

# Killara High School Newsletter

WEEK 7 | TERM 2 2024



## PRINCIPAL'S REPORT

Dear Killara Families,

I'm always inspired by Killara High students. Our students have continued to demonstrate personal best efforts and achievements across all areas of our curriculum. We have seen incredible student achievements within the classroom, on the creative and performing arts stage, and within sporting contexts. A great school has great teachers. I want to recognise the dedication and high expectations demonstrated by all Killara High School teachers and staff, towards all students. Our culture of high performance starts inside the classroom and our teachers are always aiming to unleash the high potential in every student.

### Stationery requirements

Term 2 is an important time to replenish stationery supplies in our bags and pencil cases. Students should bring to school every day an exercise book for each course studied, multiple blue, black and red pens, alongside pencils, a ruler and any other specialist stationery for specific courses. A reminder that students must wear full leather shoes in order to learn inside science labs, kitchens and workshops for safety reasons.

### Uniform

It's wonderful to see our students wearing their Killara High School uniform with pride, every day. I appreciate the effort that parents and students dedicate towards

ensuring school uniform is worn. During the colder months, students should layer-up with uniform items, and not wear hoodies or other non-uniform items to school.

Our school blazer is available as a popular optional extra for all students 7-12. Recently, I have had many students from different year groups ask about purchasing blazers. Students have indicated that they like wearing it throughout the year, during cooler and warmer seasons. If you are interested in purchasing a blazer for your child, please contact the uniform shop through their online booking portal to arrange a fitting time. <https://killara-h.schools.nsw.gov.au/about-our-school/uniform.html>

We are now selling Killara High School scarves, caps and insulated water bottles. The uniform shop can assist with all inquiries regarding any of these items.



### Explicit Teaching

Your children experience explicit teaching at Killara High School. This effective model of teaching is grounded in research and our teachers utilise this methodology every day, in every lesson. Here is a link to the NSW Department of Education's outline of explicit teaching pedagogy. <https://education.nsw.gov.au/content/dam/main-education/documents/teaching-and-learning/curriculum/explicit-teaching/explicit-teaching-in-nsw-public-schools.pdf>

### Killara Academy

Killara Academy is our intensive university preparation and skills development program that is available to all students throughout Years 7-10. Many Killara Academy students are

now participating in their third year of the program. I strongly encourage all families to consider discussing this great learning program with their children to encourage enrolment for 2025. We are the only school in Australia that offers a university preparation program for Years 7-10. Here is a link to the current 2024 program to give you an insight into some of the amazing experiences available. [Killara Academy 2024 Season 3 Course Overview.pdf](#)



I thank Mrs Urquhart, Mrs Pollock and Mrs Dixon for their leadership with this program. Last week we had learning experiences on forensic science about the science associated with crime scene investigation. Last week we also had a learning experience with Mark Tedeschi KC about the law, and we had our first Google virtual excursion for 2024. This week we explored the world of veterinary science with the amazing vet, Dr Martine Perkins from The Village Vet.



### Fun Fridays

Fun Fridays has now become a tradition at Killara High School. Every Friday Ms Olivey and our student leaders, along with our student leadership coordinators, lead fun events under the main COLA. Students last week enjoyed a Sports Council jersey day event that aimed to raise funds for new sports uniforms. Music, bubbles, laughter, hula-hoops, skipping ropes, giant Jenga, sausage sizzles and many other fun activities are available for students during Fun Fridays. Thank you, student leaders, teacher coordinators and our Head Teacher Wellbeing Ms Olivey.



### Peer Academic Tutoring – Tuesday afternoons in the library.

Our school librarian Mrs Campbell leads our student peer mentoring program. We have a large number of students participating in this positive program. Students from a younger year group are tutored by older students in the library. Mrs Campbell matches pairs of students together and provides information about areas of learning that need to be targeted. Our peer tutoring is full of positive energy and new friendships. If you are interested in your child participating in peer tutoring, please contact Mrs Campbell our Teacher Librarian.

### Academic Professional Tutoring with Art of Smart on Monday afternoons in the school library for Years 10-12.

Students in Years 10-12 are encouraged to utilise the professional tutoring support available after school in the library from 3:15pm - 4:15pm on Monday afternoons. There is no cost to students and there is no need to book. Mr Chand supervises this program in the library. We have three excellent tutors who can provide support in the following courses:

Year 10 English

Year 10 Science

Year 10 Mathematics

Year 11 and Year 12 English Standard, English Advanced, Extension 1 English, Legal Studies, Modern History and History Extension.

Year 11 and Year 12 Mathematics Standard to Extension 1 Mathematics.

Year 11 and Year 12 Biology, Chemistry and Physics.

I thank our wonderful P&C for funding the Art of Smart academic study hub.



### Property update

A new walkway is being constructed in front of A block. As a result of this, the main entrance into A block is closed, and visitors need to walk around to the rear of A block to come into reception. Our school oval is anticipated to open at the start of Term 3. Once our school oval is accessible to students, we will no longer permit our students to use the Koola Park oval across the road during lunchtimes. All students will be inside the school gates during school hours, as supervision across the road at Koola Park has proven challenging at times, especially when many other community members use this location at the same time.

### School operations and arrangements for when minimum supervision classes operate

This is a message about school operations and how we are managing the current challenges raised by a spike in staff absences due to illness, and the compounding impact of shortages in casual teachers.

In circumstances where your child's regular classroom teacher is absent, and if we cannot allocate a casual teacher to this class, we may need to combine classes and provide minimum supervision. Combined classes may happen in our Conference Room, Hall, Library, or other large suitable space. Our aim is to maintain continuity of learning. A teacher will be present to supervise and provide instructions, and the expectation in this circumstance would be for students to continue with their learning using the resources and instructions provided by the classroom teacher on Google Classroom and Compass.

I do not anticipate that this will be a regular occurrence, and we will try to avoid this situation as much as possible, but I want to be transparent so that you have some context if your child mentions this to you at home.

Our Killara High School teachers have been wonderful to prevent us from taking this step earlier, by teaching additional classes and going above and beyond in committing themselves to provide the best education possible for our students.

### International Food Festival Saturday 15 June

We encourage our entire community to come along and enjoy our international food festival hosted by our P&C and volunteers. We will have delicious food available, and our wonderful students will perform musical items. I hope to see you all there.



### Communication

I encourage our community to follow our school Facebook page to celebrate our achievements and to keep up to date with events at the school. Our official communication channel will always be Compass.

Kind Regards,

**Robin Chand**  
Principal

### TERM DATES 2024

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Tuesday 30 April	First Day of Term 2
Friday 5 July	Last Day of Term 2

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 2 DATES 2024

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Saturday 15 June	KHS Food Festival
Wednesday 19 June	P&C Meeting
Wednesday 26 June	Wellbeing Expo
Saturday 29 June	P&C Working Bee
Tuesday 2 July	Year 12 Music Night
Wednesday 3 July	Zone Athletics Carnival



## 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 room D21 for students to access us or on email: [careers@khs.nsw.edu.au](mailto: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](mailto:killara.uniform@gmail.com)

## COMMUNITY CONNECT WELLBEING EXPO

**26 June 5pm - 7.30pm**

Parents are busy, families are complex, and our kids face a vastly different world to the one we (their parents) grew up in. Technology, society, communication and expectations have all changed. That's why we created the Community Connect: Wellbeing Expo. This event brings the experts to you, sharing their skills about the most common challenges faced by families in our area at the moment - dozens of services all in one place.

- Service providers
- Guest speakers
  - Q&A
- Information

All families are different and this event is for everyone, regardless of your circumstances. All services will have printed information in multiple languages.



Kerrabee Hall, Killara High School,  
Koola Avenue, East Killara



# Wellbeing – Shannon Olivey

Looking after own wellbeing as we head into the colder months and assessment time should be a priority for us all. Without a positive wellbeing we cannot learn to our full potential, and we need to fill our own 'cup' before we can help others. Ways we can do this are -

- Write a list of the things we enjoy
- Making space in our day to do at least one thing off the list a day
- Prioritising exercise be that a walk around the block or an exercise class.
- Getting good sleep

Year 7 students had an awesome time at camp at Narrabeen Fitness centre. They were kept very busy with canoeing, archery, initiatives, trivia and fun games. The food was great, the friendships made and strengthened and the memories made will last a lifetime. Well done Year 7 on your wonderful behaviour, your can do attitude and the laughs we had. Special Thank you to Year 7 Year advisers Catherine Latham, Shannon Bryant and Stage 4 Head Teacher Ruth Charles for your organisation of this wonderful event. I have included some photos below.

## Youth up Front

We have engaged Youth Up Front to run some in-school groups with Years 9 and 10 this term. It was a big financial commitment for the school, but we felt the students would benefit from the opportunity to engage with this excellent service. They have been looking at how to build skills for engaging with their own health and wellbeing outcomes and to apply those to the school environment for better education outcomes. We also continued the Trades program although due to funding changes it meant that fewer students were able to participate in

Coming up soon is our **Community Connect Wellbeing Expo**, coming up on Wednesday 26th June 24 from 5.00pm to 7.30pm in the school hall and theatre. All parents are welcome to join us so please save the date on your calendar and come along to meet and speak with a variety of community services that can help your child and your family. It may also be an opportunity to ask questions and find out about the services available in the local community. Some of the presentations and printed information will be available in several languages.

I read this article below and thought it had some good tips for families, so thought I'd share a few of the points:

<https://www.danielmerza.com/positive-emotions-parenting-strategies/>

## TRANSFORM YOUR HOME INTO A POWERHOUSE OF POSITIVITY - Strategies for Parents

In every household, there lies a reservoir of untapped potential waiting to be nurtured. As parents, the environment you create at home plays a crucial role in shaping the emotional well-being and overall development of your tween or teen. Positive emotions are the foundation upon which resilience and success are built.

Renowned psychologist Barbara Fredrickson identified ten core positive emotions: joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. These emotions not only enhance day-to-day experiences but also significantly contribute to mental health and well-being. According to Fredrickson's Broaden and Build Theory, positive emotions expand our awareness and encourage exploratory thoughts and actions. This broadened mindset helps build lasting psychological, cognitive, and social resources that foster resilience.

Teens today face a multitude of challenges—academic pressures, social media influence, peer pressure, and the ongoing quest for self-identity. These stressors can become "monkeys on their backs" weighing them down. As parents, you have the power to help your children get these monkeys off their backs and cultivate a home environment rich in positive emotions.



Here are five practical strategies to cultivate positive emotions at home:

## 1) BRIDGE THE GAP: TAME ISOLATION MONKEYS

Connection is the cornerstone of building a thriving environment for your teen. It is the foundation upon which all other strategies rest. As Josh Shipp wisely said, "Every kid is only one caring adult from being a success story." For me, that caring adult was my dad (and my mum). Their relentless effort to connect with me profoundly shaped my journey and ultimately contributed to my success.

Practical Suggestions:

- **Daily Check-Ins:** Set aside time each day for a casual chat with your teen. Ask about their day, their challenges, and their successes. This can be during dinner, a walk, or before bedtime.
- **Active Listening:** Show genuine interest in their thoughts and feelings. Avoid interrupting and offer empathetic responses. Phrases like "I understand how you feel" or "That sounds challenging" can validate their emotions.
- **Share Your Experiences:** Relate to their experiences by sharing your own "recent" challenges and how you overcame them. This not only humanises you but also provides valuable life lessons. Avoid using the phrase "when I was your age". It's the quickest way to disconnect.

Your teen may feel overwhelmed by schoolwork and extracurricular activities. By maintaining open communication, you can help them prioritise tasks and manage their time more effectively. They might struggle with peer relationships and social dynamics. Active listening and empathetic conversations can provide the support they need to navigate these challenges.

## 2) CREATE A SAFE HAVEN: BANISH FEAR MONKEYS

The foundation of positive emotions at home starts with creating a safe and inclusive environment where your teen feels valued and respected. Teens often face anxiety and fear of judgment, which can hinder their participation and engagement. They might feel isolated due to cultural, social, or personal differences.

Practical suggestions:

- **Family Rituals:** Establish family rituals that promote bonding and security, such as weekly game nights, family dinners, or movie marathons.
- **Inclusive Atmosphere:** Celebrate each family member's uniqueness and encourage acceptance. Discuss diversity and inclusivity to foster a respectful environment.
- **Stress-Relief Space:** Designate a quiet corner in your home where your teen can retreat to relax and unwind. Equip it with comfortable seating, books, and calming items like stress balls or journals.

## 3) BUILD EMOTIONAL STRENGTH: MANAGE MOOD MONKEYS

Helping your teen become comfortable with their emotions and develop emotional regulation skills is essential for their well-being. Teens often struggle with identifying and expressing their emotions, leading to frustration and behavioural issues. They may lack the skills to manage their emotions effectively.



Practical suggestions:

- **Emotion Journals:** Encourage your teen to keep an emotion journal where they can write about their daily feelings and experiences. This practice promotes self-awareness and emotional regulation.
- **Mindfulness Practices:** Incorporate mindfulness exercises into the daily routine. For example, start or end the day with a short meditation or breathing exercise to help your teen centre themselves.
- **Role-Playing:** Use role-playing scenarios to help your teen practice responding to various emotional situations. This can improve their problem-solving skills and emotional resilience.

#### **4) FOSTER SOCIAL CONNECTIONS: OVERCOME CONFLICT MONKEYS**

Positive peer relationships are vital for your teen's emotional well-being. Encouraging healthy social interactions can help them build a supportive network. Teens may encounter conflicts, bullying, or social anxiety that affects their ability to form positive relationships with peers.

Practical suggestions:

- **Facilitate Social Activities:** Encourage your teen to participate in group activities or clubs that interest them. This can help them meet like-minded peers and build friendships.
- **Host Social Gatherings:** Organise social gatherings at your home where your teen can invite friends. These events can help strengthen their social bonds in a safe environment.
- **Teach Social Skills:** Discuss the importance of empathy, active listening, and conflict resolution. Role-play different scenarios to help your teen develop these skills.

#### **5) SPARK OFFLINE JOY: DISPEL SCREEN MONKEYS**

In a digital age, it's essential to find a balance between online and offline activities. Encouraging your teen to engage in joyful, offline activities can enhance their overall well-being and reduce the monkeys of screen addiction and social media pressure.

Practical suggestions:

- **Family Adventures:** Plan regular family outings or adventures, such as hiking, biking, or visiting local attractions. These activities can provide a fun and refreshing break from screens.
- **Creative Pursuits:** Encourage your teen to explore creative hobbies like painting, playing a musical instrument, or crafting. These activities can spark joy and promote self-expression.
- **Physical Activities:** Promote physical activities such as sports, yoga, or dance. Physical exercise not only boosts mood but also reduces stress and anxiety.

To conclude, cultivating positive emotions at home is not just about creating a joyful atmosphere; it's about empowering your teen to thrive emotionally, socially, and academically. By implementing these five practical strategies, you can transform your home into a vibrant, supportive, and joyful environment.



**Shannon Olivey**  
Head Teacher Wellbeing

