Kiama High School Newsletter

RESPECT · COMMITMENT TO PERSONAL EXCELLENCE · RESPONSIBILITY

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PRINCIPAL’S NEWS
It’s almost here - the end of the 2014 school year. As is often the case it’s a time for saying goodbye to Year 12 and some staff.

Next week, Thursday 18 December, we will join Year 12 to celebrate their successes of the HSC with a morning tea in the Library.

We say goodbye to some staff who are retiring or who have retired through the year.

Sue Rowe (English), Barry Ferguson (Industrial Arts), Steve Flowers (Industrial Arts), Georgina Buttel (Home Economics), Deb Ellsmore (Home Economics) and Steve Heinecke (Careers Adviser). We wish you the best for the future.

Darrell Shephard also retires after 41 years of dedicated service to public education. Darrell has been my Deputy since 2008 and has taken my position on several occasions. I know the staff and students will miss him in the Deputy’s office. Buttel (Home Economics), Deb Ellsmore (Home Economics) and Steve Heinecke (Careers Adviser). We wish you the best for the future.

Darrell Shephard also retires after 41 years of dedicated service to public education. Darrell has been my Deputy since 2008 and has taken my position on several occasions. His work as a teacher, administrator and leader has always been exemplary. I know the staff and students will miss him in the Deputy’s office, but will very much enjoy his teaching as he returns to teach some classes next year. My very sincere thanks to Darrell.

School resumes on Tuesday 27 January for STAFF, Wednesday 28 January for Years 7, 11 and 12 and 29 January for Years 8, 9 and 10.

I would like to wish everyone a healthy, happy and safe summer school break.

With my very best wishes
Graeme Sutherland, Principal

DEPUTIES NEWS
PRESENTATION DAY ASSEMBLY
Presentation Day Assemblies for Years 7, 8, 9 and 10 will be held on Wednesday 17 December. Year 10 assembly will be in periods 1 & 2 in the New Gym, Year 9 will also be during Periods 1 & 2 but in the Hall, Year 8 in Periods 3 & 4 in the New Gym and Year 7 in Periods 3 & 4 in the Hall. Reports and special awards will be handed out. Reports will not be available before these assemblies. If your child is not going to be present for the assembly, they can provide a note authorising a friend to collect the report at the end of the assembly. Students who wish to have their documents posted will need to supply a self-addressed A4 envelope with a $1.40 stamp attached. The Front Office will be closed on Friday 19 December.

If parents want their child to come home after the assembly, they must provide a permission note to the student, which will be collected as students exit the school. Years 9 & 10 assembly will finish at approximately 10.45am, Years 7 & 8 assembly will finish at approximately 1.00pm.

Years 9 & 10 students remaining at school after their assemblies will have normal timetabled classes for periods 3 and 4. A modified sports program will operate during periods 5 and 6 for all students, including Year 7.

Parents are welcome to attend these assemblies. School resumes in 2015 on Wednesday 28 January for Years 7, 11 and 12 and on Thursday 29 January for Years 8, 9 and 10.

Parents wishing to purchase uniforms for next year might consider doing this on Tuesday this week. The uniform shop will be open several days in late January (see information later in the newsletter), but these days are always busy and the queues and wait times very long. Getting in now may save some frustrations.

Finally, I would like to wish you a very Merry Christmas and a safe and peaceful New Year.

Mary Cooper, Deputy Principal (Relieving)

SOUTH COAST TRIALS 2015
The South Coast trials for Open and 15yrs Girls Tennis and Open Boys Baseball are on VERY EARLY in Term 1 2015. Any students interested in trialling for these teams should see Mrs McGuinness ASAP.

MERIT LEVELS

Congratulations to the following Merit Level Recipients:

Bronze
Yr 9: Sachin Hall, Olivia Pearson, Crystal Wilson
Yr 10: Reece Holbrow

Silver
Yr 7: Declan Greenwell, Beau Simpson, Oliver Wilbraham
Yr 9: Micaela Burg, Indiana Wilson
Yr 10: James Page, Laura Richards, Paidin Sinclair

SPORT
SOUTH COAST AWARDS FOR GRACE AND JOSH
Kiama High School’s two Australian representatives, Grace Stewart and Josh Mayo were recognised at the recent South Coast Blues Awards luncheon. Grace received the President’s Award for the second successive year. This Award is presented to the Most Outstanding Representative in School Sport and Grace is the first person to win the Award twice.

Josh received a prestigious South Coast Blue in recognition of his achievements in hockey. Only nine Blues were awarded across the whole South Coast region, so well done Josh!
**UNIFORM SHOP**

**OPENING HOURS**

Tuesdays 10.30am – 2.30pm  
Fridays 11am – 3.00pm

Cash and Eftpos Only  
Between the Hall and L Block

Please be considerate with closing times.

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**PARENT VOLUNTEER ROSTER**

**Wed 17/12: Close at recess for cleaning.**  
Lunch orders only, Merry Christmas

Help is always needed if you can spare an hour we would love to see you. Our school canteen is P & C operated and all funds raised go back to the P & C and school via funded support.

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**COMMUNITY NEWS**

**SUPPORTING YOUR YOUNG PERSON DURING THE HOLIDAYS**

Holidays can take students away from friends and their school supports. Changes to routine can cause some young people to feel stressed, isolated and alone. Being a supportive parent is especially important when it comes to a time of change in a young person’s routine or life structure.

Below are some signs that may alert you that things are not quite right and there may be a need to talk to someone about what’s going on for your young person.

- Not enjoying, or not wanting to be involved in, things that they would normally enjoy.
- Unusual sleeping and eating habits.
- Being easily irritated, or being angry with friends and family for no reason.
- Being involved in risky behaviour that they would usually avoid.
- Feeling tense, restless, stressed or worried.
- Crying for no apparent reason, feeling sad or ‘down’ for long periods of time.
- Having trouble concentrating or remembering things.
- Having lots of negative thoughts.

For more information go to headspace.org.au.

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**GERRINGONG TENNIS CLUB - SUMMER CAMP DATES**

Camps for kids and adults will be run at Gerringong Tennis Club in the Christmas holidays under new Head Pro Paul Summerside who has just returned to the South Coast with over 15 years of international coaching experience. Camps will include all basic stroke production for beginners, intermediate and advanced players. Fitness, footwork and hitting drills, games and match play. Prizes will be awarded to the kids throughout the week for individual achievements, sportsmanship and winners of organised match play games.

Lunch is included in the kids’ camps.

- Camp 1: 22-23 December 2014 (Kids 9-12 pm / Adults 6-8 pm)
- Camp 2: 29, 30 and 31 December 2014 (Kids 9-12 pm / Adults 6-8 pm)
- Camp 3: 4, 5 and 6 January 2015 (Kids 9-12 pm / Adults 6-8 pm)
- Camp 4: 11, 12 and 13 January 2015 (Kids 9-12 pm / Adults 6-8 pm)

For information and place reservations regarding the camps contact Paul on 42377695 or email gerringongtennis@hotmail.com

Camp cost: $30 per person per day

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**GIRLS LEAGUE TAG**

**COMPETITION**

Group 7 is starting a girls league tag competition to run each Saturday at your local junior rugby league club in 2015. Register to have fun, make new friends and keep fit. We are on the search for girls between the ages of 9 and 14 at all skill levels. The ages will be broken up into Under 12s and Under 14s with competition starting on 18 April 2015. To find your closest club and to get more information, go to the Group 7 Rugby League website.

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**HEALTHTRACK, ILLAWARRA-SHOALHAVEN HEALTHY LIFESTYLE STUDY**

Want to get your body back? We can help you get on track! University of Wollongong and Illawarra Shoalhaven Local Health District researchers from across a range of disciplines are inviting Illawarra and Shoalhaven residents who are concerned about their weight and lifestyle to get involved in an innovative trial. The HealthTrack Illawarra-Shoalhaven Healthy Lifestyle study is testing a novel interdisciplinary approach to maintaining a healthy lifestyle over the long term and controlling weight. For more information visit www.ihmri.uow.edu.au/healthtrackstudy or call 1800 194 717.

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**GAINSBOROUGH NETBALL CLUB REGISTRATIONS 2015**

Thursday 5 February 4pm-7pm, North Kiama Neighbourhood Centre and Saturday 7 February 10am-2pm at North Kiama Neighbourhood Centre. For all enquiries please contact Judy Daunt, President, Gainsborough Netball Club on 42 378 833 or email jdaunt@uow.edu.au

Disclaimer: Kiama High School will, as a service to parents, advertise community news, which may be of interest. KHS does not necessarily endorse or sponsor the events and accepts no responsibility to the management or organisation.