



PRINCIPAL'S REPORT

Dear Killara Families,

School Aerobics – Nationals

On Friday 9 August our school aerobics teams boarded flights to compete at the national school aerobics competition in Adelaide. I congratulate all students on their dedication towards this endeavour. Our students have demonstrated outstanding skills in aerobics, wonderful teamwork, and a relentless work ethic to reach this level of competition. I thank Ms Muller and Ms Wall for their efforts in supporting the teams. Thank you families for supporting this great initiative.

Year 12 Trial Examinations

Week 3 Year 12 students commenced their yearly examinations known as the trials. Year 12 students are following an examination timetable that requires them to only attend school to complete examinations during the exam period. The respect and admiration for our Year 12 students from our younger year groups is inspirational, and I thank Year 12 for being strong role models. Year 12 teachers and year advisers are continuing to support Year 12 throughout their examination period. Our wellbeing structure is comprehensive, and we have plenty of support available to students and parents during this time. Our student support officer Lucy and our school counsellors are all available to support.

Japanese Cultural Exchange Study Tour

We are currently hosting 32 students and two teachers from Tokushima High School, Japan. Killara High School students have been guiding our visiting students through lessons in classrooms and friendship groups in the playground. On Wednesday 7 August our students and teachers organised a day trip to Taronga Zoo. Our school held a whole-school assembly on Monday 5 August to officially welcome Tokushima students and their teachers to our school. I thank Mr Date, Ms Ranaweera and Mr Xia for their leadership.

Olympics Night – Sports Council fundraising for new sport uniforms

Congratulations to the Sports Council and Mr Smith for hosting our Olympics Night. The aim of this event was to come together as a community and celebrate the Olympic Games. Further to this purpose, our hardworking Sports Council used this event as a fundraiser to support their initiative to purchase new sports uniforms. Thank you to our community for coming along and celebrating this event. Thank you Mr Smith and the Sports Council students, for your enthusiastic management of this event.

Join our FB page

[Killara High School](#) has its official Facebook page. We update this page regularly with news and events. We also celebrate school achievements on this page.

Killara Academy

Our Killara Academy students have been engaging in a range of events. In Week 2 our students experienced an educational presentation delivered by Executive Chef Steven Gero. In Week 3, our students commenced working towards their first university micro credential. Throughout this term our students have also completed learning sessions with Google software engineers. Killara Academy is our university preparation program and it is the only one of its kind in Australia.

Welcome Ms Beyer

Ms Beyer is an outstanding teacher who is joining our school this term from Germany. Our students and teachers first met Ms Beyer when we visited Johannes-Brahms-Schule in Pinneberg during our German Language Study Tour in 2023. This type of international connection will enhance the learning experience for all students in both schools. Ms Beyer is teaching students in Year 9 and Year 11 German language classes. On behalf of our entire community, thank you Ms Beyer and welcome to [Killara High School](#).

Outstanding NAPLAN results

Overall, Killara students achieved outstanding 2024 NAPLAN results across every domain. We use this data to focus on areas for improvement and to consolidate our strengths. Killara High School's outstanding NAPLAN results indicate that the proportion of students who are exceeding is higher than the Statistically Similar School Group and the NSW State. Spectacularly, this is seen across every single domain - Reading, Writing, Spelling, Grammar & Punctuation and Numeracy - for both Year 7 and Year 9 - all being higher than the Statistically Similar School Group, and the NSW State. To achieve this level of growth and attainment across every single domain and for both Year 7 and Year 9 is outstanding. Many teachers helped to ensure that our students had a smooth online assessment experience. Thank you.

Listening and learning. Our professional learning about Aboriginal Education.

During School Development Day on 22 July our Killara High School staff engaged in an incredible learning experience with our very special guests Aunty Clair Jackson and Aunty Lois Birk. Our key theme was listening, thinking and asking. We were delighted to have our amazing primary school colleagues join us from [Beaumont Road Public School](#), [Lindfield East Public School](#) and [Killara Primary School](#).

Multicultural Food Stall – Student Representative Council

On 2 August our dedicated SRC hosted Multicultural Day. Our students served up an array of yummy food from around the world. All funds raised went to the National Centre for Childhood Grief in Hornsby. Thank you Ms Barovs and the SRC students.

Robin Chand
Principal

TERM DATES 2024

Tuesday 23 July	First Day of Term 3
Friday 27 September	Last Day of Term 3
Monday 14 October	First Day of Term 4
Friday 20 December	Last Day of Term 4

TERM 3 DATES 2024

Monday 22 July	Year 12 Trial Exams start
Monday 22 July	Year 11 Hospitality Placement
Wednesday 24 July	Year 9 Camp
Saturday 27 July	Killara Academy UNSW Tour
Wednesday 21 August	Year 7 Gala Day
Wednesday 21 August	P&C Meeting
Friday 23 August	Year 12 Trial Exams finish
Sunday 25 August	Killara Academy Big Kitchen
Wednesday 28 August	Year 8 Gala Day
Saturday 31 August	P&C Working Bee
Wednesday 4 September	Year 11 Exams start
Sunday 8 September	Killara Academy Big Kitchen
Tuesday 10 September	Year 8 NAIDOC Excursion
Wednesday 11 September	Year 8 NAIDOC Excursion
Saturday 14 September	Killara Academy UNSW Tour
Saturday 14 September	NSW ELECTION DAY
Thursday 19 September	Year 12 EKUBA
Friday 20 September	Year 11 Exams finish
Wednesday 25 September	Year 10 & 11 PASS Ski Camp
Saturday 28 September	Year 10 & 11 Japan Tour

Careers

If you have any questions or would like further information, please don't hesitate to reach out to our Careers Team.

We can be found in the rear of the library for students to access us or on email: careers@khs.nsw.edu.au

Helen Urquhart and Eve Kiernan – KHS Careers Team

Canteen

[Click here for School Canteen Menu](#)

Students are asked to exercise patience and show courtesy to the parents serving them, to refrain from making purchases for friends and to stand back in line while waiting to be served. Students must move out of the canteen as soon as they have completed their purchases. No games are to be played in the canteen during recess or lunch breaks.

Uniform Shop

Tuesday:	8:00am to 10:30am
Friday:	11:30am to 2:00pm

Check the website for additional opening times.

If you have any queries, please contact: killara.uniform@gmail.com

Wellbeing – Shannon Olivey

Term 3 has taken off at a fast pace and we wish all our senior students all the best as they study and prepare for their yearly examinations. The Trial HSC exams for Year 12 is well underway and Year 11 Preliminary exams will start in Week 7. We wish all our students the very best during this assessment task.

7 Tips to Look After Your Wellbeing During the Exam Period

As well as the usual study prep tips, make sure you're taking care of your wellbeing during the lead up to exams. If you're feeling a bit overwhelmed or stressed during this time, know you're not alone. Maybe try some of the below tips to see if you can take control of your worries. Reach out to have a chat with our Year Advisors today for short and long-term support.

1. Put your worries into perspective

Don't get me wrong, all worries are valid, and sometimes it can feel difficult to cope, especially in stressful times like the lead up to exams and final assignments.

It might be helpful though, to 'get out of your own head' and look at it from another perspective. Keep your eye on the bigger picture and know that one fail or low grade isn't going to derail your plan. There are always options to re-take or re-do courses, or other pathways to get where you want to.

Remind yourself of this and know that you're doing your best to prepare. The rest will take care of itself!

2. Manage your caffeine intake

Now is not the time to drink lots of coffee and Red Bull to continue to cram all day and night! A little bit of caffeine can be helpful for an extra boost, but too much can damage our memory retention and ability to sleep. Do an audit on how much you're consuming. Does this need to change?

3. Sleep

In addition to reducing caffeine, make sure you're getting enough sleep. Sleep replenishes your energy and helps you retain the information you've learned during the day. It also plays an important part in regulating our emotions, making us better able to concentrate during the day. [Reach Out – Tips on how to get a good night's sleep](#)

4. Exercise

Exercising may seem difficult to do when you're stressed, but it is proven that it can help with stress and anxiety. So even if you don't feel like it, take yourself on a gentle walk, do some stretching, play with your dog, whatever you can just to get your heart rate up and blood flowing.

5. Take breaks

Make sure you take short breaks every hour of study, this will help you remain on task. Studying for hours on end may seem like a good idea, but in reality, can cause you to lose concentration. Taking regular breaks can help us remain focused on tasks.

6. Schedule time for things you enjoy

Make sure you remember to continue doing the things you enjoy outside of study. Study is important in the lead up to exams, but fitting in things that you like doing, like seeing friends, exercising, or watching a TV show can give your brain a break and keep you active, energised, and happy. This will help you feel refreshed when you come back to study.

7. Remember, not all stress is bad

In some cases, when we need to get something done, a little bit of stress can be the push we need to get moving. It can make you more alert and motivate you to study when you need to or get your mind ready for an exam. The trick is to know when it is *too* much stress.

If you're losing control of a situation, or you're doing things to help the stress and it isn't going away, then you might need some support. Reach out to the Wellbeing team to discuss options for short and long-term support! That's what we're here for.



Wellbeing

In other wellbeing news, Our Community Connect Wellbeing Expo, on Wednesday 26 June was a big success, with many parents taking up this great opportunity to speak with essential wellbeing services in the community. The night included services such as KYDS, RAISE, Relationships Australia, NDIS, Headspace with the list goes on and on. We heard from guest speakers from some of the organisations and we plan to make this valuable event even bigger and better next year.

Year 9 started the term off with their much-anticipated camp, and what a wonderful time was had by all that attended. Friendships were strengthened and even new mates made. We are very grateful to the teachers that made this possible as the students made lifetime memories.

Looking ahead we will have Year 7 students being trained in Teen Mental Health First Aid, with the goals of having all junior students trained ASAP. Later in the term Year 11 will participate in the GPs in Schools Program, some ex-student talks and B Streetsmart program. Year 12 will graduate, enjoy Ekuba and their graduation ceremony at the end of Term 3.

A reminder to all students to reach out to a member of the Wellbeing team if you need assistance or support. You can see your Year Advisers, myself, our Student Support Officer Lucy, Ava and Max our wellbeing dogs and of course one of our 3 school Psychologists- Kate Cullen, Eunjee Hong and Julie Yoon.



Shannon Olivey
Head Teacher Wellbeing

