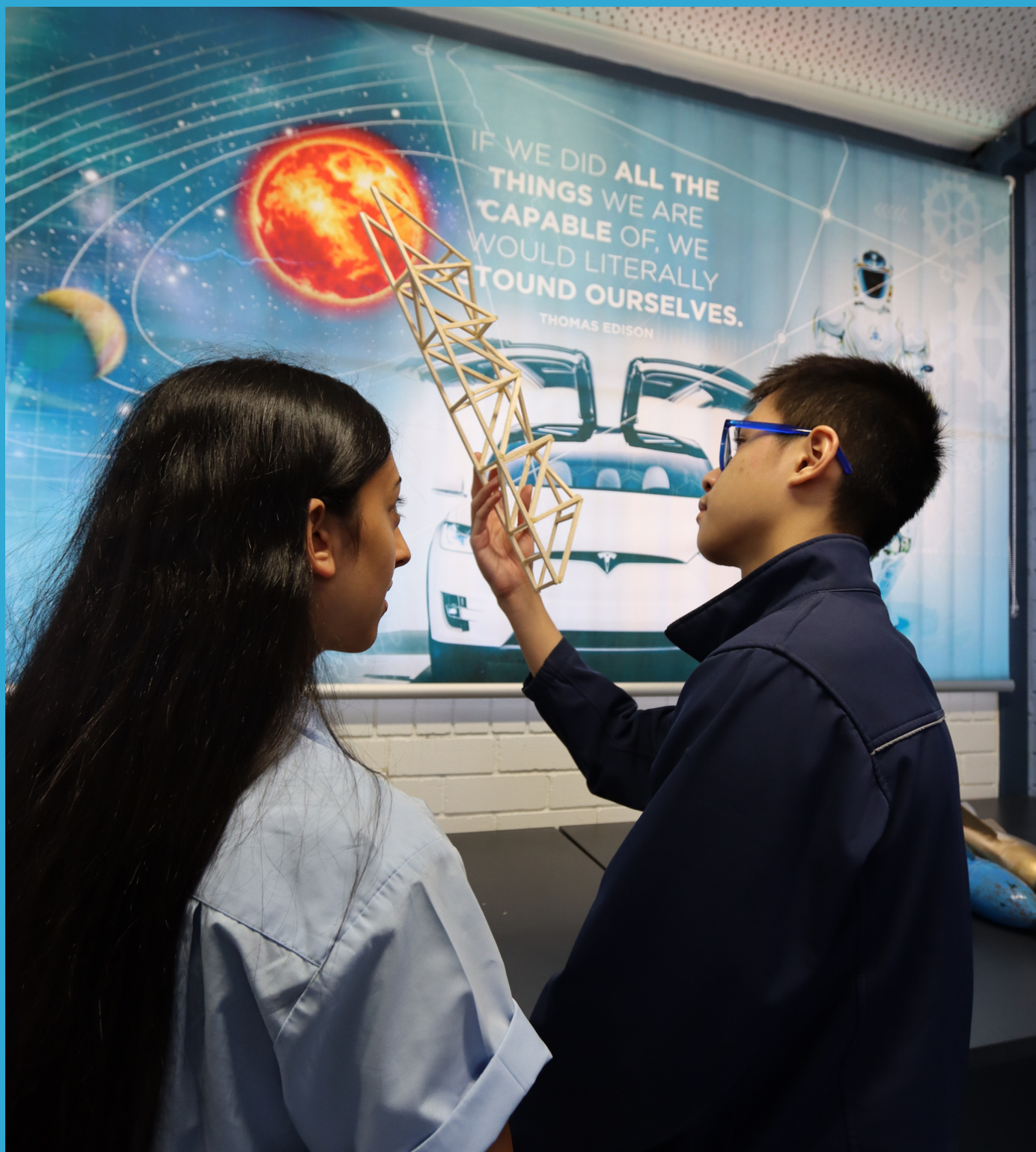


# THE WAY NORTH

The Official Newsletter of Kingsgrove North High School  
St Albans Road Kingsgrove, 2208 Tel: 02 9502 3933

*Issue 2 2022*





We have come to the end of another term, and we are slowly getting back to a normal routine in terms of the annual events and activities that we are able to organize. On Monday June 27 we held our parent teacher evening for the first time in three years and the attendance was overwhelming. As a result, we will be organizing another parent teacher evening in early Term Three to cater for the parents who were not able to attend. My thanks to all staff that attended and to Ms Bardouh for organizing the evening.



We have also been able to hold the Subject Selection evening for both Year 8 and Year 10 and these were also very successful with a large turn out from both parents and students. This is an important evening as it provides students and parents information about elective courses they can choose for both their ROSA (Year 10) and HSC (Year 12). Once again, my thanks to the staff that came along to promote their subject areas and provide information and to Ms Bardouh and Ms Hill for organizing the evening.



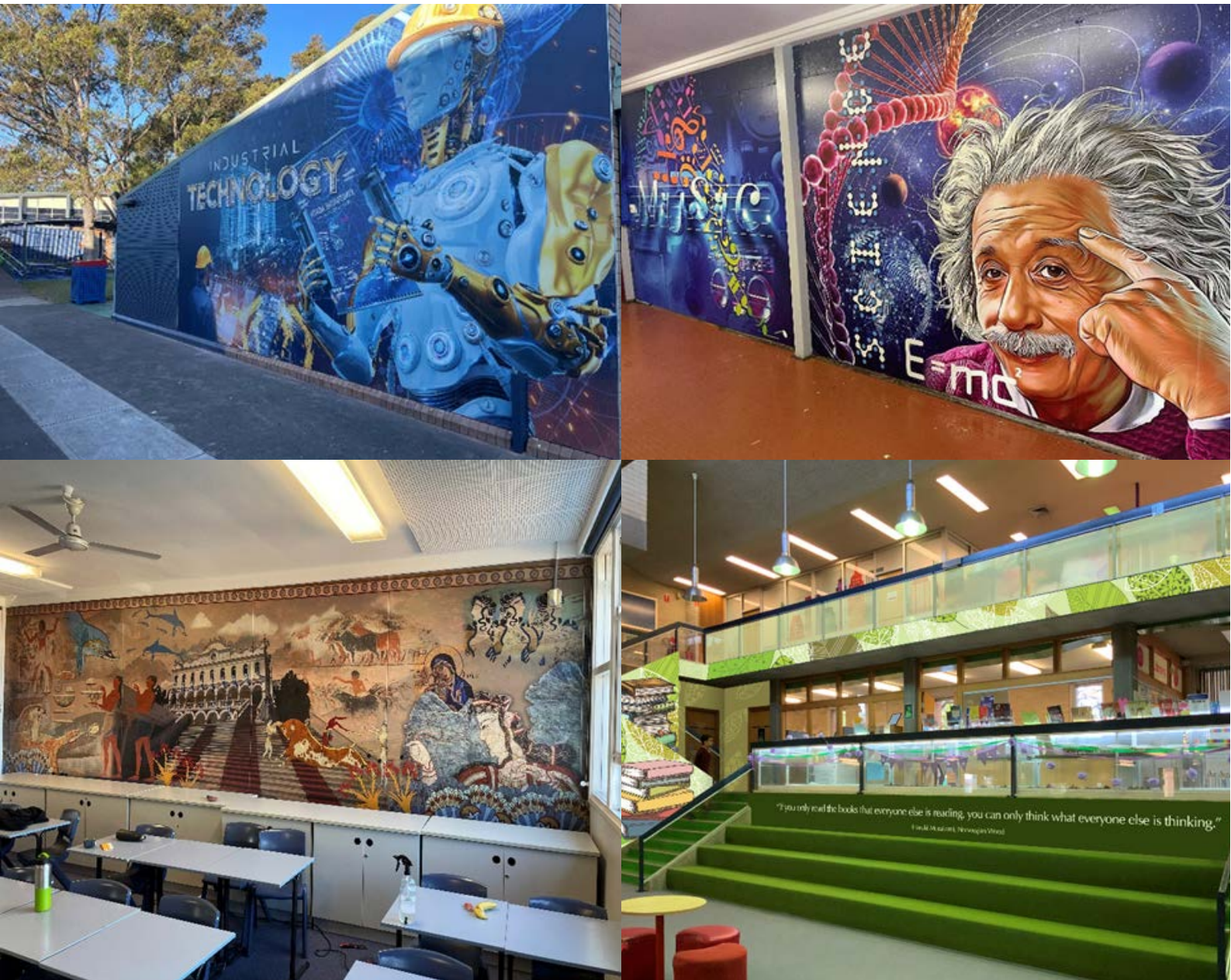


The Athletics carnival went ahead at Sylvania after several cancellations due to the wet weather. We were lucky to get the all-weather track at Sylvania after a cancellation and the weather, while it was cool, stayed dry and the students that attended had a great time. This was important as the cross-country carnival earlier in the term was unfortunately cancelled.

As we come to the end of the term, Year 12 are basically down to their last seven weeks. Next term they will have their trials in weeks three and four and then their final Year 12 day, graduation, and formal in the last week. I have been reminding students on a regular basis how long to go and how fast their last year will go, meaning they need to put in maximum effort now to prepare for their trials and HSC.

The outdoor gym is ready for use - the delay again has been the weather to finalise the new volleyball court in front of the gym. I am hoping to have this completed in the holidays and ready for use at the start of Term Three. The basketball courts are about to have a new shade sail cover installed and this will protect students from the sun. The courts will also be repainted, and some minor repairs completed, courtesy of our Assets department. A number of new murals have also been put up around the school both inside and outside the classroom. They have already had a big impact on the physical environment and complemented the murals already around the school.





The oval has been out of action all year and as strange as that may seem it is something we have never experienced before. With all the heavy rain earlier in the year the oval became unsafe and unfortunately water did not drain away as normal. Further to this, we have not been able to mow the lawn until a few weeks ago. I am hoping the oval can be open for the start of Term Three , this will depend on any more rain that is forecast to happen during the holidays.

COMMENTS? [KINGSGROVN-H.SCHOOL@DET.NSW.EDU.AU](mailto:KINGSGROVN-H.SCHOOL@DET.NSW.EDU.AU)



I would also like to welcome Amy Johnson who has been permanently appointed to the school in the PDHPE faculty. Amy comes to us with a wide range of experiences and has settled into the school quickly. She is already making an excellent contribution to the faculty and school.

Next term will be just as busy with the Showcase occurring for the first time since 2019 as well as the COS band concert also happening. Year 12 will have their trials and finish up at the end of Term Three. Elections for the new Leadership team will also take place next term.

My thanks to the Deputy Principals, Ms Bardouh, Ms Hill and Ms Noulas who have done an outstanding job and supported me this term. I would like to especially thank and acknowledge Ms Noulas who has been the third Deputy this semester and will return to her faculty. She has done an excellent job and made a major contribution to the school. I would also like to thank Tara Stamenkovic who has been relieving HT CAPA and done an amazing job.

Finally, a new school promo video will be produced and placed on the website and a drone fly thru will also be produced and added to the website. The fly thru is something special and unique and will highlight a live virtual tour of the school.

I look forward to Term Three and it is nice to see things returning to normal.



Mr Stasos - Principal





The KNHS Innovation Hub official opening was held on the 31st of May, 2022. The official guest party included Murat Dizdar (Deputy Secretary) and John Selby (Director of Beverly Hills Network). Apologies from Martin Graham (Executive Director Metropolitan) who unfortunately was unable to attend.

KNHS had the pleasure of twenty visitors from our local high schools and primary schools join in the celebration. The official ceremony started with Murat Dizdar and Mrs Varvaressos cutting the ribbon. Mr Stasos (Principal) opened with a speech, followed by Mrs Varvaressos. Finally, Murat Dizdar completed the ceremony with a closing speech and the official unveiling of the plaque.

Mrs Varvaressos and Mr Celenk had students showcasing their skills.

I believe that at KNHS, students need to be challenged across all curriculum areas and learning stages with skills and capabilities to thrive in a rapidly changing and interconnected world.

Creativity, collaboration, and critical thinking should be the driving point of our future innovators.



Mrs Varvaressos - Head Teacher Future Focus

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As we are all aware, the pandemic continues to put pressure on our school community. However, the difficult start to Year 7's high school journey is an opportunity to reflect on what we value, what we stand for, and what we are looking forward to. I hope that the disruptions and challenges compel our students to work hard, value their education, and make the most of our school's opportunities.

Year 7 has been busy in Semester One! First, they took part in Operation Welcome, where they wrote letters to their Year 12 selves for graduation day. Students also heard from Australian Olympian, Steph Magiros, who spoke about the power of resilience. Later in the term, students heard from our police liaison officer, Senior Constable Anne Ferfolya, who gave a presentation on Cybersafety. Students participated in a kindness workshop for National 'Say No to Bullying' Day. The insight and tact that students demonstrated in these workshops are a testament to their maturity and sense of responsibility. Students completed NAPLAN and are commended for their effort and sustained focus during the testing period.

Year 7 students were champions at our swimming carnival and accrued 225 points for their houses. Congratulations to Dimitri A, Cooper D, Jack-Cuda H, and Lolopua T, who represented our school at the St George Regional Swimming Carnival. Year 7 was just as involved in our Athletics Carnival. Congratulations to Eugene A, Mikayla D, Aidan H, Abdelmoein H, Leo L, Kai K, Vlado K, Alannah L, Muhammad N, Michelle P, Mirabel P, Paige S, Leba T, Leba W, and Jordan Z for representing our school at the St George Zone Athletics Carnival. Year 7 also competed in a soccer tournament with Year 12 students, a new initiative focused on building positive peer relationships across year groups. We've only just been able to commence the Integrated Sport Competition due to the rain. The competition kicked off Week 8 of Term Two, and students are showing off the skills they have learned during the training weeks. Let the games begin!





Seeing so many caregivers, parents, staff, and students at the Year 7 Meet the Teacher BBQ was lovely. Our Year 7 students are part of a wonderful community.

Year 7 Camp was a great experience, and it was a privilege to have this opportunity as a year group. Students enjoyed kayaking, archery tag, initiatives, escape rooms, chariot building and racing, and watched a footy game on Thursday night. Year 7 did us proud by showing up to activities each day with dedication, kindness, and courage, and built positive and respectful relationships with each other and their teachers. It was a very special three days.



Year 7 has voted to support Linking Hearts. Linking Hearts is a local charity that provides domestic violence and homelessness support to women and families from culturally and linguistically diverse backgrounds with safe and supported crisis and transitional accommodation. As a year group, Year 7 will be organising events and fundraisers to support Linking Hearts. I am proud of them for taking an interest in supporting such an incredible cause.



As we continue to face and overcome the challenges of this pandemic and the rain, I am humbled by the strength and good humour of Year 7. They were only the new kids for one day, and now they are making their mark in our school community. Here's to a fabulous year of good humour, education, leadership, friendship, resilience, and teamwork.

Ms Reid - Year 7 Adviser



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It has been a productive, busy, and very successful Semester One for Year 8! We were able to have our Swimming Carnival and Athletics Carnival, and it was wonderful to see so many Year 8 students involved and enjoying a KNHS whole school events as we were not able to experience many of these events last year!

Thank you for being such responsible, respectful, and safe students when we were at the venues and thank you for letting me take a photo of us all together! Making memories together as a cohort is very important to me and it makes me very happy and proud to see you all interacting and enjoying these moments of High School.



Year 8 have been provided with the information they require to prepare and select their elective for stage five next year, please ensure you take this opportunity to select subjects you express interest in, will be eager to learn new information and content and most importantly, subjects that will help you make the most of your learning experiences.

As we approach Term 3, I would like to remind students of some important factors, please be mindful of how you speak, approach, and conduct yourselves around your peers, classroom teachers, Executive, Senior Executive, and members of the KNHS community. It is crucial we remember our core values of Respectful, Responsible and Safe, these three words should always echo when you are on the way to school, at school and on the way home. We must continue to wear our school uniform with pride and as we always speak about, be our best selves and strive to be a great role models within the school.

Thank you for your dedication, positivity, and overall efforts this semester year 8. I look forward to seeing you all when we return on Tuesday 19th July, a reminder to be in full sports uniform. I hope everyone has a well-deserved relaxing break, have fun, stay safe and enjoy your time with your family and friends.



**Miss Karpathakis - Year 8 Adviser**

**COMMENTS? [KINGSGROVE-N-H.SCHOOL@DET.NSW.EDU.AU](mailto:KINGSGROVE-N-H.SCHOOL@DET.NSW.EDU.AU)**



This year the Premier's debating challenge has kicked off with a bang! Students from Year 7 to 10 have been split into teams and have debated against each other and other schools over a series of three rounds. The first round of debating has been completed between Year 9 and 10 students who versed Beverly Hills high and Wiley Park High School. It is with pleasure we congratulate the winning team's members from Year 9 and Year 10; Thomas G, Madison F, Bea N, Emilia D, Madeleine Z, Charlotte T, Suzie K, Aurora D, Mikayla V and Raphael F who debated on the topic of education.

Year 7 and Year 8 students this year had no prior experience in debating but participated with high spirits and enthusiasm against each other for their first round which is still in session. Another huge congratulations to our Year 7 and Year 8 team members; Ibrahim M, Jamie Z, Elizabeth C, Xander W, Emmanuel B, Sylvia A, Alleidea C, Spiros K and Angelina L who also debated on educational topics.

Moving into round two of the debates, students will be forming convincing arguments related to the topic of science and the environment. This will be an interesting and engaging way for students to become involved with discussing real world issues in a meaningful way. Let the second round begin!

Goodluck and happy debating to all students.

**Ms Arvanitis - English Teacher**





The Modelling Club has been operating at Kingsgrove North High School for over 10 years under the guidance of Mr Joseph MacIntosh. Students learn how to model in various scales.

Using everything from recycled parts to rummaging through the natural environment. Our students scratch build their scale models with Joseph passing on his knowledge of all the tricks to creating these miniature dioramas. The club meets every Thursday afternoon from 3:05 until 4:15pm in room KF4. Any students interested in joining the club are welcome to pop in or can see Mr P Smith for further information



Sean J, Asshir Z & Mr MacIntosh working on the latest Star Wars Death Star Model.



Sean & Aashir creating Luke Skywalker's Death Star bombing run model



Thomas G working on the military aircraft underground hanger model.





This term, the library has celebrated Pride Month with a book display and the decking of library with rainbow bunting. The bright colours have certainly cheered us up during the winter cold and made our rainbow students feel part of our school community. We have displayed books with rainbow themes for students to read. Of the selection, *The Monster of Her Age* by Danielle Binks has all the elements of a great story – mystery, families and romance!



In library lessons, Year 7 have reviewed picture books by Aboriginal authors, learnt about Sorry Day and conducted research on prominent Aboriginal Australians. They have also reviewed nonfiction books about Ancient Egypt and written their names in hieroglyphics.

The library has revamped its collection of magazines to reflect student interests.

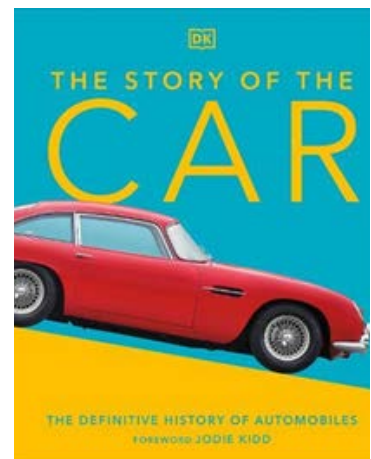
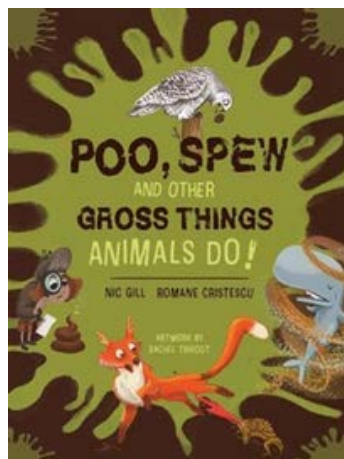
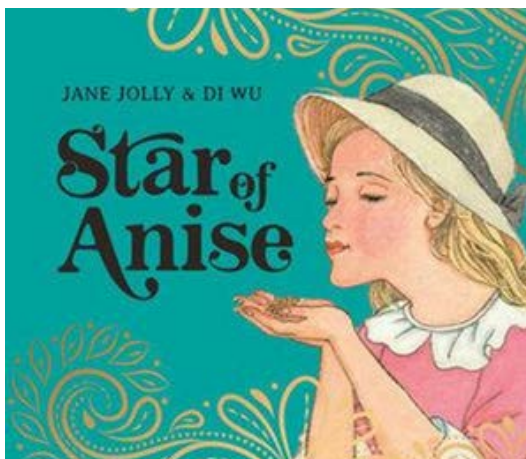
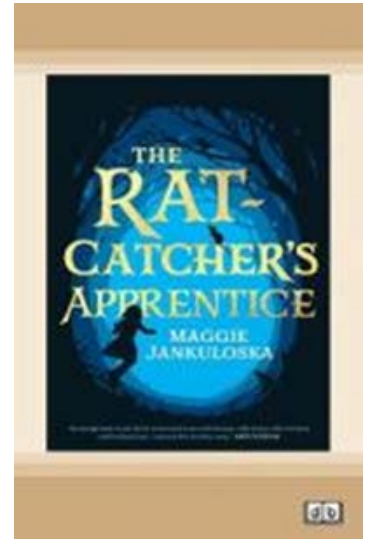
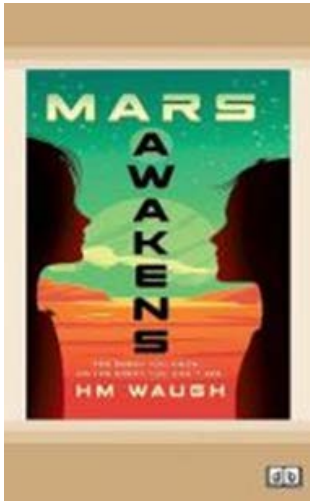


Magazines may be read in the library or borrowed for a week at a time.



### New Books

One of the joys of being the librarian is selecting books for students to read. This term we have added 140 new titles to the collection. Mars Awakens is a gripping story set in the far distant future on the planet Mars. It examines different ways that people adapt to a hostile environment, and how they can work together against a new threat. Other fiction titles include The Rat Catcher's Apprentice and the beautiful picture book, The Star of Anise. Our new nonfiction titles include The Story of the Car, and Poo, Spew and Other Gross Things Animals Do. All books are available for loan!



### Premier's Reading Challenge

In this challenge, students read 20 books before August the 19th. A number of our Year 7 students are on track to finish. If you have read books, make sure that you enter them on your Student Reading Record. Books from the challenge that are in the library have a blue spot. Students may also read up to five books of their own choice. When students read a books they can enter it on their Student Reading Record using the directions here.







### Welfare Report

This term 11 students have participated in the Raise Mentoring program. This is a valuable opportunity for students to receive long term support from a community volunteer. In the program, students explore topics of hope, optimism, identity, resilience, goals for the future and building relationships. The program runs for an hour every Tuesday morning and will conclude at the end of Term 3.

The NSW Health Department runs the Vaccination in Schools Program. Year 7 and Year 10 are part of this program. Year 7 receive one triple antigen vaccine (Diphtheria, Tetanus and Pertussis) and two doses of Gardasil, a vaccine that protects against Human Papilloma Virus. Year 10 receive a vaccine against Meningococcal strains A, C, W and Y. Year 7 students with signed consents received their triple antigen and first Gardasil dose in May. They will receive their second dose in November. Year 10 students with completed consents will be vaccinated in August. Students now in Year 11 or Year 8 whose vaccinations were postponed last year due to COVID will be vaccinated either in November or August. Parents will be notified closer to the date. More information is available on the Health Department's website.

### Multicultural Day

Multicultural day is coming on the 1st September 2022. On this day, there will be performances, multicultural food, sport and cultural activities. Parents and families can support the event by:

- Donating food
- Lending the school cultural artefacts for display in our locked cabinet
- Helping students to wear traditional dress.

### Awards

Every week, the school issues 40 or so achievement cards for 10 positive acknowledgements, usually made by class teachers as a response to students' effort and achievement in class. If your child has collected a number of these, they can be brought to the library to be included in the student's achievement portfolio. When students have six achievement cards, they are eligible for an achievement certificate. Achievement certificates are also given for 100% attendance in a term and for school service. Three certificates earn a bronze award.



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

### SENIOR PDHPE COURSES

Our senior PDHPE and SLR students are now professionally certified with their First Aid qualification. This lifesaving course develops the student’s ability to save lives and protect the community.







In addition to this, the Senior PDHPE and CAFS courses have continued to develop their written response skills through the study of ALARM (A learning and responding matrix). This vital skill will help students learn as they approach the preliminary and HSC examinations. The Senior SLR courses have learnt to organise sport programs. Through this the students have the experience of becoming event co-ordinators, sports administrators, team managers, sports coaches, and referees.

### LIFE READY COURSE

The Life ready course for Year 11 students at KNHS was run on the 8th of June 2022. Life Ready is a mandatory 25 hour course designed to prepare and support senior students as they encounter situations related to health and safety as they become more independent and gain more responsibilities. It focuses on offering opportunities for students to build the functional knowledge and skills for life post school. Students had the opportunity to take part in an interactive road safety workshop, CV preparation, resilience, and mental health seminar. Students and teachers are looking forward to day two of the life ready course component where they will be engaging in team building activities at the Ninja Warrior Gym.

### JUNIOR PDHPE COURSES

In the junior years, Year 7 – 10 have completed their course work and assessment tasks for first semester. It is important for students to read their report comments with their parent/guardians to evaluate areas where they can improve their level of achievement towards course outcomes. We will be starting Term Three with our theory topics of the course.

### PDHPE CLASSROOMS

The PDHPE classrooms have been transformed with some exciting upgrades and students have been experiencing learning in an innovative environment. Students have already shown great enthusiasm and interest in these interactive designs. Well done to all students for their efforts in and out of the classroom.



We wish you all a wonderful safe break and look forward to seeing you all back next term. Remember to keep active 😊

**Mr Rozario - Head Teacher PDHPE**







## FUN & FACTS

### National Physical Activity, Sedentary Behaviour, and Sleep Recommendations for Children and Young People (5-17 years).

#### Physical Activity

- Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities.
- Several hours of a variety of light physical activities.
- Activities that are vigorous, as well as those that strengthen muscle and bone should be incorporated at least 3 days per week.
- To achieve greater health benefits, replace sedentary time with additional moderate to vigorous physical activity, while preserving sufficient sleep.

#### Sedentary Behaviour

- Break up long periods of sitting as often as possible.
- Limit sedentary recreational screen time to no more than 2 hours per day.
- When using screen-based electronic media, positive social interactions and experiences are encouraged.

#### Sleep

- An uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years.
- Have consistent bed and wake-up times.

### Up-coming events in PDHPE

Year 10 BStreetsmart Excursion 3rd of August



## PHYSICAL ACTIVITY



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

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

### TIPS

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

## SEDENTARY BEHAVIOUR



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

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

### TIPS

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



## SLEEP

Sleep is essential for optimal health.

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

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

### TIPS

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

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





## Integrated Sport

It is unfortunate to begin on a negative note, but our students have not had the greatest opportunities to demonstrate their skills in our Integrated Sport Competition. This is largely due to poor weather conditions and ground closures. However, the students and teachers are all hyped for semester two's Integrated Sport Competition. We are all crossing our fingers and hoping the sun stays around.

## Athletics Carnival

Recently our Zone Athletics Carnival was held at Barden Ridge. We had 73 students from KNHS participate, which was a massive number compared to our local schools. Many of our students were successful in making it to the next level (regional) and several of our relay teams stunned the crowd with their amazing teamwork and athleticism. Thank you, Mr Vitale, Mr Celenk and Mr Laws who attended on the day and assisted in the running of the carnival. All results and awards will be sent to the school this week where we will further celebrate the achievements of our wonderful students.

The following students were successful in making it to the Regional Athletics Carnival:

### **GIRLS 15-YEAR-OLDS 100M**

- Cherish N – 1st place

### **GIRLS 14-YEAR-OLDS 200M**

- Kayla J – 4th place

### **GIRLS 16-YEAR-OLDS SHOT PUT**

- Charlotte T – 3rd place



## **GIRLS 14-YEAR-OLDS DISCUS**

- Jana A – 1st place

## **GIRLS 14-YEAR-OLDS JAVELIN**

- Jana A – 3rd place

## **GIRLS 16-YEAR-OLDS JAVELIN**

- Charlotte T – 1st place

## **GIRLS 16-YEAR-OLDS DISCUS**

- Charlotte T – 2nd place

## **GIRLS 15-YEAR-OLDS LONG JUMP**

- Cherish N – 2nd place

## **BOYS 14-YEARS-OLD 200M**

- Tyson P – 4th place

## **BOYS 16-YEARS-OLD 200M**

- Jesse J – 3rd place

- David H – 4th place

## **BOYS 17-19-YEARS-OLD 400M**

- Adam H – 2nd place

## **BOYS 16-YEARS-OLD HIGH JUMP**

- Salvadore D – 1st place

## **BOYS 17-19-YEARS -OLD SHOT PUT**

- Joshua K - 2nd Place

## **BOYS 13-YEARS-OLD DISCUS**

- Eugene A – 3rd place

## **BOYS 15-YEARS-OLD LONG JUMP**

- Nicholas K – 1st place

## **BOYS 13-YEARS-OLD SHOT PUT**

- Richard P – 1st place

## **BOYS 15-YEARS-OLD SHOT PUT**

- Jonasa B – 1st place

## **BOYS 14-YEARS-OLD 100M**

- Tyson P – 3rd place

## **BOYS 15-YEARS-OLD 100M**

- Guil C – 3rd place

## **BOYS 13-YEARS-OLD 100M**

- Isaac M – 1st place

- Jordan Z – 2nd place

## **BOYS 14-YEARS-OLD JAVELIN**

- Aryan S – 3rd place

## **BOYS 16-YEARS-OLD JAVELIN**

- Connor D – 2nd place

### **Upcoming Events:**

Regional Athletics Carnival -Tuesday the 2nd and Wednesday the 3rd August





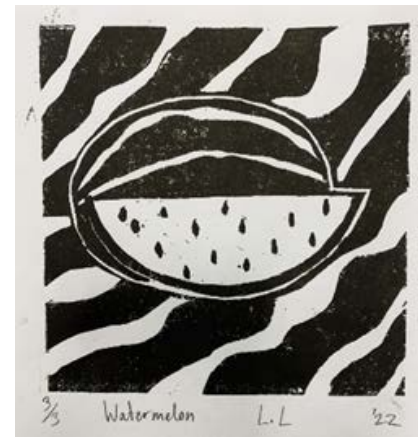
As we wrap up for the end of our first semester, CAPA teachers and students are preparing for a busy Term Three. We are very excited to announce the date for our annual **COS showcase for 2022 - Wednesday 17th August**. It is a great opportunity for our students, and the students from our community of schools, to promote their achievements in the fields of art, music, drama and dance. Watch for further information next term!

Our Year 7 Visual Arts students are finalising their semester study on 'Portraiture'. Students had the opportunity to explore a variety of different artmaking materials and practices through their 'Bad Hair Day' and Mixed Media 'Picasso Head'. Year 7 Music students explored the topics 'Introduction to Music' and 'Keyboard Performance'. Students have learned percussion instruments and performed the tune 'Ode to Joy' on the keyboard. They are continuing with theoretical work in recognising music symbols and orchestra composition from a variety of music genres.





In Visual Arts, Year 8 students have learnt about the artist Margaret Preston by exploring her artmaking practice through lino carving. Students used food as inspiration for their lino designs and demonstrated proficient use of printing procedures by developing some wonderful and well defined artworks. Year 8 Music students have been continuing to develop their practical skills on guitar, keyboard and even drums.

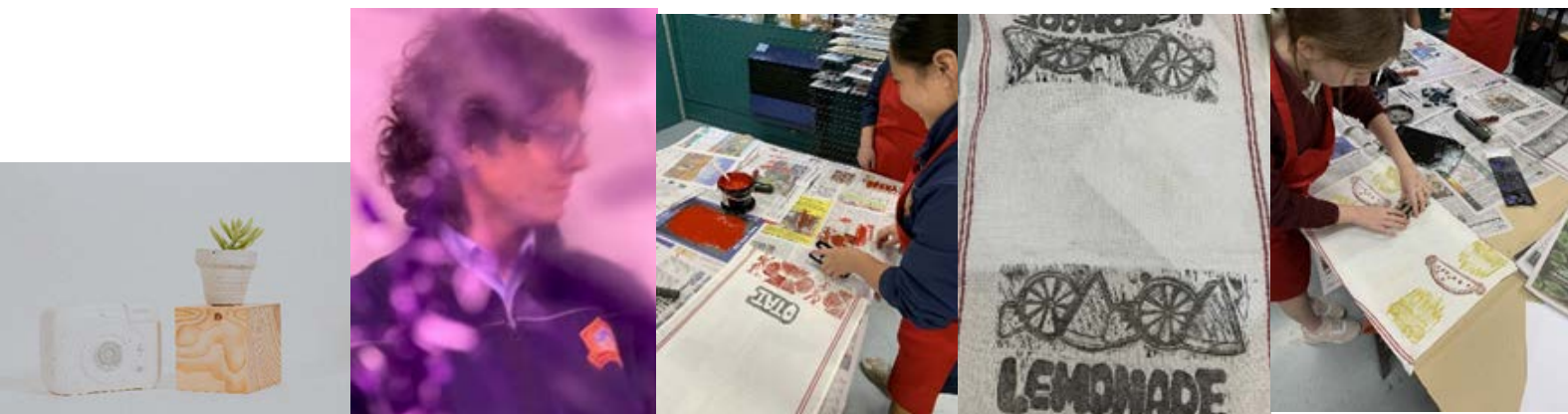


Year 9 Music students have studied the topic 'Baroque and Classical period'. Students explored an analytical work, Pachelbel's 'Canon in D', relating to the concepts of tone colour and texture. Students were assessed on their performance of 'Canon in D' on the keyboard and learned some popular Beethoven tunes such as 'Für Elise' and 'Turkish March'. Year 9 students are consolidating their performance skills on the keyboard as well as developing their aural analytical awareness. In Visual Arts, Year 9 students have been learning about 'Abstract Art', working with both digital and traditional artmaking practices. They have been focusing on the elements of art and enhancing their artmaking skills in a variety of mediums and expressive forms. Students have been very creative, on task and highly engaged this semester and should be proud of their achievements thus far.





Year 9 Photography and Digital Media students have been exploring the topics of 'Portraiture' and 'Still Life', focusing on developing their camera skills. Students have been enjoying the CAPA Digital Studio and our numerous gadgets, lighting and props. Year 9 Visual Design students explored the design process and product production this term. Students analysed pattern styles from traditional and contemporary designers like Royal Doulton and Bitossi Home. Students learnt the process of printing and creating their own tea towels.





Year 10 Photography and Digital Media (PDM) students have looked at a variety of major film production logos and graphic interchange format (GIF). Students explored a range of technical skills in digital manipulation through Photoshop and Illustrator to create their unique personalised production logos. They enhanced their literacy skills through video art and film analysis, to develop a persuasive film review. Year 10 Music completed their Film Music performance in class and there were some excellent performances. They also had to submit a 'Foley' composition to a scene from The Incredibles. This involved recording and editing sound effects to match the scene. Year 10 Visual Arts students have completed their 'German Expressionist' lino self-portraits, and students are to be congratulated on their ability to design, carve, print and add additional elements to their prints. Students have also begun exploring the topic of 'Australian Beach Culture'; they looked at Australian artists who work with the beach culture, as well as developing and broadening their artmaking skills with drawing and painting. I look forward to seeing how their portfolio development will progress next term!







Our senior students are steadily progressing in their studies. Year 11 Music students have completed their second Assessment Task of the course. Students performed a group ensemble work and presented a Viva Voce speech related to the topic of 'Small Ensemble'. Students are continuing to develop their aural listening skills and analysis skills. Year 11 Visual Arts students completed comprehensive portfolios based on portraiture inspired by Frida Kahlo's symbolic artworks. Year 12 Music have been hard at work on their practical work. They presented two performances and have been preparing for the Senior Music Night in Week 10, our first Music event at school since 2019. Year 12 Visual Arts students are enhancing their artmaking skills as they get ready to finalise their Body of Work.



Ms Stamenkovic - Relieving Head Teacher CAPA



We have come to the end of Term 2 and nearly all mathematics students have completed their mid year assessments. Students will be receiving their half yearly reports and all the Mathematics staff would like to congratulate students' achievements.

We would like to keep reminding those few students who do not regularly bring their calculators to class, that it is a necessary piece of equipment if you are to maximise your marks in your assessments. It is recommended that all students purchase a **CASIO FX-82AU. PLUS II**.



Next term, Year 12 will be sitting for their Trial HSC and should use the holidays to organise their notes, look over past HSC papers, revise work from Year 11 and prepare for the Trials. At the conclusion of the Trials students will still be working on completing the syllabus requirements for their HSC and revising the content doing past papers. Students must be in class and working hard up until the end of term.

Year 10 and Year 8 are also currently in the process of selecting their subjects for Year 11 and Year 9.

Keep up the great work, keep safe and enjoy the well-deserved break.

Ms Sarlas - Head Teacher Maths





# Top Exam Tips!

## Get a good night's sleep

It's important to get enough sleep the night before your exam. It will be easier to focus if you are well rested.



## Get organised

Make sure you have everything you need by organising your pencil case the night before.



## Eat a meal beforehand

Remember to eat breakfast or lunch before the exam to prevent your stomach from rumbling and distracting you.



## Arrive early

Give yourself plenty of time to get to the venue; you don't want to be in a rush before the exam.



## Drink water

An easy way to improve your concentration is to stay hydrated, so remember to bring a bottle of water to the exam.



## Stay calm

If you find yourself getting nervous, take some deep breaths and feel your body relaxing before you move on to the next question.



## Read the question

Don't rush through the exam. Make sure you read each question at least twice before writing your answer.



## Leave time at the end

Make sure you leave time at the end of the exam to check your answers.










## The Learning Modes

This semester in HSIE, we have brought in the HSIE Learning Modes for Years 9-10. This helps us know what is expected of us when learning in different settings. We enter 'Flow' when we are working independently, 'Collaborate' when learning with others and 'Virtuoso' when listening to one another talking. The aim of this is to help each other and ourselves become agents of our own learning and take initiative and responsibility for how we learn. It has been great to see students using this language and recognising their own agency in their classrooms in History and Geography.

### Learning Modes

Learning Mode	Role of Learner	Role of Teacher
	<ul style="list-style-type: none"> <li>- Focuses on the task at hand</li> <li>- Presents honesty and integrity in their work</li> <li>- Produces original pieces that reflects their learning</li> <li>- Silent work except when seeking clarification</li> <li>- 'Three before Me' - ask three people before asking the teacher for clarification</li> <li>- Has high expectations of themselves</li> <li>- Establishes clear goals and reflects on their work</li> </ul>	<ul style="list-style-type: none"> <li>- Builds the confidence of the learner so they can gain autonomy</li> <li>- Questions learner deeply to ensure they have understood and to challenge them</li> <li>- Provides constructive feedback</li> <li>- Differentiates work for learner</li> <li>- Encourages ideas of all learners</li> </ul>
	<ul style="list-style-type: none"> <li>- Contributes equally to the group</li> <li>- Offers ideas</li> <li>- Respects and values other people's ideas</li> <li>- Extends, challenges and adapts ideas of all group members</li> <li>- Identifies their own strengths and weaknesses to develop them</li> <li>- Creates and develops group goals and success criteria</li> <li>- Reflects on the process of the group and their contributions</li> </ul>	<ul style="list-style-type: none"> <li>- Adaptive teaching</li> <li>- Provides regular feedback to group members</li> <li>- Provides opportunities for group work</li> <li>- Models the development of goals and success criteria</li> <li>- Questions the learner deeply to ensure they have understood and to challenge</li> <li>- Teaches and scaffolds what collaborative learning is</li> </ul>
Learning Mode	Role of Speaker	Role of Listener
	<ul style="list-style-type: none"> <li>- Actively gives a message</li> <li>- Is properly prepared</li> <li>- Welcomes questions and clarifications</li> <li>- Engages effective body language and tone</li> <li>- Guides any discussion</li> <li>- Is able to provide higher order thinking and deep knowledge</li> <li>- Poses questions to listener</li> </ul>	<ul style="list-style-type: none"> <li>- Active listens / whole body listening</li> <li>- Respects speaker and other listeners</li> <li>- Focuses on the message being presented by the speaker</li> <li>- Seeks any clarification that is needed to understand the message</li> <li>- Provides thoughtful and constructive feedback</li> <li>- Reflects on how they would take the role of Virtuoso</li> </ul>



## A Snapshot of Some of our Learning

Year 8 History have delved into the world of Medieval Europe this semester through honing their creativity skills. They have worked really hard on analysing sources and we are really proud of the improvement we have seen in Year 8 being able to unpack and assess the origin, content, evidence and reliability of them.

We have moved to a semesterised timetable for Years 9 and 10 History and Geography this year. This means that students completed the course in either History or Geography in Semester One and will be moving to the other subject for Semester Two. We have really enjoyed being able to see students more often in our classes, which has allowed for greater continuity of learning. We look forward to meeting our new classes next term!

Year 9 Commerce has been learning about different types of businesses in order to prepare for next term when they will get to create their own as a class. They have been learning about shares and how they work as well as passive income streams. Year 9 Commerce will be finance savvy by the end of their studies!

Year 10 History are currently studying Migration Experiences and learning about how and why different groups of people came to Australia. They are currently creating a storybook to express these experiences appropriately for children. These will be displayed in the library.

Year 12 Society and Culture are well and truly underway with major works for their Personal Interest Projects. We have some fascinating topics this year including the representation of women in sport, changes to fiction with the advent of online literature forums, the expectations of studying for Asian students and what Australia Day/Invasion Day means to people within Aboriginal and Torres Strait Islander Communities.



## Schools Share Market Game

Well it is all over folks. All the wheeling and dealing has come to an end. What am I talking about? The school's sharemarket game of course! After ten weeks of playing this online game with our hypothetical \$50,000 start-up money, it's time to acknowledge the winner and those that did not win. Staff and students entered the competition, with the aim of turning our \$50,000 into something much bigger. The winner was Mr O'Connell. He made a small capital gain of about \$250 - he was actually the only team that made any money. For his efforts he received a movie voucher and the much-coveted trophy. Unfortunately, the rest of us all lost money - thank goodness it was not real money. Mr Laws and I 'lost' the most, and were presented with matching wooden spoons.

Well done to all staff and students who participated - we are all a bit wiser as to the processes involved in investing in shares ..... and of course, the potential risks.

Mr O'Connell - Winner  
Mrs Tsitsos - Not a winner  
Mr Laws - Not a winner



Arham and Muhammad - student winners



Mrs Tsitsos - Sharemarket Game Co-Ordinator







# **KNHS ART CLUB**

**ART CLUB IS A  
CREATIVE SPACE FOR  
EVERYONE TO ENJOY  
AND PRACTISE NEW  
ART SKILLS.  
EVERYONE IS  
WELCOME TO COME  
ALONG, HAVE SOME  
FUN AND BE  
YOURSELF!**

**WHEN:  
THURSDAY  
AFTERNOONS  
3:10-4:10PM**

**WHERE:  
JG7A (J BLOCK -  
VISUAL ART ROOM)**

**SCAN ME**

**SCAN THE QR CODE  
AND FILL OUT THE  
GOOGLE FORM TO  
REGISTER YOUR  
INTEREST**



## 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.

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

Opening Hours:

**Tuesday: 11:30 - 3:30pm**

**Thursday: 8am - 12pm**

### Second Hand Uniform Shop

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





# FREE MUSIC LESSON!



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# DRIVING OFFENCES IN SCHOOL ZONES

With your help, a safer community.

## Disobey 'No Parking' Sign



Fine =  
**\$196\***  
& 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 =  
**\$352\***  
& Lose 2 Points

**DO NOT STOP**  
for **ANY** reason



Section 167 Road Rules 2014

## Child or Passenger Not Restrained

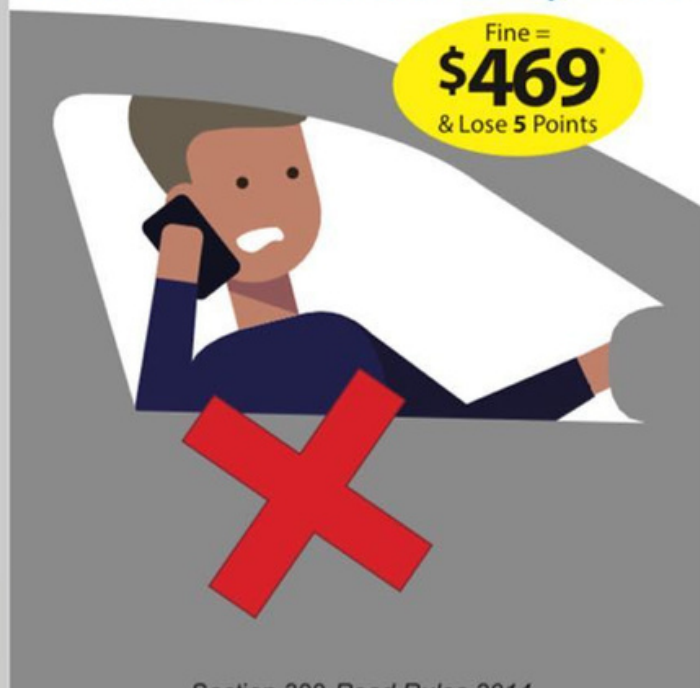
Fine =  
**\$352\***  
& Lose 3 Points



Sections 265, 266, 267 Road Rules 2014

## Driver Uses Mobile Phone When Not Allowed by Law

Fine =  
**\$469\***  
& Lose 5 Points



Section 300 Road Rules 2014



# SCHOOL ZONE RULES AND PENALTIES

Remember to always choose safety first.



	<p><b>NO STOPPING</b></p> <p><b>What does it mean?</b> Under no circumstances are you allowed to stop in this area.</p> <p><b>Why is it there?</b> To keep sight lines clear for drivers and children so both have more time to avoid accidents.</p>	<p>Fine: <b>\$352</b></p> <p>Demerit points: <b>2</b></p>
	<p><b>NO PARKING</b></p> <p><b>What does it mean?</b> You may only park for two minutes to drop off or pick up children, and you have to stay within 3m of your vehicle.</p> <p><b>Why is it there?</b> To provide a safe place for children to be set down and picked up without endangering others.</p>	<p>Fine: <b>\$196</b></p> <p>Demerit points: <b>2</b></p>
	<p><b>BUS ZONE</b></p> <p><b>What does it mean?</b> You must not stop your vehicle in the bus zone unless you are driving a public bus.</p> <p><b>Why is it there?</b> To provide a safe place for large buses to set down and pick up school children.</p>	<p>Fine: <b>\$352</b></p> <p>Demerit points: <b>2</b></p>
	<p><b>PEDESTRIAN CROSSING (INCLUDING CHILDREN'S CROSSING)</b></p> <p><b>What does it mean?</b> Keep an area of 20m before and 10m after a pedestrian crossing clear. Do not let your child in or out of a vehicle of a pedestrian crossing.</p> <p><b>Why is it there?</b> To ensure children can be clearly seen by vehicles approaching the crossing.</p>	<p>Fine: <b>\$469</b></p> <p>Demerit points: <b>2</b></p>
	<p><b>DOUBLE PARKING</b></p> <p><b>What does it mean?</b> You must not stop your vehicle, and or park in the middle of the road to drop off and pick up.</p> <p><b>Why is it there?</b> Double parking forces cars to go around you causing traffic congestion. It also reduces the view of drivers and children crossing the road.</p>	<p>Fine: <b>\$352</b></p> <p>Demerit points: <b>2</b></p>
	<p><b>DRIVEWAYS AND FOOTPATHS</b></p> <p><b>What does it mean?</b> Do not park your vehicle on or across a driveway.</p> <p><b>Why is it there?</b> To ensure that you don't force pedestrians onto the road to get around you.</p>	<p>Fine: <b>\$352</b></p> <p>Demerit points: <b>2</b></p>



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 2022.

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2. Beyond Blue	<a href="http://www.beyondblue.com">www.beyondblue.com</a>
3. Wires	<a href="http://www.wires.org.au">www.wires.org.au</a>
4. Heartbreak Ridge Paintball	<a href="http://www.paintball.net.au">www.paintball.net.au</a>
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8. Blue Cross Medical Centre	<a href="http://www.ipn.com.au/gp/bluecross">www.ipn.com.au/gp/bluecross</a>
9. The Office of the Hon Linda Burney MP	<a href="http://www.lindaburney.com.au">www.lindaburney.com.au</a>
10. Classroom Calendars	<a href="http://www.classroomcalendars.com.au">www.classroomcalendars.com.au</a>