforts in and out of the classroom.

FUN & FACTS

TOPIC - BREAKFAST

Why is breakfast the most important meal of the day?

Breakfast means 'break the fast', as the previous meal is typically 8-10 hours before waking up in the morning. Breakfast is important in re-fueling the body with energy and nutrients, kick-starting the day. If breakfast is skipped, the result can be feeling lethargic and tired and lead to difficulty concentrating and behaviour difficulties in the school environment.

Why is breakfast important for children?

Breakfast provides children with energy and essential nutrients, including iron, calcium and vitamins B and C, which are necessary for growth, development and good health. Children who eat breakfast each day are much more likely to meet their daily nutritional requirements, as a good quality breakfast can provide a child with up to a third of their daily nutrient needs.

Children who don't eat breakfast may not make up for the nutrients not consumed within the rest of the day's intake. Eating breakfast can also reduce the risk of overweight and/or obesity, as breakfast is often replaced by mid-morning snacks that tend to be high in fat, sugar and salt. Skipping breakfast can also lead to over eating throughout the rest of the day, increasing the risk of becoming overweight or obese.

How can breakfast affect children while at school?

Children who have eaten breakfast can concentrate better and have a longer attention span, helping them to learn and study better. They can also perform better physically after eating breakfast as there is more energy available to their muscles. Breakfast can improve behaviour and mood, as children have better concentration and aren't tired or hungry.

Benefits of a breakfast program (for students who have not had breakfast at home)

- Providing essential nutrition for children and adolescents
- Better health and learning outcomes
- Socialisation
- Increase participation and engagement at school
- <https://www.redcross.org.au/getmedia/f7b6f98a-e338-4734-ba14-40199f07945b/fact-sheet-4-2.p>

Up-coming events in PDHPE

Zone Swimming Carnival 25th & 28th of Feb

Cross Country Carnival 23rd of March

Mr Rozario - Head Teacher PDHPE



SPORT NEWS



We have had a great start to the 2022 sporting year! Amazing effort from all of the students who attended the KNHS Swimming Carnival and achieved points for their house colours. We have received great feedback regarding the participation rate and effort during Tuesday sport. Keep up the winning attitude as we commence the competition rounds in the next few weeks!

SWIMMING CARNIVAL

KNHS have had great success in recent times at zone and regional levels in swimming. Congratulations to all students who participated in the KNHS Swimming Carnival. The following students are the Age Champions of 2022. We wish them good luck as they lead the rest of the KNHS swim team into the St George Zone Carnival.

| Age | Girls Champion | Boys Champion |
|-----|----------------|--------------------|
| 12 | Stephanie Zhou | Christopher Skiris |
| 13 | Naomi Harvey | Lolopua Tokelau |
| 14 | Natasha Skiris | Hayato Kato |
| 15 | Isabella Hokin | Nathan Lau |
| 16 | - | James Goulimis |
| 17+ | - | Bruce Lin |

CURRENT HOUSE COLOUR POINTS

| | |
|-----------------------|----------------------|
| BARTY 338 | GOODES 322 |
| PEARSON 220 | CAHILL 174 |

CROSS COUNTRY

The next school event coming up near the end of Term 1 is the Cross Country Carnival. This year's Cross Country Carnival will be held at Gannon's Park in Peakhurst. Every student will have the opportunity to race and gain more points for their house colour! Get excited, find a buddy and start training together!



Mr Vitale - Sports Co-Ordinator

CAPA NEWS

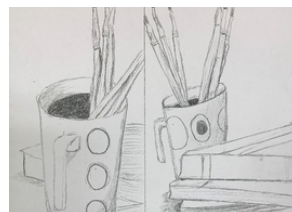


As a new year rolls in, the students have been busy again developing and demonstrating their love for learning! We are extremely proud of how students have moved back into the classroom, ready to learn and create. We are excited to state that prac is back in Music for our seniors!

Stage 4

Year 7 have been having an exciting introduction into the Visual Arts course. Students have engaged in challenging discussions about 'what is art?'. They have learnt how to describe artworks effectively and have begun learning practical skills. Through their understanding of the elements of art, students have also enhanced their knowledge about colour theory, being able to categorise warm and cool colours. Some students picking up the brush for the first time have demonstrated that they're painters in training. In Music, students are exploring basic notation symbols and rhythmic patterns. Students have started to play on the keyboard with proper finger structure and hand coordination. For their upcoming Assessment Task 1, students will be playing 'The Simpsons' tune on the keyboard and creating their own Ostinato patterns as their composition task.

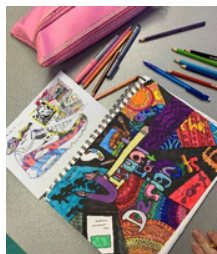
This term, Year 8 students are learning all about the guitar. They are learning how to play the chords to "Johnny B Goode" as well as some classic rock riffs like "Eye of the Tiger" and "Smoke on the Water". The Visual arts classes have had an animated approach to this Semester's topic 'Still Life'. Students have built their understanding of the core terminology 'inanimate' and 'arrangement'. Experimenting with quick drawing tasks, our Year 8 students have sat down and drawn highly tonal arrangements in 10 minutes from various angles.



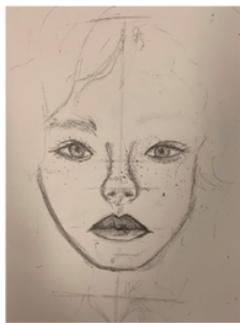
Stage 5

Year 9 Visual Arts students have been exploring the topic 'Urban Landscapes' this term. Students have explored perspective, tonal values, and textures of their school and local environment to inspire their creations. Students have been enjoying taking everyday structures and scenes, and taking them to another level with their skills and material practice. In Music, students are learning Flat.io software. As their computer-based ICT composition task, students will create their original work utilising the use of pentatonic scale-based composition. Through Visual Design, students are exploring the basics of design, and understanding the principles and elements of art. They are developing their interpretation of a design brief and how to pay homage to other artists through our sneakers x task.

CAPA NEWS



Year 10 Visual Arts students have been working on their German Expressionist inspired portraits. Students utilised our CAPA digital studio to capture their emotive photographs which they are now in the process of digitally manipulating on Photoshop before creating an emotional lino print. Watch this space to see the progress of their self-portrait German Expressionist lino prints at the end of the term! Through Music, students are exploring the abundance of Australian Music, focusing on First Nations artists and musical traditions. They are also working together in small bands, learning to play an Australian song for their upcoming assessment task. The class is working really well and so far we have students performing songs by AC/DC, Olivia Newton John, Jet and Tame Impala.



Stage 6

Year 11 Visual Arts have been building a comprehensive understanding of techniques used to analyse artworks. Students have been working in groups and independently to enhance their literacy and approach to HSC style questions. Through their practical lessons, students have explored a variety of materials from watercolour painting to photography in the studio, with aims to challenge the students' approach to artmaking and explore materials outside of their comfort zone. Year 12 Music students are hard at work focusing on the practical components of the course. They have an upcoming assessment task involving their performance core song and an elective choice. They very much appreciate the return to practical work and are producing some great work.



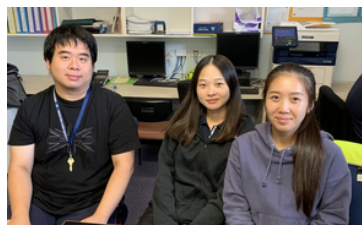
We are proud of the amount of time, effort and creativity our students from stages 4-6 continuously demonstrate, and we look forward to seeing their progression throughout the year.

Ms Stamenkovic- Relieving Head Teacher CAPA

MATHS NEWS



Welcome back to all last year's students, all new students and all of our parents, guardians and their families.



This year we are pleased to have Mr Wen, Ms Wang and Ms Li working with our staff replacing staff that are on leave. The faculty is a cohesive and dynamic group of teachers committed to helping your children achieve their potential and much more. To have children gain the most from their school life we all need to work together - students, parents/guardians and teachers - to encourage and praise the students in all of their endeavours.

Students need to have a quiet place at home with a table and good lighting to complete all assigned tasks on time. They need to ask their teachers for help if they are having difficulty with their work, and utilise the school Homework Centre on Thursday afternoons from 3.15pm until 4.30pm for even more help.



Casio calculator fx-82au plus II

A reminder to all parents that every student requires their own calculator. Year 7 will be using theirs shortly and all other years need theirs now. It is requested that all students use a Casio calculator, as that is the one the teacher will be giving instructions for in class. We do not provide calculators and your child will be greatly disadvantaged without one. If you are experiencing financial hardship please speak to a Deputy, who may be able to help you.

Year 7 students have adjusted well, and they will face NAPLAN next term in two parts for Mathematics, one with and the other without a calculator.

Year 9 have been sorted into the 3 levels of Mathematics, according to their results and teacher's input. It is hoped that students will succeed at their appropriate level of Mathematics in the future. Students will all sit for common tasks, and it will be possible to move some students if they show great improvement. They will also have to face NAPLAN in Term 2 for Mathematics with a calculator and non-calculator section.

Year 10 will be awarded their ROSA in Mathematics when they demonstrate diligence (complete all homework and work cooperatively with their peers and teachers). Their grades will be determined by their achievements in several Grading tasks and then be used to determine their pathway in Senior School.

Students in all years will soon be selected and encouraged to sit for the Australian Mathematics Competition. The cost will be determined soon, and it is expected all students who achieve well in Mathematics should sit for the competition paper. It is multiple choice and promotes Mathematical thinking. Students who can think outside the box and problem solve are able to achieve high levels of recognition in this competition.

All Year 11 students are currently studying Algebra as it is a common element for all levels of Mathematics. Students are expected to apply themselves consistently to achieve well in their chosen level of Mathematics.

Good luck to our students as they face the Mathematical challenges of 2022.

Ms Sarlas- Head Teacher Mathematics



HSIE NEWS



Welcome to HSIE 2022! This year, you will find us all (Social Science and History) upstairs in our J Block staffroom. We are welcoming back Ms Stojanovic from maternity leave and have a new addition to our staffroom with Mr Laws!

For our Year 9 and 10 students, we have semesterised History and Geography to allow for a more consistent and cohesive learning experience. Year 9 History focuses on the movement of peoples and the World Wars, and Geography is looking at the urbanisation of cities and our world's biomes. Year 10 History students are looking at Indigenous rights and freedoms, the Vietnam War, and post-war migration experiences. In Geography they are focusing on human wellbeing as well as environmental management.

Year 8 students are currently studying Medieval Europe in History, with a focus on the concept of 'curiosity'. Students are working on their critical thinking and source analysis skills to gain a thorough understanding of the topic. In Geography, Year 8 are focusing on 'Water in the World' and are expected to undertake a fieldwork task next term (our first since pre-covid) – watch this space, Year 8 Geographers, as there are exciting things to come!

Year 7 are settling in nicely to both History and Geography, as they begin to learn the fundamental historical and geographical skills that will accompany them throughout their studies. History is currently focusing on the ways we can investigate the past, while Geography is introducing skills work such as map reading and directions, and beginning their 'Landscapes and Landforms' topic.

We are very excited for the year ahead!

Our senior subjects and classes are back in full swing, with assessments not far around the corner for them. The six senior courses that we run in HSIE are keeping us very busy already!

Ms Cole - HSIE Teacher



GENERAL ANNOUNCEMENTS



NEW ONLINE ENROLMENT SYSTEM

We are excited to announce our new online enrolment system.

The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to:

- Enrolments into local schools only
- Children who are Australian citizens, New Zealand citizens or permanent residents
- Children who live in NSW.

We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's [going to a public school site](#). Further information about online enrolment can be found on our school website.

Uniform Shop Hours:

Tuesday: 11:30 - 3:30pm

Thursday: 8am - 12pm

Second-Hand Uniform Shop Hours:

Wednesday: 10:15am - 10:45am

The second-hand uniform welcomes donations of washed, unwanted uniforms. Please drop them off to the school office.

FREE MUSIC LESSON!

POWERED BY STORMER MUSIC
BANKSTOWN



Book in for
TERM 1 and we'll
throw in a FREE
lesson

Offer ends 26/03



02 9707 3111



bankstown@stormermusic.com.au

DRIVING OFFENCES IN SCHOOL ZONES

Disobey 'No Parking' Sign



Fine =
\$194*
& Lose 2 Points

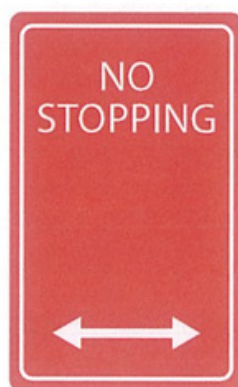
'KISS & DROP' ZONE

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

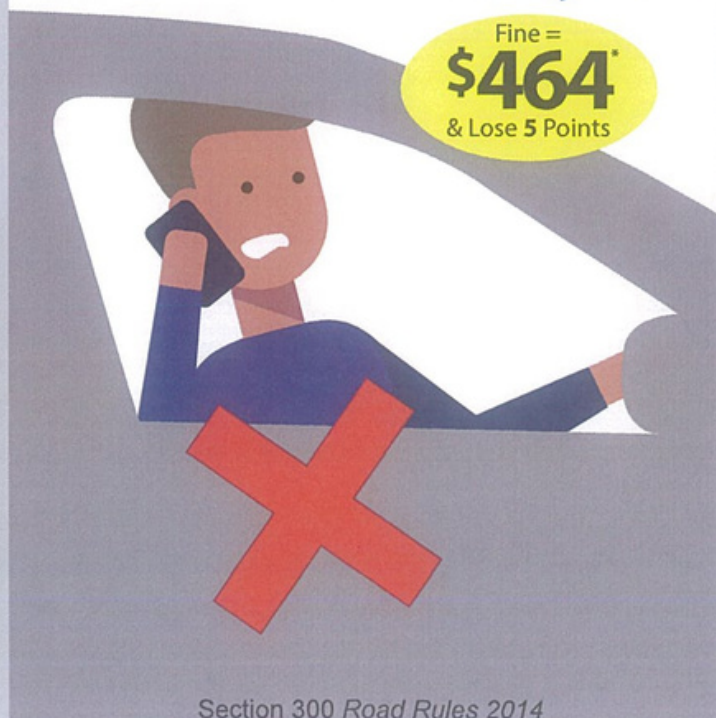
Fine =
\$349*
& Lose 3 Points



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

SPONSORS



Kingsgrove North High School is proudly sponsored by the following organisations. We thank and acknowledge our sponsors for their continued 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 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 |
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| 9. The Office of the Hon Linda Burney MP | www.lindaburney.com.au |
| 10. Classroom Calendars | www.classroomcalendars.com.au |