DEPUTIES NEWS

Dropping Students Off At School
For safety reasons parents are requested not to drop their children off in the staff car park located at the northern end of the school. Parents are urged to drop their children off in Shoalhaven Street. Parents are also reminded that the bus bay 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.

School Photos
Last Thursday school photos were taken. This is a massive job to photograph over 1100 students, 100 staff and family and sporting groups in one day. The cooperation and friendliness of students made this job much easier. Well done. Congratulations once again to Mr Corfield for his smooth organisation. There is a catch up day this Thursday 5 March, for those that were absent last week.

Years 5 and 6 Open Night
Just a quick reminder that Open Night for prospective students is on Tuesday 10 March, commencing at 7.00pm in the Hall. Expressions of interest close on Friday 20 March.

Meet The Year 7 Teachers’ BBQ
The Year 7 ‘Meet the Year 7 Teachers’ BBQ will be held on Monday 16 March, NOT the previously advertised date, 9 March. This event, starting at 6.00pm, is an excellent opportunity for you to discuss with Year 7 teachers how your child is settling into high school and learn about some of the wonderful things they are doing in their subjects. I would like to emphasise that this is not a parent/teacher evening where teachers would have assessment results to indicate your child’s academic progress. Students will receive an information note to take home to their parents.

Year 12 Striving For Excellence – A Study Skills Day
Year 12 students will be attending a Striving for Excellence study day on Friday 6 March. This is a compulsory day for all Year 12 students and a great opportunity to improve skills which can only help with exam and HSC preparation.

Year 12 Half Yearly Examinations
The Year 12 half yearly exams will commence on Friday 20 March and continue until Thursday 2 April. Students have to be in school uniform but only need to be at school if sitting for an exam.

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 # 4 Golden Rules
It is important to have defined some ‘Golden Rules’ to ensure that YOUR priorities are protected. Examples of golden rules include eating family meals at least three times per week, turning off your mobile phone during meals and only checking work email for 30 minutes per evening. What are your rules? We need to make some commitments in accordance with our priorities. Gerard Kelly, Deputy Principal

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VACCINATION PROGRAM
The following dates are the vaccination clinic dates for Year 7 students (boys and girls) and Years 11 and 12 (MMR ‘catch-up’ only)

Students will be receiving the following schedule throughout 2015.

Visit 1: 20 March 2015
Year 7 students (boys and girls)
- Human Papillomavirus vaccine (HPV) dose 1 (3 dose course)
- Diphtheria/Tetanus/Pertussis booster vaccine (single dose)

Visit 2: 19 June 2015
Year 7 students
- Human Papillomavirus vaccine (HPV) dose 2
- Varicella (Chicken Pox) vaccine (single dose) catch-up only. Not required if student has had the disease or have received 1 dose as a child.
Years 11 and 12 only
- Measles/Mumps/Rubella vaccine (MMR) (This is a ‘catch-up’ for students in Years 11 and 12 that missed their doses usually given at ages 1 and 4 years. This is not a ‘booster’ dose).

Visit 3: 23 October 2015
Year 7 students
- Human Papillomavirus vaccine (HPV) dose 3
- Catch-up for HPV, dTpa and varicella will be provided to students in Year 7 if vaccines missed at previous visits.

At each clinic held in 2015 catch-up HPV vaccination will be offered to Year 8 students who commenced but failed to complete the course of HPV in 2014.

KOORI KIDS & COPS FISHING PROGRAM
The Aboriginal Community Liaison Officer with NSW Police-Lake Illawarra, Michael Lett is running a program during the school holidays on 10 April from 10am-2pm at Reddall Parade, Lake Illawarra. A BBQ lunch will be provided and also includes:
- Educational workshops
- Rules and regulations
- Casting techniques
- Fishing safety
- Knot tying
- Line rigging and baiting
- Retrieval of fish and fish handling

All participants will receive a rod and reel. FREE of cost. Ages 10-15yrs. For expressions of interest please contact Michael Lett on 0439 600 332, there are only 25 spots available so get in quick.

CANTEEN STUDENT VOLUNTEER ROSTER
Lunch: Zac Fanke, Anakin Araya, Amelia Plum, Jessica Steel
Recess: Jade Sullivan, Lauren Humphries, Monna-Lisa, Bailey Harrison

PARENT VOLUNTEER ROSTER
Mon 2/3: Sandra
Tues 3/3: Linda, Janice
Wed 4/3: Jane Mc
Thurs 5/3: Susan, Lisa
Fri 6/3: Chris, Brigitte

Food Deals
Tuesday – sushi and a small slushi $4
Wednesday – Order a fresh made wrap and buy a popper for $1

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
FAMILY ENERGY REBATE
The Family Energy Rebate is one of a number of NSW Government energy assistance programs to help eligible households reduce the impact of electricity costs.

It takes just two minutes to apply online https://applications.fer.trade.nsw.gov.au/ and once submitted the rebate application begins processing. Applications close Midnight 16 June 2015.

For more information email fer.program@trade.nsw.gov.au or www.resourceandenergy.nsw.gov.au/info/familyenergyrebate

THE COOLKIDS & ADOLESCENT HEALTH PROGRAM
Helping distressed children and adolescents suffering from somatic health complaints (including recurring headaches, stomachaches etc).

About 40% of children and adolescents may experience functional somatic health complaints, which are medically benign (that is, they have no identified organic cause). The most common somatic-health complaints experienced by children and adolescents include recurring abdominal pain, gastrointestinal symptoms, recurring headaches, chest pains, dizziness and nausea. Research has shown that these children are prone to have increased rates of school absenteeism and this may also have an impact on their learning, peer relations and overall quality of life. Studies have also indicated that up to 80% of children and adolescents struggling to cope with these recurring functional somatic health complaints may also be experiencing anxiety and/or depressive problems.

Our new, CoolKids and Adolescent Health Program is designed to specifically help children learn how to concurrently cope and manage their somatic symptoms as well as learn stress management skills. This program is specifically designed for children aged 7-17 years who are experiencing recurring somatic health complaints for at least 3 months (and which a GP or medical specialist has confirmed that the symptoms are medically benign). The program is individually based and involved 10 x 1 hour weekly therapy sessions held at the Emotional Health Clinic at Macquarie University. Interested families will be invited to attend a screening assessment to determine eligibility.

Organisation – Centre for Emotional Health, Macquarie University.
Researchers – Associate Professor Maria Kangas, Prof Ron R apee and Prof Mike Jones.
Who is Eligible – Children and adolescents aged 7-17 years who are experiencing recurring somatic health complaints for a minimum of 3 months
Contact – for more information please contact Assoc. Professor Kangas (email: maria.kangas@mq.edu.au) or telephone (02) 9850 4082.

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.

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.
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@shellharbour.nsw.gov.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 14 MARCH 2015 10am-3pm

CAMP OUT INFO DAY
A pre-camp meet up for interested campers, their parents and guardians.
When: 2-4pm Sunday 15 March 2015.
Where: Twenty 10, Level 1, 45 Chippen Street, Chippendale, 5 minute walk from Central Station.
RSVP: info@campout.org.au or check out www.campout.org.au for more information.

YOUTH REFERENCE GROUP
Headspace Wollongong is currently seeking applications from enthusiastic young people aged 16-25 years, to join our Youth Reference Group.

For more information contact Denika 4255 680 or denikat@womenshealthcentre.com.au

MACKILLOP FAMILY SERVICES
Foster carers come in all shapes and sizes! Mackillop foster carers have varied backgrounds, lifestyles, cultures and family situations. For more information contact 1300 791 677 or visit mackillop.org.au/fostercare

SURF’S UP FOR DISABLED SURFERS AT GERROA
The South Coast Branch of the Disabled Surfers Association is running its 14th annual ‘Hands on Day’ at Gerroa beach on 29 March with everyone checking in between 9-9.30am. Cost is free to everyone helping: carers, volunteer helpers and members with the cost being $10 only for non member participants. The day includes a fully supervised surf experience followed by a BBQ lunch and prizes for great deeds.

For more information contact Jim 0458 759999 or lan 4284 4539 or just turn up.

GERRINGONG BREAKERS
Be a Breaker in 2015. Registration for the 2015 season is underway. For more information visit gerringongbreakers@hotmail.com/Rego.

A Grassroots Coaching Course will be held at Gerry Emery Oval at 4pm Friday 13 March. We encourage all parents, players and coaches to attend. Contact Sara Ross on 0411 338 177 or email gerringongbreakers@hotmail.com

KIAMA JUNIOR BASKETBALL
Registration is now open for the 2015 winter season, which starts at the Kiama Leisure Centre in the first week of Term 2.

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.