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Dr Mark Carter

Deputy Principals:
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Mr Ken Hopley
Ms Glenda Robinson

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P&C Annual General Meeting

Wednesday
17th February 2010

8pm

C Block Conference Room

All Welcome

(See Page 6 for more details)

School Photo Day

Wednesday
17th February 2010



Challenges We Face: Meeting Expectations with Limited Resources

Student enrolments for 2010 are the highest in the 40 year history of Killara HS. On 3rd February 2010 the school enrolment stood at 1516 full time and part time students but the full time equivalent enrolment figure that determines the allocation of staff and resources to the school is actually less than this. The formulae for allocating resources are complex but they apply to all schools. We have to live within the resource limits applied to this school.

The resources are applied very carefully to provide students with the most diverse curriculum and learning opportunities possible but they never seem to go far enough. Some are disappointed in the course combinations that are available, but all may be assured that the teams responsible for managing curriculum patterns and elective options work unceasingly to meet as many requests as possible. Our administration staff, Stage Head Teachers and faculty Head Teachers have shown endless patience in providing advice to parents and students and in managing the many requests for course changes.

There are two very important aspects of curriculum design and operations at Killara that impact on the allocation of resources but they also reflect key strengths of this school. Firstly the size of the Year 12 cohorts and the students' patterns of study need to be considered. At Killara many Year 12 students elect to continue with 12 units of study for the HSC instead of the minimum 10 units (and in Year 11 more students are taking 13 units instead of the mandatory 12). This is a function of the culture of high expectation and achievement that has characterised Killara High School for 40 years.

Many students, on commencing the HSC course, are reluctant to give up a subject in their study pattern. Often they can't choose between two courses they enjoy and many see advantage in taking additional units for the HSC in case their performances are less than expected in particular courses. It is a cautious approach along the lines of 'not putting all your eggs in one basket.' It's a commendable approach. Unfortunately, the school does not receive a staffing allocation for the additional units taught to Years 11 and 12 students. Nevertheless, the school supports these students' choices. Like them we want the best possible outcomes. Student choice and need dictates this school's curriculum pattern.

Secondly, Killara offers a comprehensive education. This means we cater for the widest possible range of interests and abilities – ours is a non selective school where academic pursuits are valued, but not to the exclusion of more vocationally oriented courses. This year there are 68 senior students whose patterns of study for the HSC include TAFE courses, traineeships and apprenticeships delivered outside the school. These students are counted as part time and the school is not allocated resources for the time they are involved in these learning programs, but we still encourage students to select programs of study based on their abilities and interests. It may not be in the interests of easier administration and management at Killara but it is in the interests of the students. Again, the interests of students come first.

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Calendar

February 2010

- 16 - DEAS Silver Award Training Session (Conference Room)
 - 16 Yr 12 Physics Excursion (Sydney Observatory) 5-9pm
- 17 - School Photos
 - P&C Annual General Meeting
- 23 - Yr 11 "U Turn the Wheel"/ Study Skills (2 days)
- 24 - Korean Parents Information Evening – 6.30pm (A Block Common Room)
- 26 - DEAS Silver Award Practice Expedition – Somerset OEG (3 days)

March 2010

- 1 - Zone Swimming Carnival
- 2 - Yr 12 Standard English Excursion
 - Yr 12 D&T Excursion (Powerhouse Museum)
- 3 - Chinese Parents Information Evening – 6.30pm (A Block Common Room)
- 8 - Yr 12 Mid Course Assessment commences
- 9 - Immunisation Program
- 10 - Yr 11 D&T Excursion (Powerhouse Museum)
- 14 - Yr 11 Jindabyne Camp (5 days)
- 17 - Sydney North Swimming Carnival – Woy Woy
- 19 - Yr 12 Mid Course Assessment finishes
- 20 - North Shore Music Spectacular - Chatswood RSL
- 22 - Music and Drama (MAD) Festival (3 evenings) 7.30pm
- 23 - KHS Cross Country Carnival
 - Immunisation Program
- 26 - Yr 11 Mock Interviews
- 28 - NSW CHS Swimming Carnival – Sydney Aquatic Centre (3 days)
- 29 - DEAS Gold Practice Expedition Training Session – 3pm
 - HSC ENCORE Concert (Opera House) - 5.30pm
- 31 - Concert Band 1 Tour to Hobart

April 2010

- 1 - Last day Term 1
- 2 - Good Friday
- 4 - Easter Sunday
- 19 - School Development Day

At the academic end of the learning continuum Killara has 15 HSC Extension classes across 10 courses. These are generally scheduled outside normal school hours. Many of our students take two Extension courses. Finding enough times in the week to accommodate these student choices is becoming more and more challenging as the size of the school increases and the desires of our students to reach the highest levels of achievement flourishes. So, if you visit Killara High School on any day of the week you will find scheduled classes commencing at 7.30am and concluding after 5pm (and if you visit during the autumn and winter vacations you'll find unscheduled classes being taught to students preparing for the HSC).

Then there are the curriculum needs and mandatory requirements for the 988 students in Yrs 7-10 to be addressed.

Managing the curriculum and the timetable in such circumstances poses some challenge. This year the challenge has magnified. There have been and there will be further timetable changes that arise when we endeavour to reconcile student needs with resources allocated based on our actual audited enrolment in February 2010. I thank students, their families and the staff in anticipation of their continuing patience through this period adjustment and change.

An Innovative Vocational Curriculum at Killara

I've reproduced part of an email from our Careers Adviser, Mrs Colleen Clarke. Mrs Clarke makes some points I think need to be shared with the whole school community. She wrote,

I think that what makes Killara a special place is its flexibility in spite of its large size and its keenness to embrace innovation in terms of the curriculum. No mean feat. The implications of this are that it is able to properly cope with the very diverse student needs of a comprehensive school and not just in token ways but in real and meaningful ways. High achievers have the ability to choose from a very wide range of subjects and achieve the very highest of scores which allow them to enter the most prestigious of tertiary courses. They are encouraged to do a diverse range of accelerated courses both at TAFE and university. My sense is that there is an underlying 'code' at Killara that if something is going to be good for students they should and can do it.

For students who are not academically inclined TAFE is included in the school timetable. This does not occur in a lot of schools. In addition, in spite of the fact that the school loses staff 'funding' for students who attend TAFE there is never any pressure to prevent these students from doing so because students' needs (my view anyway) are at the forefront of most decisions. For the past four years Killara students have been involved in Big W Retail traineeships as part of their HSC programs. They were among a very small number of metropolitan based students who completed the theory component of their traineeships with a small group of trainees at schools in rural and remote areas – via weekly teleconferences.

Furthermore Killara has led the way in our Northern Sydney Region in school-based apprenticeships and traineeships. These enable students to complete part of an apprenticeship/traineeship in their HSC. Killara had the first two Carpentry school-based apprentices in Northern Sydney Region to complete their HSC in 2009. This year Killara has the first student in the region (perhaps the state) to enrol in a Sound Engineering/Audio Visual Traineeship. This Year 11 student will be employed at the Sydney Convention Centre. We also have a Year 11 student who will be completing a school-based apprenticeship with the restaurant "Wildfire" at the International Passenger Terminal, Sydney; and Killara will be one of a very small number of schools across the state to deliver a new HSC accredited 2 unit course, Industry-based Learning, to some of our student apprentices/trainees.

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Access to the HSC credential for vocationally focused students, as well as flexibility in delivery and pathways, have been the hallmarks of Mrs Clarke's work in vocational education.

I know all who have worked with Mrs Clarke - students, parents, staff and employers – would agree she is one of the 'gems' of the teaching profession!
Dr Mark Carter, Principal

Outstanding Achievement in the Society and Culture HSC Examination

The Society and Culture Association, in conjunction with the Board of Studies, acknowledges outstanding achievement in the Society and Culture HSC Examination and the Personal Interest Project.

Emma Bowers (Year 12 2009) has been awarded a prize for Equal First Place in the Society and Culture

HSC Examination and the Outstanding Research in the Personal Interest Project and the Gender Studies Prize.

The Society and Culture Association's medal and prize presentation evening will be held on 19th February at the Mitchell Library.

From the Principal's Mailbag

Many thanks for your kind donation to the 2009 Christmas appeal. We are grateful that you have chosen The Exodus Foundation as the recipient of your generosity at a time where so many people need help.

It would be impossible to continue our service to the needy individuals and families of Sydney without your help and support.

We want to see Exodus continue to grow strong and know that we will be here in the future to offer hope and practical help in what seems for many a hopeless situation.

Again, thank you for your contribution.
Rev. Bill Crews, The Exodus Foundation

Korean Parents Information Night

🌀 Invitation 🌀

Please join us for this information night.
An Interpreter will be present on the night.

Wednesday, 24th February 2010
6.30pm – 8.00pm

A Block Staff Common Room

Topics for the night include:

- NSW Education system
- Expectations of parents and students at Killara High School
- Subject Choice

Refreshments will be provided.

RSVP: 9498 3299 (Killara High School),
OR please send the tear-off slip below to the school by **22nd February**.

Korean Parents Information Night

I will be attending the Information Night on
Wednesday 24th February 2010.

Name: _____

Child's name: _____

Number of people attending: _____

Chinese Parents Information Night

🌀 Invitation 🌀

Please join us for this information night.
An Interpreter will be present on the night.

Wednesday, 3rd March 2010
6.30pm – 8.00pm

A Block Staff Common Room

Topics for the night include:

- NSW Education system
- Expectations of parents and students at Killara High School
- Subject Choice

Refreshments will be provided.

RSVP: 9498 3299 (Killara High School),
OR please send the tear-off slip below to the school by **1st March**.

Chinese Parents Information Night

I will be attending the Information Night on
Wednesday 3rd March 2010.

Name: _____

Child's name: _____

Number of people attending: _____

Swine Flu Vaccination

Swine flu activity has dropped significantly in NSW over recent months, but continues to have a heavy impact in many Northern Hemisphere countries. It remains to be seen what the impact in Australia will be as we move into next winter, although a resurgence of pandemic influenza activity is possible.

A vaccine is now available to protect adults and children over the age of six months from swine flu. The vaccine, called Panvax®, has been approved by Therapeutic Goods Administration.

NSW Health is encouraging everyone to obtain a free vaccination against this potentially life threatening illness. The Panvax® vaccine is available free from most general practitioners and Aboriginal Medical Services. Some community health centres and council immunisation clinics are also offering the vaccine free of charge. Call ahead to confirm the health service is vaccinating on the day you wish to visit.

Further information about the vaccine can be obtained from NSW Health: <http://www.emergency.health.nsw.gov.au/swineflu/vaccination/index.asp>

Wearing School Uniform

The wearing of the designated school uniform by all students and the maintenance of a high standard of dress and grooming are clear expectations of the Killara High School community. **The wearing of the correct uniform well is a reflection of student pride in their school.** The designated uniform for students at Killara High School is endorsed by the school community through the Killara High School Parents & Citizens (P&C) Association.



A high standard of uniform reinforces a strong and positive school profile and reputation in the wider community that has been established over more than three decades. It is a profile and reputation that current Killara students are privileged to inherit. Students are required to wear the designated uniform and actively encouraged to take pride in their identity as members of one of this state's outstanding comprehensive high schools for girls and boys.

In addition, uniform items, such as **black leather lace-up school shoes**, are required in order for students to comply with OH&S regulations in the playground and in specialist classrooms.

All parents are asked to support the school's uniform policy by ensuring that their children wear the designated uniform.

All students are to wear the **school uniform each day to school** (including Thursday – Sport afternoon) and change into the sports uniform for PE classes, sport, coaching or knockout competitions.

Wearing the School Uniform

Acceptable school dress is not to be a matter of individual interpretation. If parents are having difficulty with the provision of a uniform, please contact the Principal.

The school appreciates the support of the parents in ensuring that the uniform reflects the high standing of this school in the community.

- ***Students who do not wear the designated uniform can expect their parents to be contacted. Further breaches of the uniform requirements will result in students being placed on a level and / or detention and school service.***
- ***Students who persistently fail to comply with the uniform code will be required to present for interview with their parents.***

It is a very clear expectation that students accepted for enrolment at Killara will wear the designated uniform correctly.

Should you have any concerns regarding this policy and its implementation, as outlined, it is important that you approach the school and discuss your concerns before it becomes an issue for your son or daughter.

- **Correct school uniform must be worn to and from school**, unless the school authorises the wearing of non-uniform for a specific purpose.
- **Excessive jewellery** should not be worn because of risk of injury or loss.
- **Joggers (gym boots, sand shoes, etc) must not be worn to school** as they are not part of the uniform.



Uniform Pass

If your child is not able to wear correct school uniform for one or more days, you will need to provide a note explaining why this is not possible and the timeframe required to overcome the problem.

A note explaining non-compliance is to be handed in by the student to his or her HOME GROUP teacher who will issue the student with a pass. Persistent failure to wear correct uniform will attract consequences outlined above.

The School Uniform

The following items of uniform, with the exception of shoes and white sports socks, are available from the Uniform Shop. Ties and caps are also available from the School Accounts Office in A Block.

All items marked * are available from Killara High School Uniform Shop and can be worn with both, school uniform and sports uniform.

Blazers

Prefects and student representatives attending formal events outside the school are required to wear school blazers. Blazers may be borrowed from the school. Students wishing to purchase blazers may order them from the Uniform Shop

Girl's Uniform – Summer

Junior Uniform: 'Gordon' tartan dress

Senior Uniform: Years 11 and 12 only. 'Gordon' tartan skirt, white blouse with tartan trim.

Shoes: **Black lace-up leather school shoes.**

Socks: White short anklet (**above ankle**).

Girl's Uniform – Winter

Skirt: * 'Gordon' tartan hipster

Trousers: * Long mid grey

Shirt: White, long sleeve with collar, worn with tie.

Tie: * Junior - 'Gordon' tartan.

Senior - Green with school crest.

Jumpers: * V-necked wool or cotton jumper, green with crest.

Poly/cotton fleecy, green with navy collar and crest.

Shoes: **Black lace-up leather school shoes.**

Tights: * Black - microfibre (opaque) or cotton or

Socks: White short anklet (**above ankle**).

Year 12 Jersey: The wearing of a Year 12 Jersey is a privilege extended to Year 12. It is not part of the designated uniform and may only be worn in conjunction with the correct uniform, which includes a white shirt and tie.



Boy's Uniform

Trousers: * Long trousers, zippered mid-grey (summer or winter weight), polyester/viscose.

Shorts (summer): *	Mid-grey zippered shorts (not cargo/work shorts).
Shirt (summer): *	Plain white, short-sleeved with collar, worn with school tie or Plain white, short-sleeved overshirt with collar and school crest (worn untucked with no tie)
Shirt (winter):	Plain white, long sleeved with collar, worn with school tie.
Tie: *	Junior – ‘Gordon’ tartan. Senior – Green with crest.

Socks:	Mid-grey socks (above ankle).
Shoes:	Black lace-up leather school shoes.
Jumpers: *	V-necked wool or cotton jumper, bottle green with crest, or
Fleecy Jumpers: *	Poly/cotton fleecy, green with navy collar and crest.
Belt: *	Black leather

Liz Diprose, Ken Hopley, Glenda Robinson
Deputy Principals

The P&C Needs You!

P&C Annual General Meeting **Wednesday, 17th February 2010 at 8pm** **in the C Block Conference Room**

All executive positions and sub-committee chairs will be up for election and the 2010 Budget will be put forward for discussion and approval.

Last year we funded over \$450,000 of school assistance and improvements, and we need your contribution to our strong and dynamic P&C to make our great school even greater!

Year 7 parents are particularly encouraged to get involved in the P&C – get involved in your new school early!

Do not fear that attendance at the meeting means you will be roped into a position. We want parents to come to meetings so that we ensure that we represent the wishes of the parent community.

Roles for election are:

P&C Executive:

President	Vice Presidents (2)	Treasurer
Secretary	School Liaison	

Sub-committees:

Building	Canteen
Uniform Shop	Grounds
Performing Arts	Publicity and Public Relations
Social	Sports
Technology	

Year Parents:

3 -4 parents per year group

If you wish to get involved in any of these roles, please contact the President, David Jordan, on 9499 4090 or email david@dacono.com.au, or Vice President, Steve McKenzie on 9880 7323 or email mckenzieall@aol.com, to find out more. To be a member of the P&C you need to pay a \$2 registration fee which can be paid at the meeting.

See you there!

David Jordan, P&C President

The Prefect Report

Welcome back to a new school year in 2010 from all the Prefects! This year is going to be as exciting and successful as last year, with many events and activities already planned for everyone in the school and our community.

Beginning the year on a really good note, last week the Prefects organised and hosted the annual Year 7 disco at Vision Valley Recreation Camp. It was a night that proved to be rewarding and lots of fun for all involved, including the chicken dance, dancing teachers and the Nut Bush dancing Year 7's and prefects!

A Big THANK YOU is due to all the teachers who gave up their time to help supervise the disco and attend the camp, in particular Ms Foster and Mr Smith for their efforts as year advisers, collaborating and allowing the Prefects to host and organise a night that was enjoyed by all.



Photos taken at the disco by the Prefects will be on display on both the year 7 and the Prefects noticeboard in the canteen for all to see.

Other activities planned for this year include another Prefect Red Cross Blood Drive, The Famous Prefect Auction, Balmoral Burn, The Teddy Bear's Picnic and possibly even a little surprise at Easter time.

Don't forget to check out the prefect noticeboard in

the canteen for all the latest news, pictures and updates on these events.

Wishing everyone a safe and happy start to the term.

The Prefects

Get to Know Your Prefect

What is your name? Mitchell Deck **When is your Birthday:** 6th December
Do you have a nickname? Mitch **If you could be an insect what would you be?** A Praying Mantis **What couldn't you live without in your life?** My Ipod
Pc or Mac: Mac **If you could be someone else for a day, who would you be?** Tiger Woods **What do you want more than anything else in your life right now?** Sky Diving Tickets
Ford or Holden? Holden



What is your name? Alisa Chen

What is your particular role in the Prefect body? Dates queen

DOB: 13/11/92 **What do you remember most about year 7?** 7R - best class ever

Describe yourself in two words: always tired **If you could have one super power what would it be?** Flying **What annoys you the most?** My wardrobe being rearranged because its colour and styled co-ordinated **If you had to be a sidekick to a superhero who would it be?** captain underpants



Uniform Shop

We had a very busy end to the school year in 2009, and an even busier start to the New Year, 2010! Welcome back everyone, a warm welcome to all the new Year 7 students! Wear your uniforms with pride!

A huge **THANK YOU** to all of you who assisted in the Uniform Shop last year and who have signed up for volunteer work in 2010. Without all our wonderful volunteers there would be no Uniform Shop at Killara High! A special warm welcome to all our new volunteers! We will be contacting you soon and look forward to meeting all of you at the Uniform Shop.

**Our opening time for Term 1 is
Fridays, 8am - 12noon**

Saturday Opening Times for Term 1 – To be confirmed in the next newsletters

Second-Hand Uniforms

Thank you for all your generous donations! We have a good supply of second-hand uniform items in good condition in stock! Please remember that stained, torn uniforms and uniforms from other schools do not sell, nor will they complement the students at our school. The sale of donated uniform items will benefit our school and students!

Uniform Items

We are waiting on a number of uniform items and bookbags. Winter uniform items will be available early March. I will place any news items on our green

notice boards outside the Uniform Shop and in the school newsletter.

Pre-Order Facility

Our pre-order facility is still active; any parents who are unable to come to the Uniform Shop on Fridays, drop us an email at khscp@yahoo.com.au and let us know which uniform items you need. I will reply per email with a total. Give your child a cheque, payable to 'KHSCP' (or cash); we will have the items ready for your child to pay for pick up and collect on Fridays between 10am-12noon.

Our price list and order form can be downloaded from our School website;

www.killara-h.schools.nsw.edu.au

select 'more news' on the front page and scroll down to 'Killara High Uniform Shop'

New Enrolments

New students enrolling at Killara High outside the Uniform Shop opening times and wanting to purchase uniform items are advised to contact the Enrolment Officer at the School Administration Office.

And finally, please check our green notice boards outside the Uniform Shop for any important updates on all items mentioned above.

Your feedback is welcome at khscp@yahoo.com.au
Conny Valeontis, Uniform Shop Coordinator

Happy 40th Anniversary Killara High School!

This year, Killara High School celebrates its 40th anniversary of being on this school site.

The school began in 1968 with an intake of three first form classes [Year 7] who 'boarded' at Turramurra High School for two years whilst the school was being built in Koola Ave.

In 1969 another four classes were enrolled.

At the beginning of 1970, these seven classes with the new intake were housed for the first time here at Killara HS. 'A' Block and 'C' Block were ready in 1970 for students and staff to move in. 'B' Block was in the process of being completed. 'D' Block was completed at the end of 1971, and 'E' Block was occupied for the first time in 1974. There was no assembly hall (for years!).

A message from the Principal:

"Our school has opened with an enrolment of 480 pupils in three forms and fourteen classes. The appreciation shown by the children of the modern buildings and pleasant grounds is a firm foundation on which they will now create a prestige school based on their enthusiasm, their academic ability and their commendable sense of community responsibility.



The School Council recently elected by the pupils is now discussing, among other matters of school government, the selection of a badge and motto...

I am confident of this – the first message I am privileged to write for the school journal – will be the precursor of many, each one expressing more pleasure in the achievements and progress of our Killara High School."

[Written by T.E. Hornibrook, Principal, in *Killara News*, April 1970]

New non-fiction titles:

Appleby, Amy. ***You Can Read Music.***

Cooper, Rhonda and Jeffrey. ***Masterpieces of Chinese Art***

Ganzl, Kurt. ***Musicals: The Complete Illustrated Story of the World's Most Popular Live Entertainment.***

Hall, Carolyn Vosburg. ***Playful Quilts for Kids.***

King, Jonathan. ***The Western Front.***

Dance Crazy Series: Mambo & meringue; Quickstep; Samba & Lambada

New Non-Fiction in Detail:

Johnson, Lesley and Lloyd Justine. ***Sentenced to Everyday Life: Feminism and the Housewife***

The history of the housewife is a complicated and uneasy narrative, rife with contradictions, tensions, and unanswered questions. This books challenges our previous understandings of what constitutes the housewife figure, and tugs at a critical issue still unresolved in the contemporary world: what is the relationship between women and the home? And why are women so reluctant to call themselves housewives?

Spivack, Gary. ***Coldplay: Look at the Stars***

The riveting story of how the band *Coldplay* conquered America.

New Fiction in Detail:

Beaton, Ben. ***Mama's Story.***

Georgina is running away; from her parents, from the mistakes she has made, and from what she is about to become. There is only one person in her life that she really can trust. And that's herself. This stunning debut novel is about the lessons life has to teach us. And how painful it can be to learn them.

Edgar, Elsbeth. ***The Visconti House***

Laura Horton doesn't know if the rumours about Leon Murphy are true, but she keeps her distance anyway. It's hard enough being the girl from the haunted house. However, Laura soon finds she has more in common with Leon than she first thought. They are both outsiders. They both have secrets. And they are both drawn to the mystery hidden within the walls of the Visconti house...

Lohans, Alison. ***This Land We Call Home.***

It is 1941 in rural California. Paula Harmon and Ken Nishimura have been friends and neighbours for as long as they can remember. But around them racial tension mounts as World War II intensifies and Pearl Harbour is bombed. Suddenly, Ken and his family are considered enemies in their own country. Paula and Ken's friendship is tested and their lives changed forever by the horrifying events that follow...

Stockett, Kathryn. ***The Help: A Novel***

Three ordinary women are about to take one extraordinary step. Seemingly as different from one another as can be, these women will nonetheless come together for a clandestine project that will put them all at risk. And why? Because they are suffocating within the lines that define their town and their times. And sometimes lines are made to be crossed.

They are determined to start a movement of their own that forever changes a town, and the way women, mothers, daughters, caregivers, friends – view one another. A story about the lines we abide by, and the ones we don't.

Wilkinson, Lili. **Angel Fish**

A boy has come to Machery. I think he might be an angel. Stephan has arrow-blue eyes and a secret smile. He says that children can save the Holy land from the

monstrous Saracen. And Gabriel believes him. Together they gather an army of children and march over the Alps to Genoa, where Stephan claims the ocean will part before them. But as misadventure and tragedy strike again and again, Gabriel must confront his doubts. Is Stephan truly a Holy Prophet? And how far can Gabriel survive on faith alone?

Karen Jones and Francie Campbell
Teacher-Librarians

Uncollected Green Years Magazines

Any students, who have paid for a 2009 Green Years magazine and not collected it, please do so from the HSIE Blue staffroom during recess or lunch.

Year 12 2009 will have their copies mailed out to them shortly.

Correction: Staff Appointments and Changes 2010 (KHS Newsletter Vol 20, Issue 1)
Natalie Hall should read Natalie Ford.
Apologies and welcome to Ms Natalie Ford in the TAS faculty for 2010



Lindfield Junior Rugby Union Club

Register now for 2010

Home games played at Koola Park opposite Killara High.

Being one of the largest clubs on the North Shore means we offer multiple graded teams at most age groups allowing players of all skill levels to participate. Trial matches commence from 8th March and the season runs from 27th March to 6th September.

For more information and to register go online at <http://lindfieldrugby.rugbynet.com.au/>.

Family Fun Carnival

Amusement park rides, delicious food, Purim activities and musical entertainment featuring the Mark Ginsburg Band and "Go Seek" children's entertainers!

This event is open to the entire community and is hosted by North Shore Temple Emanuel in celebration of its 50th anniversary.

ST IVES VILLAGE GREEN
Sunday 28th February - 10am - 4pm

For more information: North Shore Temple Emanuel
(02) 9419 7011 www.nste.org.au

Why Not Play AFL in 2010?

If you are aged between 5 and 16, then why don't you try AFL this year? The St Ives Junior AFL Club plays on a Sunday. The Club is now inviting registrations for the 2010 season (**All Day, St Ives Shopping Village, Sat 6th & Sun 7th February**) and it is also running a series of free "Come and Try Footy" twilight clinics during February.

Come and Try Footy - Try 1 Week or All Weeks

Auskick U5 – U8	Junior U9 – U12	Youth U13 – U15/16
Acron Oval, St Ives		
Tues: 16 or 23 Feb 5:00 – 6:00pm	Weds: 17 or 24 Feb 6:30 - 7:30pm	Thus: 11, 18 or 25 Feb 6:30 - 7:30pm

For more information, please visit the Club's website at www.stivesafl.com or contact the Club's Recruitment Officer: Paul Towers on recruitment@stivesafl.com

Managing HSC Stress

The popular "Managing HSC Stress" program will be run again in Term 1 in the Health Psychology Unit at St Leonards. This program is ideal for students in Years 10, 11 and 12 who are interested in learning how to better manage their levels of stress.

This is a four-week program, run over four consecutive Monday afternoons. This program starts on **Monday 1st March and runs from 4pm-5pm.**

The program is free of charge, however bookings are essential. To book, please call the Health Psychology Unit on 9514 4077.



Canteen Menu 2010

Hot Food

Specialty pies \$3.00

- Meat
- Mushroom Beef
- Curry
- Cheese/Bacon/Beef
- Chicken and Vegetable
- Potato

Twista Pasta Bolognese 3.00

Lasagna 3.00

Fresh Tomato pasta (veg.) 2.50

Hot chicken roll 2.50

Ham & cheese roll 2.00

Cheese roll 1.80

Sausage roll 2.00

Cheese & spinach puff 2.00

Pizza pocket 1.50

Pizza Single 1.60

Garlic bread 1.00

Sauce .20

Spaghetti Bolognese (winter only) 3.00

Rolls

Chicken 2.50

Salad 2.50

Egg & lettuce 2.50

Ham & cheese 2.00

Ham & tomato 2.00

Cheese & tomato 2.00

Cheese & bacon 2.00

Cheese 1.80

Buttered .60

Sushi 2.50

Yoghurt with fruit sauce 3.50

Ski yoghurt 1.70

Fresh Fruit Salad 3.00

Greek salad 2.50

Caesar salad 2.50

Ice creams – selection from 1.00

Drinks

Milk - 300 ml 1.00

- 1 litre 2.20

- 1 litre (Lite) 2.50

Flavoured milk

Moove – 300 ml 2.00

Oak – 600 ml 2.60

Supashake – 600 ml 2.60

Fruitopia juice – 350 ml 2.00

Fruit drink popper – 350 ml 1.00

Cans – 375 ml 2.00

Bottles – 390 ml 2.00

Bottles – 600 ml 2.50

Mt. Franklin water – 600 ml 2.00

Pump Water – 750ml 2.50

Powerade 3.00

Chips 1.60

Pirahna chips 1.00

Muesli slices 2.00

Soothers/Butter Menthol 1.60

Mentos 1.20

Eucalyptus drops .50

Miscellaneous

Maths grid book 4.00

Exercise book – 192 page 4.00

Pocket tissues .80