PRINCIPAL’S NEWS

Dear Parents and Students,

We are now at the end of week two of the term and life is very hectic for students and staff. Can I thank all the students and staff for a great start to the term – friendly, helpful, responsible people.

The SRC are a great group of students led by Ms Sarah Meppem, who represent each year group across the school. Students should be aware that if interested, they could get involved in these activities. Last Thursday the SRC worked together with a number of staff to take delivery of the new lockers for Year 12. They will be installed over the course of the next couple of weeks and students and parents are asked to be patient. They are a lovely looking locker and we hope to ensure that they are maintained well. What you may not know is that the P&C at last meeting moved to pay for the lockers outright as a donation to the school and we thank them very much for this gesture. This means that we can put money gained from the leasing arrangement to buy other lockers into the future. Sarah Meppem has drafted a wonderful Locker Policy and Procedure that will come home to you once lockers are in place. It is strong and tough but must be adhered to if the locker system is to work.

On Monday 9 February is Swimming Carnival Day and there is a strong expectation that students will attend. Please be aware that the Education Act recently revised makes it clear that students must attend school and associated activities and if not at school they should be at home or in the direct supervision of their parents. A letter authorising their absence must come to school on the following day with an acceptable reason for being away – sick, doctors appointment etc. Please do not enable your child by allowing them just to stay home. It should be a great day at the pool amongst friends.

You are invited to P&C in Week 7 on the Monday and on that day there is the Meet the Teachers BBQ for Year 7 parents and students – an informal affair to chat with staff and get a feel for Kiama High School. A letter will be sent home. On Tuesday the 10 March we hold our wonderful Year 6 Open Night with all sorts of extravaganza occurring, I am told. I am looking forward to it.

Please have a discussion at home about your child obeying the School Code of Conduct. We are having some students throwing objects around such as water bottles half full or food and it is causing concern and is dangerous. Students will be warned at assemblies and in the notices but will be suspended if they continue this behaviour.

Finally, I want to thank the vast majority of students who wear the KHS uniform with pride. We have great uniform at present.

Have a great week and stick to our values of RESPECT, COMMITMENT TO EXCELLENCE and RESPONSIBILITY.

Mr Salmon, Relieving Principal

DEPUTIES NEWS

Snow Trips 2015

Students will be offered the opportunity to attend the KHS Snow Trips. The first snow trip will take place in Term 3, Week 3, Friday 31 July to Sunday 2 August. Priority for this trip is given firstly to Year 11, then Years 10, 9, and 8. As priority is given to Year 11, they will be given the first payment date. After this date students in Years 10-8 will be permitted to pay.

To secure a spot on either trip, a non-refundable deposit of $50 must be paid at the Front Office on the relevant payment date. The acceptance of the non-refundable deposit is subject to the following conditions:

- no outstanding fees
- excellent record of behaviour
- excellent uniform behaviour
- no outstanding assessment work which conflicts with the snow trips
- be prepared to abide by the Alpine Code of Conduct and the KHS Snow Trip Behaviour Contract.

Dropping Students Off At School

Parents are reminded that the bus bay located on the northern side of school is a bus only zone on school days between the times of 7.30am–10.00am, and 2.00pm–4.00pm. This area is patrolled regularly by the Police.

Five Secrets to Improving WORK-LIFE Balance

We’re all busy! We all have lots of things that we must do, should do and could do with every second of every day. Despite the amazing technology that is available to us, almost all of us are busier than ever before.

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Steve Francis is an expert in work-life satisfaction and an author. He offers 5 secrets to improving our work-life balance.

Secret # 1
Aim for WORK-LIFE Satisfaction NOT balance. For most people the term ‘balance’ immediately brings to mind thoughts of balance scales. Many people visualise our work commitments on one side of the scales and the commitments in the other aspects of our lives on the other side. We seem to constantly add more tasks to the WORK side and feel guilty that we need to create more time and space for the LIFE side to regain ‘balance’. This guilt creates tension and stress.

Rather than focussing on ‘balance’ we should focus on gaining SATISFACTION from both our WORK and the rest of our LIVES. If you aren’t getting satisfaction from your work it is worth serious reflection. Life is not a dress rehearsal – this is the real thing. Work is a large part of our lives. If you genuinely aren’t getting satisfaction from your work, it may be time for significant changes.

Next week: Secret # 2.
Gerard Kelly, Deputy Principal

ATTENDANCE MATTERS – IT’S NOT OK TO BE AWAY

Reading the article from the Sun Herald (3.8.2014), ‘One day’s absence puts students behind’, only confirmed the negative impact that absenteeism has on the student’s learning environment and certainly re-affirmed the need for the strong implementation of attendance policy and procedures. The article began with, ‘missing just one day of school has negative consequences for a student’s academic achievement, .....linking poor attendance to lower NAPLAN results’, and that ‘Australia is alarmingly slack when it comes to school attendance, with high school students skipping more days of school than almost any other developed country’. The Western Australian study dispels the belief that there is a safe level of absence students can get away with, before their grades will suffer. The article goes on to say, ‘While poor attendance is a problem across the socio-economic spectrum, families in affluent areas often interrupt schooling for overseas holidays.’ Principals did make the point although going overseas can be a valuable learning experience, the student is still not learning everything that they’d be learning at school. The Principal from St Catherine’s School in Waverley commented that family holidays should be planned for the actual school holidays. The Principal of SCEGGS, Darlengkaphurst made an interesting comment in, ’ school isn’t something you normally do or mostly do. It’s something you always do’.

Be on time: be at school: it’s the rule!
Mary Cooper, HT Administration, Attendance and Facilities

SPORT

SOUTH COAST SPORTING TRIALS

Term 1 is a very hectic term for sports trials and carnivals. Following is a list of South Coast trials that are occurring in the first weeks of this term. Interested students should ensure they listen to the green sheet and see Mrs McGuinness ASAP. Please note that unless otherwise stated, trials are for Open teams ie up to Year 12.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>TRIAL DATE</th>
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<tbody>
<tr>
<td>Open Girls Basketball</td>
<td>13 Feb</td>
</tr>
<tr>
<td>15yrs Boys Tennis</td>
<td>10 Feb</td>
</tr>
<tr>
<td>Boys &amp; Girls Volleyball</td>
<td>25 Feb</td>
</tr>
<tr>
<td>Open Boys Basketball</td>
<td>27 Feb</td>
</tr>
<tr>
<td>Open Boys Tennis</td>
<td>17 Feb</td>
</tr>
<tr>
<td>15yrs G&amp;B Touch</td>
<td>19 Feb</td>
</tr>
<tr>
<td>Boys &amp; Girls Football</td>
<td>10 March</td>
</tr>
<tr>
<td>Golf</td>
<td>9 March</td>
</tr>
<tr>
<td>Golf Matchplay entries close</td>
<td>13 Feb</td>
</tr>
</tbody>
</table>

NSWCHS TRIATHLON
The NSWCHS Triathlon Championships are on at Penrith on 26th-27th February. Any students interested in competing should see Mrs McGuiness ASAP for an entry form. There are both individual and team events.

SCIENCE EXCURSIONS

Students in Years 8 and 10 will be undertaking Science excursions this term to compliment the work being undertaken in class. Full information for each excursion has been provided to all students.

Year 8 will be studying the Geology of the Kiama area on Friday 27 February. Payment is due on or before Friday 20 February.

Year 10 will be studying Motion at Luna Park on Friday 13 March. Payment is due on or before Friday 27 February.

All payments should be made by the end of recess to the front office on or before the due date. Permission notes are to be returned to the front office with payment.

Mr A Page, Head Teacher Science

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.
CANTEEN STUDENT VOLUNTEER ROSTER
Lunch: Lucy Steel, Tara Brady, Katelin Wye, Emilio Goytizolo
Recess: Abel Heagney, Liam North, Izabella Elphick, Jess Nolan

PARENT VOLUNTEER ROSTER
Mon 9/2: Brigette, Diana
Tues 10/2: Mariell, Tracey
Wed 11/2: Vick C
Thurs 12/2: Michelle Y
Fri 13/2: Jo N, Elizabeth S

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.

COMMUNITY NEWS
WERRI BEACH NETBALL CLUB
Registration Days for the 2015 Netball seasons will be held on:
Wednesday 11/2/15, Gerringong Public School, 3pm-4pm
Saturday 14/2/15, Gerringong Bowling Club Bistro from 10am
Registration can be completed online at www.myfootballclub.com.au for current players.
For more information contact Vanessa Mercer 0418 639 874 or Wendy Robertson 42 340 867, 0435 217 533.

RMS SAFER DRIVERS COURSE
This course will be run in Kiama on 21 February 2015. The Safer Driver Course aims to provide learner drivers with driving strategies such as speed management, gap selection, hazard awareness and safe following distances so students are more prepared when they drive unsupervised on their provisional licences. The course also aims to help learners identify situations that will put them at greater risk of a crash and consider strategies that will help avoid them.
Participants must have 50 actual hours logged in their log books to be eligible for the course.
On completion of both modules of the course a learner driver will receive a 20 hour credit in their learner driver log book. The cost of the course is $140 including GST.
For more information contact Julie Dryer on 0424 628 703.

GERRINGONG BREAKERS FOOTBALL CLUB
Junior, men and women players wanted! The upcoming football season is fast approaching and we would like you to be a part of it. Gerringong Breakers FC Registration has begun for the 2015 season for all age groups.
Registration can be completed online at www.myfootballclub.com.au for current players.
Contact Tiffany Cassen on 0431 471 433 or email tcassen@bigpond.com; Javid Sadrnia on 0422 639 356 or email javidsadrnia@hotmail.com

KIAMA JUNIOR RUGBY UNION REGISTRATION DATES 2015
Is on at the Kiama Rugby Club House, Bong Bong Street, Kiama on Wednesday 18 February 4.30pm-6pm and Wednesday 25 February 4.30pm-6pm.