Kiama High School Newsletter
RESPECT · COMMITMENT TO PERSONAL EXCELLENCE · RESPONSIBILITY
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DEPUTIES NEWS

NAPLAN
Just a quick reminder that the NAPLAN tests will take place this week, from Tuesday 13 May to Thursday 15 May. A catch-up day has been organised for Friday 16 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.

Absent Parents/Carers
Parents/Carers are asked to let the school know when they will be absent from home for an extended period of time and leaving their children in the care of a family relative or friend.

Winter Uniform
With the colder weather upon us, it is important that students continue to wear the correct uniform. Some students are beginning to wear non-uniform tops and jackets. I urge parents to check what their children are wearing before they leave home for school in the morning. If your child cannot wear their full uniform on any particular day then they need to bring a note from home signed by a parent. This note needs to be presented to the Front Office before Roll Call to obtain an ‘out of uniform’ pass. The School Uniform Shop is open on Tuesday 10.30am – 2.30pm, and Friday 11.00am – 3.00pm. Ten percent of the profit from uniform sales goes back into the school budget for our teaching programs.

Extra-Curricular Activities
Students have been reminded to complete the extra-curricular activities section in their diaries. This is then signed off by the relevant teachers and handed in so it can be included in their reports. Please encourage your students to consider any activities they may have been involved in that they could include. This section of the report is important to senior students seeking early entry to University or scholarships – and usually they want to see the last 2 years reports. It is also important to junior students who might be seeking part time employment, entry to special courses or selection for special awards and events.

Gerard Kelly, Deputy Principal

Attendance Matters
At the end of Term 1, attendance concern letters were sent home for those students who indicated less than 85% attendance with at least 3 unjustified absences.

To alleviate any confusion, the letters state clearly that it is the ‘unjustified’ absences that are the focus for the sending of these letters. The DEC and indeed the school understands the need for students being absent when ill or for other reasons deemed as justified by DEC Policy.

For those parents who have responded to the Attendance Concern letter it is very much appreciated. This is a pertinent time to reinforce the importance of students to present notes of explanation when absent within 7 days on returning to school. It is also worthwhile reinforcing, that appointments should be made outside of school hours wherever possible. It should be noted that for medical appointments the doctor’s name, actual appointment time and the doctor’s contact details, should be included in the request to attend the appointment.

Congratulations to those students who achieved 100% attendance for Term 1. Letters of congratulations were sent to parents of these students. The student will also receive an Attendance Merit Certificate, which will allow the student to work towards the achievement of a gold medallion in the school’s Welfare Merit Program. It goes without saying the importance of school attendance to achieving educational outcomes.

It is quite obvious through my dealings with parents, the value they place on education and school attendance and that they indeed support the school’s attendance policy. Remember: Be on time: Be at school: that’s the rule!

M Cooper, HT Student Attendance & Facilities

SPORT
Country Cup/Shawn Timmins Final
On Tuesday 6 May the 13 years rugby league team travelled to Bomaderry to contest the Country Cup/Shawn Timmins finals. The team played strongly in their first game against Lake Illawarra High School. Tom Chandler scored a clever try after he chased a well-placed kick and scored next to the posts for Hamish Holland to convert. The Lake team scored the next two tries with one conversion and seemed to have control of the game, however, Hamish Holland barged over next to the posts and converted for a 12–10 win. The team then played against a very strong team from Camden High School. The Camden boys ran out 24–4 winners in what was a very solid team effort. Hamish Holland was our sole try scorer. The Kiama boys can be proud of their achievement in reaching the finals and for a solid performance on the day.

The team members were: Tom Chandler, Beau Manley, Tim Wade, Josh Contarin, Hugo Moore, Levi Scott, Jacob Farquhar, Baxter Kane, Denver Ford, Tasman Berry, Mitchell Deans, Sam Eastment, Travis Gelfius, Henry Cox, Hamish Holland, Oliver Wilbrahim, Lachlan Rogers, Brayden Holland, Toby Jones and Jordan Gaffney.

WEEK 3 TERM 2
MONDAY 12 MAY
Yr 8 Test Week
Floris Conway CHS Tennis
TUESDAY 13 MAY
NAPLAN – Yrs 7 and 9
Careers Expo Yrs 10 and 12
Open Boys Volleyball
Yr 7 SRC Induction
WEDNESDAY 14 MAY
NAPLAN Yrs 7 and 9
THURSDAY 15 MAY
NAPLAN Yrs 7 and 9
Yr 11 Excursion – Opera House ‘Chroma’
White Card Training
FRIDAY 16 MAY
Zone Cross Country
NAPLAN Backup

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.

RESPECT · COMMITMENT TO PERSONAL EXCELLENCE · RESPONSIBILITY
Skills to Stress Less

Workshops for students in Years 11 and 12 preparing for the HSC.

When: Mondays period 6 2.15pm-3.15pm
Where: School Counsellors Office
Facilitator: Julie-School Counsellor/Registered Psychologist
Register: by 16 May 2014. Spaces are limited.

Participants will come away from the workshops feeling less stressed and with knowledge and skills to approach the challenges of the HSC with less stress and more confidence.

What will be covered in this workshop:
- Understanding stress and relaxation responses
- Recognising common signs of stress and your own signs of stress
- Learning practical skills to manage stress, including controlled breathing technique, relaxation techniques and an introduction to mindfulness approaches
- Setting realistic goals, creating a good study environment
- Understanding sleep and tips to sleep better and keep healthy
- Resources available to assist during the lead up to HSC.

Afternoon tea will be provided. There is no charge for the workshop.

Parent Volunteer Roster

Mon 12/5: Sue, Michelle Y
Tue 13/5: Jane Mc
Wed 14/5: Vicki
Thu 15/5: Nerida
Fri 16/5: Graeme, Heidi, Will

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 practice 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.
- 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

Parenting Gifted Children – Wollongong

Two full day workshops specifically for parents of gifted/academically talented children in primary and high school to be held on 24 and 25 May at Smiths Hill High School in Wollongong. For further information email lindywalsh@gmail.com or Michele@clearingskies.com.au. For bookings www.trybooking.com/EMBM.

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.

Get Set – Girls in Engineering & Technology Program

To be held on at ANU Canberra on Friday 16 May, 8.30am-3.30pm, cost if free. Designed for girls in Years 11-12 the GET Set Program at ANU is a day full of fun activities that explore engineering and computer science. Students will get involved in three hands-on activities, attend an exciting science show and a biomedical engineering lecture. Registration is essential and closes 12 May. Places are limited.

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.