PRINCIPALS MESSAGE
Welcome back everyone. I hope you had an enjoyable break from school. This Term will be a busy one as usual. The first major event will be the NAPLAN testing for All Year 7 and 9 Students in week 3 (12th-16th May) followed by the Year 7, 11 & 12 Parent Teacher meetings on Monday 26th May.

Last Term we sent home a request that each family update their details for us so that we can keep our database accurate and that we receive the appropriate funding levels. If you have not yet completed and returned the information, would you please do so as soon as possible. To those parents who have returned their information a very big thank you.

The next P & C Meeting is on Monday 5th May in the library at 7.00pm. Everyone is most welcome.

Best Wishes
Graeme Sutherland, Principal

DEPUTIES NEWS
I would like to welcome back all students to what promises to be a busy, yet comparatively short term. This term will only be 9 weeks long. A number of important events will be taking place during the term including the NAPLAN tests, issuing of the Half Yearly School Reports for all years, and the Years 7, 11 and 12 Parent/Teacher Evening.

P&C Meeting

The first P&C meeting for Term 2 will be held this Monday 5 May, in the Library commencing at 7pm. I urge all parents to attend and support the wonderful programs and initiatives undertaken by our P&C members.

NAPLAN
The NAPLAN tests will take place during Week 3 this term, from Tuesday 13th May to Thursday 15th May. A catch-up day has been organized for Friday 16th May for any students that may have missed a test. Years 9 and 7 will undertake their tests during periods 1 and 2, and 3 and 4 respectively.

SMOKING
It is a Departmental and legal requirement that schools are “smoke free” zones. Students are therefore not permitted to smoke at school or on the way to and from school. Unfortunately, there are a very small number of students that regularly smoke whilst at school or on the way to and from school. Consequently, I have introduced a new interactive web-based anti-smoking program for students to access. The address is http://www.oxygen.org.au, and I strongly urge parents to have a look at this site with their children. Please contact me should you require more information especially if you have a child that smokes and finds it difficult to quit. I have attached a useful document.

Tips: Parents Who Don’t Want Their Teenager(s) To Smoke, to this Newsletter.

Gerard Kelly, Deputy Principal

HIGH FLYERS
Leaping ahead in DANCE!

Cassidy Richardson Year 11 dance student is flying high after having been selected for the State Dance Ensemble for 2014.

This is a huge honour for her and for Kiama High School to have a representative in this prestigious Dance Ensemble. She is the first dancer from Kiama High School to be selected. This wonderful opportunity will broaden her experiences and bring her into contact with other talented dancers from across NSW. She will be required to travel to Sydney to participate in some intensive workshops where she will be fortunate to work with professional choreographers in the industry.

The State Ensemble will participate in the State Dance Festival and Schools Spectacular.

Congratulations to all students who participated in the School Cross Country at the end of last term. It was wonderful to see

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SPORT
On Thursday 4 April, Year 7 completed their School Cross Country in sport time. Congratulations to all students who completed the event in very humid conditions. A big thank you to all staff and the many Year 7 students who assisted a number of students who encountered breathing problems during/after the race, stemming from extreme humidity.

Results are as follows:


CROSS COUNTRY
Congratulations to all students who participated in the School Cross Country at the end of last term. It was wonderful to see

We congratulate her on her achievements and wish her well.
so many students prepared to “have a go” and complete the course in such a positive manner. Well done to everyone!

Congratulations also to the following age champions:
12 yrs – Tayla Hall, Haziq Cunningham
13 yrs – Lili Ford, Brayden Holland
14 yrs – Elizabeth Gorman, Michael Blomley
15 yrs – Amy Files, Kenneth Morgan
16 yrs – Jade Cowgill, Toby Gumley-Quine
17 yrs+ - Missy Armstrong, Cameron Pedersen.

These students will lead the charge at the Zone Cross Country Championships, when Kiama High will attempt to win the Champion School Trophy for the 12th consecutive year!

The top 10 placegetters in each age group will compete in the Zone Championships at “Willandra” Cambewarra on Friday 16 May. At this stage all students should have returned their permission notes and paid for the bus if required. If any students cannot attend the Zone Championships it is important that Mrs McGuinness is informed ASAP, so a replacement runner can be organised. Any students who missed the School Cross Country for a genuine reason, who would like to be considered for the Zone event, should also see Mrs McGuinness asap.

CAREERS EXPO

Students in Years 10 and 12 will be attending the Illawarra Coal Regional Careers Expo 2014 during periods 2, 3 and 4 on Tuesday 13 May. They have been given a permission note last term that must be returned to the Front Office by Wednesday 7 May along with $5 for bus payment. Any parents or students in other years who would like to go can attend the public session from 3.30pm-5.30pm on Tuesday 13 May at Illawarra Credit Union Sports and Hockey Stadium, Waples Road, Unanderra. If you have any queries please see Mr Grove or Mr Heinecke in the Careers Office.

CAIRNS 2014: THE GREAT NORTHERN TOUR

Students in Years 11 and 12 embarked on an epic 5 day journey at the end of the holidays and first two days of term. Accompanied by Miss Cutting and Mr Berry, the group left Mascot airport at 6am on Anzac Day, and the action didn’t stop until our return 5 days later. Upon arrival at Cairns Airport, we were quickly whisked up to the tablelands, where we swam in Lake Eacham, bathed in waterfalls at Milaa Milaa and at Dinner Creek. That evening we went night canoeing where Logan Wilson correctly identified the Slaty Grey Snake and the Amethyst Python. Conor Bond and Isaac Bridgers were amongst those who witnessed the rare tree kangaroo and the coppery brushtail possum. The next day Kyle Mercer displayed his cycling talents, leaving all challengers in his wake. We then visited an amazing “secret” waterfall, where Ben Smith and Mitch Eastment found novel ways of ascending and descending. Nelson Ivanoff snapped some impressive images, as he carted his tripod bravely wherever our group would venture. In between venues, our guide “Tall Paul” (everything is bigger in Queensland), kept us entertained with games, music and various antics. After visiting Barron Falls, we descended to the coastal plains of Cairns, where we visited the night markets. Edward Agar and Larni Cowgill excelled at beach volleyball and helped form a deadly “A team”, with Harrison Lowe, Kyle and Mr Berry. Giorgio Loss was voted the most improved but he did prefer to use his feet rather than his hands.

Day 3 saw a trip to the Great Barrier Reef. Michaelmas Cay abounded in marine life, such as giant clams and hundreds of species of fish. Mitchell Scott, Callum Billet and Lloyd Ryder put their GoPros to good use, capturing on film, amongst other things, a kaleidoscope of corals and sponges, giant trevally and a green turtle. At Paradise Reef, Nelson chased a Spanish mackerel and filmed a shark, whilst Brendon Pollard filmed a blacktip reef shark. The return journey saw more sunbaking on the front deck of the catamaran. Zoe Porritt won the lobster award, but was challenged by a myriad of others, including Danielle Brodie. All this activity worked up healthy appetites but everyone was trumped by Patrick Wilcox (doesn’t his mother feed him?).

Day 4 saw adventures in the rapids of Mossman Gorge, with some great photo opportunities and a trip to the World Heritage listed Daintree National Park. At Cape Tribulation, we went on a night rainforest walk, spied a carpet python and an ant-infested tree. On the last day, we returned to Cairns via Hartley’s Crocodile Park. Mr “Life Be in It”, Joey Timbs, was right in the thick of it, as he was the entire week. The group would like to thank Miss Cutting for her tremendous organisation of this excursion. The students learnt a great deal and had a thoroughly enjoyable time. They also brought credit to themselves and Kiama High School by displaying exemplary behaviour wherever we travelled. Mr Berry.

MERIT LEVELS

Congratulations to the following Merit Level Recipients:

Bronze
Yr 7: Dylan Cardwell, Ellie Cashman, Jacob Farquhar, Toby Jones
Yr 8: Nicola Badullovich, Nathan Cowgill, Jake Lawrence, Alexander Wunsch

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.
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.

**TIPS: PARENTS WHO DON'T WANT THEIR TEENAGER(S) TO SMOKE**

Parents have a very important influence on their children’s lives and can help them to make healthy choices. It is important for parents who do and do not smoke to express their opinions about smoking. The following tips may help:

- Talk to your son or daughter about what you would prefer them to do about smoking.
- You could begin by saying “You have to make up your own mind, but I think.....
- Help your teenager practise refusing cigarettes. You could say something like, “What would you do or say if someone offered you a cigarette and you didn’t want one?”
- Try to help your teenager understand that most people choose not to smoke (80% of teenagers do not smoke regularly).
- Ask your teenager about the risks of smoking (getting into trouble, costs, addiction, smell, fitness).
- Ask your child to tell you what he/she thinks your views are about smoking.
- Talk to your child about making your home and car into smoke-free zones.
- If you smoke:
  - Try to explain how hard it can be to quit
  - Try to avoid smoking in the car
  - Try to avoid leaving cigarettes lying around
  - Try to make your house a smoke-free zone
  - Try to quit or at least cut down.

**For more info:** QUITLINE Ph 137 848
Youth Drug & Alcohol Service Ph 1300 652 226.

**COMMUNITY NEWS**

**Opportunity ‘C’ Class for 2015**

Parents of gifted and talented children in the Shoalhaven district currently in Year 4 are invited to attend an information evening 6.30pm Tuesday 6 May at Illaroo Road Public School. A Year 5 Opportunity ‘C’ class will be formed in 2015 for gifted and talented students who are in Year 4 in 2014. Phone Bob Lowe, Deputy Principal, on 4421 0422 for more information.

**Children’s Medical Research High Tea**

Saturday 10th May, 2pm to 4pm (Mother’s Day weekend) Where: “Sunnymede” 48 Campbell St Gerringong Cost: $20 Tickets in advance from Belinda 42340224 or 0421349505 or belwall@bigpond.net.au. Join us for a delicious high tea at Sunnymede and surrounding garden with views of the rolling green hills and rural vista of beautiful Gerringong. Enjoy delicious home cooked slice, cakes, savouries, sandwiches and sweet morsels with friends and support Children’s Medical Research Institute Gerringong at the same time. There will be a raffle and lucky door prize as well. A perfect treat for you and your friends on this Mother’s Day weekend. Please purchase your tickets in advance

**Southern Cross Cultural Exchange**

Expose your family to different customs and ideas, develop an international network for your whole family and learn more about your favourite foreign culture. Share your daily life with interesting and talented international exchange students from countries such as France, Germany, Italy, Spain, Denmark, Norway, Finland, Sweden, Japan and the U.S.A., among many more!

Students are aged 15 to 17 years and arrive in mid-July. Volunteer host families can choose a student according to age, gender and program duration (3, 5, or 10 months).

Southern Cross Cultural Exchange makes all the school, insurance and travel arrangements. Free call S.C.C.E. on 1800 500 501 today to request a selection of student profiles or head to www.scce.com.au to find out more!

**Fire And Rescue NSW Open Day 2014**

Annual Open Day is on Saturday 17 May 2014 10am-2pm. You are invited to watch fire safety demonstrations, extrication techniques for road crashes, hop aboard a fire truck, learn about becoming a fire fighter and get an information bag while chatting with fire fighters about fire safety and what they do. This is a fantastic opportunity for young people and their parents to meet their local fire fighters and learn as much as you can about home fire safety. Please visit www.fire.nsw.gov.au click on this link 2014 Open Day Participating Stations.

**Essential Employment & Training**

Are you thinking of leaving school and need help finding a job? At Essential Employment & Training we offer employment services, transition to work (2 year employability skills program) and individual funding activities (subject to eligibility). Freecall 1800 243 513, www.eetgroup.com.au.

**Savvy Girls Success Program**

What every teenage girl needs to know! 3 week course $295, book with a friend $225 each! Stockland Shellharbour Shopping Centre – Community Room Thursdays 15, 22 & 29 May, 5.00pm-8.30pm. Places limited contact Julie on 407 965 984 or Jennifer on 0413 422 100.

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.