DEPUTIES NEWS

Year 11 Local Heroes
I would like to start by congratulating two of our Year 11 students, Daniel Blomley and Kade Mace, who were directly involved in rescuing a young woman off Surf Beach recently. Both Daniel and Kade raced out to save the young woman in trouble without any thought to their own wellbeing. The woman was later taken to hospital in a stable condition. Daniel and Kade are to be commended for their bravery. Well done.

Swimming Carnival
Congratulations to those students who attended the Swimming Carnival last Monday, despite the delays with the Gerringong roadworks. Once again students and staff had a great time, behaviour was exemplary and some outstanding results were recorded. I would like to give a special thank you to Mrs McGuinness for organising this event. Well done.

Year 10 Self Awareness Day
All students in Year 10 will be involved in the Self Awareness Day on Thursday 19 February. This is a wonderful opportunity for students to learn about adolescent issues affecting their daily life, and developing effective strategies to deal with such issues.

Work Placement
A number of Year 12 students studying the Vocational Education and Training (VET) courses Business Services and Hospitality have been attending work placement. Work placement is a mandatory requirement for students to gain Certificate II accreditation in their particular course. This is a terrific opportunity to build on their skills and get an insight in the world of work. It is also a great networking opportunity and often leads to job offers for those who demonstrate their work readiness.

School Photographs
Students will soon be issued with their individual school photograph envelope. This envelope contains all the details for securing a wonderful photographic memory of your child. School photographs will be taken on Thursday 26 February. A catch-up day has been organised for Thursday 5 March.

School Uniform
Parents are reminded to check the length of their child’s skirt and shorts. Students have been informed that their parents will be contacted if the lengths of their skirt or shorts are inappropriate.

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.

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

SECRET # 2 Watch Your Self-Talk
That little voice inside our heads has a powerful impact on our attitude. We certainly can be our harshest critic. It is important to monitor our self-talk and watch that we are being fair and reasonable on ourselves. Watch your self-talk where you beat yourself up about what you haven’t done today. Try to instead focus on what you have already achieved.

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 reaffirmed 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, Darlington 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
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.

**TRIAL DATE**

- Boys & Girls Volleyball: 25 Feb
- Open Boys Basketball: 27 Feb
- Open Boys Tennis: 17 Feb
- 15yrs G&B Touch: 26 Feb*
- Boys & Girls Football: 10 March
- Golf: 9 March

*Please note change of date

NSWCHS TRIATHLON

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

OPEN BOYS CRICKET ARE SOUTH COAST CHAMPS

On Wednesday (4 Feb), the Davidson Shield side emerged victorious over a quality Bomaderry team to become the South Coast Champions. Once again, it was a team effort with every player making a contribution in some way.

Batting first on a difficult wicket with variable bounce, we managed to reach 145, being dismissed just short of 40 overs. The 47 opening partnership between Matt Price (11) and Will Grant (33), proved to be decisive. Sachin Hall (28) and Callum Cooper (31) also performed well. Sachin’s innings featured a couple of meaty sixes. He reputedly said after one that went into the trees that “he didn’t quite get that one”. Kane Presland featured in a 28 run partnership, which helped us achieve our total.

Our bowling and fielding was excellent. The first wicket involved a run out with Matt Price firing the ball back to Jordan Warren, who had some snappy work to do in dislodging the bails. Josh Spain (1/18) and Flynn Parker (1/7) did their bit as openers, before Manning Berry (2/9) and Will Grant (1/15) put the brakes on with impressive spells of tight bowling. Meanwhile, Ben Grant was as agile as a quoll in the field. We managed to remove some of Bomaderry’s representative players and before long our total was looking mountainous. Our spinners, Zac Parker (0/11) and Matt Price (3/25) bowled outstandingly and we soon cleaned up their remaining batsmen, for a total of 85.

This important victory places us in the top 16 of NSW. We are due to play the winner of Picnic Point and Sydney Boys High School next week.

**Mr Berry**

South Coast Representatives

Congratulations to Nicol Petkovic and Chelsea Moseley on their terrific results at the recent South Coast 15yrs Tennis Championships. Nicol played some great tennis to win the Championship, whilst Chelsea made the semi-finals. Both girls gained selection in the South Coast 15yrs Tennis team to compete in the NSWCHS Championships at Parramatta next month and we wish them good luck as they take on some of the best junior players in the State!

KHS Swimming Carnival

Congratulations to all students who contributed to making the school swimming carnival such a success last Monday. Highlights included:

- The outstanding participation by our Year 7 students. We had 8 heats in the 13yrs boys 50m freestyle event – a new record! Well done to all Year 7 on their positive approach to the day.
- The willingness of many students to “have a go”. A parent commented at the end of the day how terrific it was to see so many students compete in the “off strokes” (breaststroke, butterfly and backstroke). It was also great to see the encouragement given by students to these swimmers who were “having a go”.
- The wonderful officials – both students and staff – who worked hard all day. A special thank you to the student helpers from Years 9 and 10 who were absolutely terrific!

Unfortunately a computer glitch has meant that final results and point scores are not available at the time of printing, but the team for the Zone Championships (at Bomaderry on Wednesday 25 February) has been posted in the Science quad windows. Students should check to see if they made the team, and if so, should collect a permission note from the PE staffroom.

**Mr A Page, Head Teacher Science**

Lost Property

A towel, some goggles, a drink bottle and some things were left behind at the end of the swimming carnival. See Mrs McGuinness in the PE staffroom if you think they are yours.

South Coast Trials

Trials for the South Coast Open Girls and Boys Football (Soccer) teams, Open Girls Netball team and the Lawn Bowls team are on this term. Interested students should see Mrs McGuinness.

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**
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.

New Players – or didn’t play in 2014, please bring your original birth certificate and a photocopy of proof of age.

All Players – still need to attend to update forms and have photos taken.

Enquiries – Lucy Blackmore, lblackmore5@bigpond.com or 0409161687.

All New Players Are Welcome – see us on Facebook www.kiamajuniors.rugbynet.com.au

STOP UNDERAGE DRINKING

What’s the penalty for providing alcohol to a minor without their parent or guardians’ permission? 12 months imprisonment and/or $1,100 on the spot fine or up to $11,000 court imposed fine. Stand Your Ground www.stopunderagedrinking.com.au

GERRINGONG PUBLIC SCHOOL FETE

Save the date Saturday 14 March 2015 from 10am until 3pm. Come and join us!

KIAMA JUNIOR AUSTRALIAN FOOTBALL CLUB

2015 Registrations open now. Registration day is: 17 February at 4pm-6pm at Club rooms Bonaira Oval, Bonaira Street and Gwinganna Avenue, Kiama. For more information contact Hope Prosser or Tracy Hicks email kiamajfc@gmail.com

KIAMA HOCKEY CLUB REGISTRATION DAY 2015

Is on Sunday 22 February from 4pm-6pm Mary Marley Hockey Centre, Croom Road, Albion Park. Come and join the Club and have a hit around on the turf, BBQ and drinks available. For more information contact Andrew McGeechan 0400 354 482/ajm095@hotmail.com or juniors@kiamafootball.org.au

FOSTER KIDS NEED MORE PEOPLE LIKE YOU

Great kids come from good families. Please help. We urgently need respite foster carers to care for children on a regular short term basis. Come along to one a free foster care information session on Thursday 26 February at Dapto Ribbonwood Centre, Princes Highway, Dapto from 5pm-6pm. To reserve your place call 1300 130 585.

Disclaimer: Kiama High School will, as a service for 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.

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 if $140 including GST.

For more information contact Julie Dryer on 0424 628 703.

FREE WORKSHOPS FOR PARENTS AND SUPERVISORS OF LEARNER DRIVERS

To help you with practical advice about
- Supervising learner drivers
- Completing the learner driver log book
- Providing on-road driving practice
- L and P Plate licence laws

Bookings are essential – workshops are held from 6pm-8pm on 22 April. Contact Kiama Municipal Council on 4232 0444 or email council@kiama.nsw.gov.au

LEARNER LOGBOOK RUN

Do you have your L’s? Want to get more hours for your log book? An opportunity for you and your supervisor to experience a variety of driving conditions including Police RBT, Speed Check and Driver Reviver.

Daylight – Sunday runs are held at Shellharbour and Kiama 10am-12.30pm
Night – Tuesday runs are held at 6pm-8.30pm in Shellharbour and Kiama only.

All learner drivers must have 40 or more log book hours.

Bookings are essential. Contact Shellharbour City Council or Kiama Municipal Council on 4221 6124 or email jenny.davies@shellhabour.nsw.gov.au

RMS SAFER DRIVERS COURSE

This course will be run in Kiama on 21 March 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.

COMMUNITY NEWS

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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