Volume 20 Issue 10

Thursday, 24<sup>th</sup> June 2010

#### Principal:

Dr Mark Carter

#### **Deputy Principals:**

Ms Elizabeth Diprose Mr Ken Hopley Ms Glenda Robinson

#### **School Captains:**

Nicola Bevitt Cameron Carmody

#### Address:

Koola Avenue Killara NSW 2071

#### Telephone:

9498 3722

#### Fax:

9498 2202

#### Email:

killara-h.school@det.nsw.edu.au

#### Website:

www.khs.nsw.edu.au

# Killara High Celebrates 40 Fabulous Years

To help us with our celebrations we are looking for donations of prizes for our raffle.

We are calling on our Killara High community to help support our celebration by offering prizes such as weekends away; exclusive boat/car hire; house cleaner for six months, etc. Any other suitable prize donations welcome.

For any enquiries please contact Sue Vale 0408 351 175

or <u>khs40thcelebration@hot</u> mail.com.

# A Learning Challenge – Accelerated Courses in Stage 5 from 2011

NEWSLETTER

How does Killara High School challenge and encourage students to extend themselves?

At Killara there is a wide variety of activities via the curriculum enrichment program for students to extend their talent or interest. These programs range from chess to an Orchestra and Stage Bands to Science Olympiad training and Mock Trials to the Duke of Edinburgh's Award Scheme. Large numbers of students actively participate in these programs of learning and challenge beyond the classroom. All of these programs prepare students for their HSC studies and life beyond school.

In 2011 Killara High School is offering two courses of accelerated study to students who will be entering Year 9. These are HSC courses in Aboriginal Studies and Mathematics. Students invited to enrol in these courses will have demonstrated their abilities to work at a level beyond the expectations of Stage 4 syllabus outcomes. They will be well organised, able to work efficiently at an advanced level and will be motivated to challenge themselves.

Students accelerated in Mathematics will complete the Stage 5 advanced Mathematics course in Year 9 and proceed to the Preliminary HSC 2 Unit Mathematics course in Year 10 a year ahead of most in their age cohort. These students may wish to complete their HSC Mathematics course while in Year 11 and study the Extension Mathematics courses simultaneously. This accelerated pathway is designed to meet the learning needs of a significant number of students at Killara who are talented in Mathematics.

The Preliminary HSC Aboriginal Studies course will be offered to those Year 9 students who show an advanced capacity to study a humanities program of learning and who have a keen interest in social justice historical studies. The Preliminary course will be delivered over two years, allowing these students to complete the HSC course and sit for the HSC examination at the end of Year 11 (2013). There is a major project associated with this course that provides students with the opportunity to engage in research and make connections with Aboriginal communities.

With the implementation of the National Curriculum in the next few years we anticipate that there will be more opportunities for accelerated study in a variety of areas of interest and aptitude for students.

We look forward to a number of our 2011 Year 9 students accepting the challenge of accelerated courses and enjoying their learning. More information about these courses can be found in the Killara High School 7-10 Course Information Booklet through the link on the school's website - <a href="https://www.killara-h.schools.nsw.edu.au">www.killara-h.schools.nsw.edu.au</a>.

Glenda Robinson, Deputy Principal

### Calendar

#### **June 2010**

- 24 Yr 12 PDHPE First Aid in a Box
  - Yr 12 Economics Excursion
  - Senior Dance Performance Glenn Street Theatre
- 25 SJC Mufti Day
  - Yr 11 Physics Excursion Macquarie University
- 26 Yr 7 Parents Cocktail Party C Block Conference Room – 7.30pm
- 28 Yrs 8 & 10 Course Selection Parent Information Evening - Theatre
  - Stage Band 1 at Yamaha Festival
- 29 Yr 11 Senior Science Field Work Field of Mars
  - Yrs 11 & 12 Japanese Excursion
- 30 Yr 8 Gala Day
  - Yr 12 Earth & Environmental Science Field Work – Field of Mars

#### **July 2010**

- 1 PDHPE HSC Enrichment Day St Ignatius College
- 2 Vietnam/Cambodia Study Tour leaves
  - Yr 8 History Medieval Day (Theatre)
  - Last Day Term 2
- 19 School Development Day
- 20 First Day Term 3 Students
  - Trial HSC commences
  - Yr 10 Science and Engineering Challenge - Macquarie University
- 21 Yrs 9 & 10 Music Excursion Lyric Theatre
- 23 NSW CHS Cross Country Carnival Eastern Creek
- 25 Sydney North Athletics Carnival Sydney Athletics Centre – 2 days
- 26 Yr 3 Primary High School Challenge TBC
  - Trial HSC continues
  - Yr 11 VET Work Placement (2 weeks)
- 27 SRC Connected Classroom Project
- 28 Legacy Junior Public Speaking Final
- 29 China Study Tour
- 30 DEAS Silver Qualifying Expedition 3
  - Yr 12 Chemistry Assessment -Macquarie University

#### August 2010

- 2 Trial HSC continues
- 3 University of NSW English Competition
- 4 Trial HSC concludes

### **TAFE Student of the Year**



In NSW students can gain their School Certificate in several ways. They can attend a comprehensive public high school like Killara High School or they can look to TAFE, (Technical and Further Education) to provide alternative pathways.

One of our Year 11 2010 students, **Jeremy Hepner** chose TAFE in 2009 to make up for lost time and do a form of the School Certificate called the Certificate of General and Vocational Education at Brookvale TAFE's Individual Learning Centre.

He did so well in that course that he was awarded an

Excellence Award as Student of the Year in Access and General Education for 2010.

He received this prestigious award and an accompanying cheque for \$500 at a formal dinner and presentation ceremony at Ryde TAFE College on the evening of 25<sup>th</sup> May 2010 in front of his parents and teachers.

Jeremy was proud and pleased with the award itself, a solid glass trophy, currently on display in Killara High reception.

Congratulations Jeremy!

## The "High Resolves" Program

On 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> June, Year 8 students were involved in a program call the "High Resolves Initiative". This is a program was developed because high school students need to be aware about things that happen beyond their own worlds, and the things that they can do to make a difference. This program is about building our skills for communicating across culture and making fair decisions.

The program's motto is "Our World Our Choice". This means that our choices and actions can make a difference in the world.

In this program we learnt about collective identity. These are the things that make us similar. We also looked at the world as if it was a village of 100 people and how many of them did or did not have different things like education, AIDS, houses, and health care. In each our groups we also prepared a photo story. It had to relate to what we were talking about with collective identity and it had to include our group numbers in it. We than got to present them to everybody and the best group won a prize.

Overall I think this experience was a huge "eye opener" to a lot of us. It really got you thinking about what we have compared to less fortunate people and what we can do to help them. I think this was a very worthwhile experience for all of Year 8.

Jackie Bryant, Year 8

**Correction -** The "Mahboba's Promise" article which appeared in the last Newsletter was written by **Lauran Davis, Prefect,** and not Drew McIntosh, Prefect

## The "High Resolves" Program – A Year 10 Perspective



On 7<sup>th</sup> – 9<sup>th</sup> June, a representative from the "High Resolves Initiative" came to our school to educate Year 8 students on "Collective Identity", exploring the biological relationships between human begins and the concept of voicing opinions. A select group of 32 Year 10 students were chosen to help guide Year 8 students who were participating in the "High Resolves Initiative".



The "High Resolves Initiative" is a program dedicated to educate students on how to be an effective "Global

Citizen". It informs students of the severity of several global issues such as racism and poverty and the similarities between human beings. "High Resolves" motivates students to voice their opinions and make a change in society, whether it is at home, in school or even at a global level. Students learnt to disregard differences and focus on finding collective interests.



On each day, Year 8 students were allocated into small groups with two Year 10 facilitators. In these groups, students communicated with each other and learnt about "Collective Identity". The facilitators helped the Year 8 students answer some interesting questionnaires and share their opinions on topics relating to facial discrimination, socio-economic differences and human diversity.

From this experience, the Year 10 students gained more confidence in their leadership skills, communicating and team working skills. Also, the Year 8 students demonstrated outstanding behavior, by being polite at all times, cooperative and listening attentatively to the guest speaker. Overall this has been a great and fun experience for everyone. The next "High Resolves" program is greatly anticipated by all.

Nick Yuen, Year 10

# **Year 7 Parents Cocktail Party**

Come and meet *other* Year 7 parents before the winter break!

Saturday, 26<sup>th</sup> June 2010 at 7:30 pm



At KHS, in the conference room above the canteen (C Block)

BYOB and please bring a plate

RSVP: Sandra Downing 0418 450 370 <a href="mailto:yankoz@iinet.net.au">yankoz@iinet.net.au</a> or Lee Bevitt 9417 3835 <a href="mailto:lee.ccc@hotmail.com">lee.ccc@hotmail.com</a> before 22<sup>nd</sup> June so we know how many glasses to hire

Hope to see you there!

# **School Certificate and Higher School Certificate Course Information Meetings for Parents of Year 8 and 10 Students**

Years 8 and 10 parents and students are advised that it is the time for selection of courses for 2011.

Information sessions for the parents of students in Year 8 and 10 will be held on:

Monday, 28th June 2010 in the Kerrabee Theatre

Year 8 at 6pm Year 10 at 6.45pm

Please note change of time

In order to provide students and parents with as much information as possible to assist in decision-making regarding programs of study for students in Year 9 and 11 2011, special booklets have been prepared and distributed to Year 8 and Year 10 students.

The booklets contain a wealth of general and specific information about courses and programs of study.

The information meetings will provide parents and students with details about NSW Board of Studies requirements for the award of the School and Higher School Certificates in 2012.

All faculties will have representatives available at the evening meeting to present information about courses and answer any questions or queries you may have.

Students will be asked to submit their expression of interest applications early in Term 3.

Christine Black, Head Teacher Stage 6 Jill Longhurst, Head Teacher Stage 5

## **Uniform Shop**

It is really good to see students wearing their correct winter uniform, ties and all!

Thank you all KHS Uniform Shop volunteers, you're doing a great job. We've had some very busy Fridays this term!

Our price list/order form can be downloaded from our school website; you can always google 'Killara High School Uniform Shop' if you have trouble locating the form.

All school uniform items can be pre-ordered. Please send me an email with your order at <a href="mailto:khscp@yahoo.com.au">khscp@yahoo.com.au</a>. Students can pick up their school uniform items with payment on Fridays after 10am. Please make cheques payable to "KHSCP".

#### **Blazers**

Killara blazers are at the Uniform Shop now. Ladies' and men's cuts are available in a range of sizes – but stock is limited.

#### **Second Hand Uniforms**

Thank you everyone for all your generous donations! We do have a few second-hand winter uniform items currently in stock. Some parents are also selling good quality second-hand items and the lists are pinned up on the notice board inside the Uniform. Come in and browse.

Please remember that stained, torn uniforms and uniforms from other schools do not sell, nor will they complement our school. The sale of donated uniform items will benefit our school and students!

<u>Please note</u>: There are <u>no</u> extra Saturday opening times for Term 2 and the Uniform Shop will not be operational during the school holidays.

**Conny Valeontis, Uniform Shop Coordinator** 



# CALLING ALL YEAR 12 PARENTS – LET'S CELEBRATE THE FAB 40 TOGETHER

As you may know plans are well underway to celebrate the school's 40th birthday in style. On 28th August people will be dusting off their dancing shoes and getting their glad rags on for a night of fun and frivolity. There will be a live dance band, a sumptuous cocktail dinner and lots more with wine and beer also included!

We thought it would be good to support the evening by getting a group of Year 12 parents together as a group booking (only \$70 pp for a group of 10) so we can have a great night out together.

Details of the celebration are on the school web site. If you are interested in joining us then please contact Claire Summers at tim.summers@optusnet.com.au

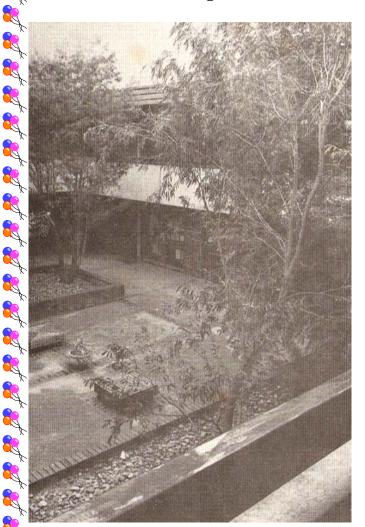
\$\frac{1}{2}\frac{1}\frac{1}{2}\f 

# Newsflash: An Event for Everyone - Killara's 40th

You may think by all the hype that 2010 is the year of the World Cup in South Africa but you're WRONG... it's Killara High's 40th Birthday and you're invited to the party; so get ready to CELEBRATE!!!

Calling all parents to come along, get a group together and buy your tickets for a fabulous night out. Your ticket includes at least 16 courses of scrumptious cocktail food, all drinks for the night and a great band to play all your favourites, past and present. Celebrating the 70's, 80's, 90's and the "naughties", it will be a night to remember...

Killara High has a great past, fabulous present and outstanding future. So let's celebrate all our successes over the decades at the school on 28<sup>th</sup> August 2010.



**Quad - 1975** 

**3** 

# Killara High celebrates – 40 Fabulous Years

To find out more about our "big" event for current parents, ex-students, teachers and staff check out Killara's HOME page Killarah.schools@nsw.edu.au or email: khs40thcelebration@hotmail.co

Tickets on sale now, so get a group together, past or present and get INVOLVED!

## Year 12 Hospitality

Last school holidays, Madeline Saraceno (Year 12) and I (Kevin Tiah) were given the opportunity to join a group of Year 12 students in taking up an extension hospitality course at TAFE. However, this also meant giving up our two week school break. It'sno surprise that only two of us embarked in this venture.



There were a total of 16 students in the course. At school we only prepared food based on a single recipe sheet each week, but at TAFE the program requires each student to complete 5-6 dishes on a single day which was just a little overwhelming to say the least!.

I thought the first day was tedious enough, but it went on for 11 days in 2 weeks with only a day's break in between, the first time I've ever cherished my Sunday so much. My daily routine was waking up at 7.00 in the morning, heading to Maddy's where we car pooled, then arriving at TAFE at 8.30 and finally finishing around 3.45 in the afternoon. What kept us going was my enthusiasm to digest the things I was learning each day.

First week was *Hot & Cold Desserts* which consisted of Crepes Souffle with Grand Marnier, Charlotte Russe, Vanilla Bavarois, Creme Brulee and so on, talk about some delicious treats! The second week was *Pastries*, *Cakes and Yeast products*. If there was one thing that

made my whisking hand sore, it was the fact that EVERYTHING was made from scratch.

Maddy and I got a real taste of what it's like to be part of the kitchen. But let me warn you that working in a kitchen is not an easy ride. Oneof my Chefs even said that, "A kitchen is a brutal place to be in." If we didn't get it right we had to start again until we got it right. Despite all the sweat, blood and tears we endured, it was all worth it. It was such a great experience that I never for one moment regretted being a part of it.

All of a sudden I couldn't wait to be back in school, where sitting down in a classroom seemed like such a breeze.



Yes it was a very stressful 2 weeks but it was a positive experience, fun and certainly worth it. We are now looking forward to 2 weeks in the upcoming July vacation followed by another workplacement in order to gain a Certificate II in Hospitality as part of the HSC- just another alternative pathway offered at Killara High.

Thank you Mrs Allcott for recommending this course and know we will certainly be work-ready to follow our chosen career.

Maddy Saraceno and Kevin Tiah, Year 12

# Killara High School Tour to Vietnam and Cambodia

On Friday 2<sup>nd</sup> July, 19 very excited Year 11 students accompanied by three teachers will be flying to Ho Chi Minh City in South Vietnam. We will be studying the influence of Buddhism on the lives of the people of Vietnam and Cambodia by visiting ancient pagodas and having discussions with monks. We will be staying one night in a monastery where we hope to gain a deeper understanding of Buddhist monastic life. On the way to the Cambodian border we will visit the home of the unique Cao Dai sect. The religion is a hybrid of Buddhism, Taoism, Confucianism and Christianity.



Floating Village on the Tonle Sap Lake, Cambodia



Village life on the Tonle Sap Lake, Cambodia

The tour will also take us to the Cu Chi Tunnels which will give our students a unique experience of underground life in the American/ Vietnam War.

The following day we will visit the floating markets of the Mekong then take a five hour trip up the Mekong to Phnom Penh where a busy schedule awaits the students. In Cambodia they will visit the 'Killing Fields' (Genocide) Museum where they will be able to speak with survivors, the Royal Palace then on to Angkor Wat. The culmination of the thirteen day tour will see us all working on a Cambodian Community Aid project on the Tonle Sap Lake. Here we will work in the floating villages on building projects and also we will be visiting the community schools.

Everyone has worked very hard to raise funds for the Cambodian Community Aid project and we hope that the \$3000 raised and our hard work on the project will make a difference to many people's lives.

Jenny Newell, Tour Coordinator

#### Year 8 Disco Fundraiser



On **Friday 28<sup>th</sup> May 2010**, the group of travelling Year 11 students and teachers ran a disco to raise money for a Cambodian community development project they will participate in whilst on their trip. The disco was held in the Kerrabee hall and was well attended with about 50 Year 8 students showing their skills on the dance floor.

Students purchased drinks, cakes and lollies with proceeds also going towards the Cambodian community development project.

Many thanks must go to the Year 11 students who organised various aspects of the evening – music, decorations, food and drink. In addition, members of



the school's Light and Sound team served in a very professional manner – unselfishly giving up their Friday night to ensure the event ran smoothly.

They are Sam Robinson (Year 12), Aaron Tucker, Jayden Rouse (Year 9), Jordan Tofler, Josh Morison and Jesse Klass (Year 8).

Finally, parents of the travelling students need to be thanked for baking cakes that were sold on the evening.

It was both a fun and rewarding evening which will help to improve the lives of people living in poor regions of Cambodia.

**Stuart Pratt, HSIE Green Faculty** 

# **DEAS Silver Qualifying Expedition**

This expedition will be held on **Friday 30<sup>th</sup> July to Sunday 1<sup>st</sup> August** at Somerset. Students need to collect a medical form from Ms Johnson ASAP, and return it by Wednesday 30<sup>th</sup> June.

All final payments need to be paid to the accounts office by Wednesday 30th June.

## From the Principal's Mailbag

As President of the Band Association of NSW, I congratulate your members on their performances and achievements at the 2010 Australian National Band Championships.

The 2010 Nationals was a particularly successful Nationals for NSW with our bands winning a grand total of 12 placings including six Championships and five of the six Champion of Champions events.

Winning and placing is quite an achievement, however, often just participating at the Nationals,

improving your own performance and playing at your best is no less of an achievement.

Your contribution to the success and continued growth of banding in NSW is greatly appreciated and I and the Management Committee sincerely hope that your students thoroughly enjoyed their trip to Hobart.

Once again, congratulations on your school's performances and best wishes for continuing success. **Jeff Markham, President, Band Association of NSW** 

## P&C June Communiqué

We had a short and sweet P&C meeting this month, with the handful of hardy parents who were able to drag themselves away from the State of Origin match. The main discussion points were:

#### **New Performing Arts Ensembles Director**

- A report from the new PAE director, Jacki Berry, was read out.
- Jacki is planning on attending the next P&C meeting so all parents can meet her and ask her any questions.

#### **Land Across the Road**

- A survey of the land has been completed.
- Council has confirmed that none of the trees are protected.
- Tim Tait is having a lot of fun coming up with ideas for how to use the land (in consultation with the school).

#### **Principal's Report**

- Dr Carter gave us an update on recent head teacher appointments.
- A link to a blog of his reflections on his recent visit to several overseas schools will soon be given.

(Many would not know that Dr Carter won an award for leadership from the state government last year

and as part of that he visited overseas schools to generate ideas to improve schools in NSW.)

#### **Building Committee Update**

- Each building project (e.g. improving sick bay, upgrading the quadrangle) has been allocated to one parent and one school staff member to work on.
- More information about each project will be presented at the next P&C meeting.

#### **P&C Budget**

 Our treasurer, Greg Swords, will give a half yearly update on P&C's financial state at the next P&C meeting.

#### Ekuba

- Invitations will soon go out.
- It is important to respond by the cut off date to secure tickets.

#### Year 12 Area

- This is a storm water retention area, so not much can be done about the regular "pond".
- The grounds and building committee will look into improving other parts of the Year 12 area.

The next P&C meeting is scheduled for Wednesday night, 18<sup>th</sup> August. Hope to see you there.

Lee Bevitt, P&C Vice President - lee.ccc@hotmail.com

# YEAR 10 PARENTS LET'S CELEBRATE THE 40<sup>TH</sup> BIRTHDAY OF KHS TOGETHER

On Saturday night **28**<sup>th</sup> **August** KHS is going to celebrate the school's 40th birthday. There will be a live dance band and a sumptuous cocktail dinner. But wait, there's more... **wine and beer is also included!** 

We thought it would be good to support the evening by getting Year 10 parents together as a group booking so we can have a night out together. Also, if we book for 10 or more, the price is reduced to \$70 pp.

Details of the celebration are on the school web site. If you are interested in joining us then please contact Lee Bevitt on <a href="lee.ccc@hotmail.com">lee.ccc@hotmail.com</a> or 94173835.

PS: The Year 10 parents' dinner previously advertised for 3<sup>rd</sup> September will be postponed until 4<sup>th</sup> Term.

## Stage Head Teachers' Report

"Taking Charge of Your Learning" program is back by popular demand. This program involves a series of workshops and students can sign up for one, some or all of the workshops. The topics covered are:

- "What do I need to know?"
- "How do I get help?"
- "Effective Study Timetable"
- "Study techniques"
- "Studying languages effectively".

This year the workshops are open to students of any year but are designed primarily for Year 10 and 11 students. Students can sign up at the Stage Head Teachers Office in the House at any Recess or Lunchtime. Don't leave it to the last moment to get your act together when it comes to assessment and achieving your best.

Year 8 and 10 students have received information regarding the courses for 2011. All students should have received a Course Information Booklet (either School Certificate or Higher School Certificate) containing detailed information about all of the courses being offered at Killara High. If any student hasn't received their booklet they need to see either their Stage Head Teacher or Year Adviser.

There is a new system of registering interest for courses this year which involves an online process. Students' education email addresses will be used to access this.

Very importantly, there is a meeting for parents on Monday evening, 28<sup>th</sup> June 2010, commencing at 6.00pm for parents of Year 8 students and at 6.45pm for parents of Year 10 students. During the evening there will be an overall presentation specific to each year and then the opportunity to hear from individual Head Teachers regarding the different courses being offered. This is not an opportunity for parents to make enquiries about their individual child. If this is required, please contact the school and make an appointment with the relevant personnel e.g. Head Teacher of the faculty, Year Adviser, Stage Head Teacher, Deputy Principal.

Course selection is very important! Students should take advantage of the opportunities provided to discuss their options with their Year Advisers, teachers and families, so that good, wise, informed decisions are made.

**Year 12 students** will be undertaking their Trial Higher School Certificate exams in Weeks 1, 2 and part of week 3 next term. Students need to make sure that they have read the exam timetable correctly and allow time to arrive at school before the exam and not to be rushed. Students also need to make sure that they are using their time wisely and effectively leading up to, and during the exams. This includes managing

'holiday' time so that students have time for study and revision as well as time for relaxation and exercise and family and to eat well! It is important to be prepared and to look after yourselves, both physically and mentally, at this busy and demanding time!!

Year 8 students have recently all participated in the first part of the High Resolves Initiative Program on 'Collective Identity' (see student report elsewhere in this newsletter). Students spent a whole day working in small groups facilitated by Year 10 leaders discussing, viewing video clips, acting out, making photo stories on issues such as 'One Planet - One People?', the world as a 'Global Village' and diversity in 'A House Divided'. The purpose of each day was to 'confront' students to look beyond their 'Killara world', to look at the diversity of communities and to raise awareness of some of the issues that the world community is facing such as poverty, education, disabilities, multiculturalism and to recognise both the differences and similarities that we share and how together, because of our 'collective identity', we can make a difference! While students will take away from the day a different range of experiences, ideas and thoughts, we know that the day was beneficial to all in raising students' awareness beyond our world at KHS. I am sure all the students enjoyed the bar-b-cue lunch as well.

I would like to acknowledge and thank the excellent efforts of the Year 10 leaders! Not only did they miss either one or two days of school, where they had to catch up on work missed, they managed and led the Year 8 students in a very mature and responsible manner. 'Well done' to: Devon Silver, Madeline Bowden, Sam Cocks, Sarah Coningham, Maggie Farahbakht, Dominic Ferguson, Robert Gibson, Lachlan Hand, Natalie Hendry, Niki Hornsby, Jonathan Hsu-Pinheiro, Skye Jamieson, Ninah Kopel, Luke Ledger, Brian Lee, Jeremy McNamara, Esteban Mora, Phoebe Neighbour, Deniz Orman, Lara Parata, Josh Perlman, Nicholas Peterson, James Powell, Hannah Tait, Edward Um, Emma Waight, David Yoon, Nicholas Yuen, Shirley Zhang, Matthew Cary, Chermaine Chew, Bronte Hall, Gina Simon.

The next part of the program will be held in August and will address issues of 'Justice' and 'Conflict Resolution'. Again students will attend one of the three days and the Year 10 students will lead the activities under the supervision of the leader/facilitator from 'High Resolves', and teachers.

A reminder, for more information on the program, go to <a href="https://www.highresolves.org">www.highresolves.org</a>.

Julie Phelan, Head Teacher Stage 4 Jill Longhurst, Head Teacher Stage 5 Christine Black, Head Teacher Stage 6

## Extract from "Coaching 4 Teenagers" Newsletter No. 38

#### **Expectations v Reality**

Parent involvement continues being a positive and powerful source of influence for the achievement of adolescents and young adults. Many parents might be surprised to learn that research shows that they have a strong influence on their teenagers.

Parents with high and realistic expectations for their teens who communicate them clearly and encourage their adolescents to work hard in order to attain them, can make a difference in students' success.

Often, both parents and teachers misinterpret the teens' desire for autonomy as the cause of their detachment. Research has shown that adolescent students believe that they can do better at school if they know that their families are interested in their schoolwork and expect them to succeed, thus challenging the prevalent view that adolescents do not want their parents involved at all.

Expectations can ease our way through life when they roughly fit the next reality we encounter. They can facilitate our capacity to adjust to the new and different. Although we may not like the reality we anticipate, at least expectations can help us get prepared. Unprepared, we can be blind-sided by what occurs. Realistic expectations can help develop

resilience by providing the teen with an experience they can bounce back from with even more selfconfidence having "learnt the lesson".

If parents can keep their expectations about adolescence realistic, then they reduce the likelihood of overreacting to some situations. This includes not unduly pressuring the adolescent by pushing them for unrealistic expectations of performance and conduct (all A's and no mistakes) or criticizing anything less than perfection as a relative failure.

#### Call to action:

- Aim for effort rather than perfection
- Encourage your teen to DO their best they don't have to BE the best
- Reinforce a mind set "there is no failure only feedback"
- Encourage them to try new things with your support
- Help them recognise what they can change and what they can't

(Source: Harvard Family Research Project)

Jane Rountree, Head Teacher Welfare

## **From Your Library**

#### **Non-Fiction**

Asquith, Ros. Ros Asquith's Teen Cookbook: The No-Worries Guide to Cooking.

Australian Govnerment. **Department of Immigration** and Citzenship. The Australian Journey – Muslim Communities.

Berrettini, Wade. *Teenagers and Tobacco: Nicotine and The Adolescent Brain*.

DK. Woodwork: The Complete Step-By-Step Manual Farrington, Karen. Victory in the Pacific: The Fight for the Pacific Islands 1942-1945

Faulder, Cherie and Graham., Carol. *Leaving Home: A Survival Guide*.

Ganeri, Anita, Aztec and Mayan Myth: A Treasury of Central American Legends, Art and History.

Macintosh, Cameron. *Delhi: Commonwealth Games* 2010.

Mogil, H. Michael. Extreme Weather: Understanding the Science of Hurricanes, Tornadoes, Floods Heat Waves, Snow Storms, Global Warming and Other Atmospheric Disturbances.

Naik, Anita. **Body Talk: The Social Survival Handbook.** 

Parker, Steve. Hormones: Injury, Illness and Health

Richards, Kel. Word of the Day 2: Wordwatching – A Wonderful Look into the World of Words.

Scott, Ridley. Kingdom of Heaven: The Ridley Scott Film and The History Behind the Story.

Time. 1989: The Year that Defined Today's World

Warren, John. *Elizabeth I; Meeting the Challenge, England 1541-1603* 

#### And in Detail

Evans, Leslie B. But All My Friend Smoke! : Cigarettes and Peer Pressure.

Who doesn't want to be liked? All of us want to have friends and achieve a sense of belonging. That's why one of the most important influences on people is peer pressure. This book describes the importance on individual behaviour. Readers will also learn what can make them more susceptible to the influences of negative and positive peer pressure – and how peer pressure can lead someone to being smoking, especially when it is coupled with media influences. For those who want to stop smoking – or better yet, not start – this book provides sources to help win the battle.

Mulhearn, Donna. Ordinary Courage: My Journey to Baghdad as a Human Shield.

Donna Mulhearn's world had fallen apart. By the age of 34, her marriage was over; she was disillusioned by

10

her career and despaired at the person she was becoming. Then one day she heard something radical, a call to action that would change her. A man on the radio was appealing for human shields in Iraq.

Rayner, Michael (Consultant editor). *Battlefields: Exploring the Areas of War, 1805-1945.* 

This selection of 22 famous battles, from Austerlitz to El Alamein, from Shiloh to the Somme, has been chosen from six wars ranging across three continents. Provides 3-dimensional artwork maps looking at the terrain of key battlegrounds; detailed battle maps illustrating the progress of each battle during the decisive phase; and illustrations and photographs of key personalities, terrain and battle action.

# The Shakespeare, Encyclopedia: The Complete Guide to the Man and his Works.

Includes: a references to all of Shakespeare's plays and poems, the life and writings of Shakespeare; plot summaries and character lists for each play (in mind map format); and contains more than 200 photographs, artworks, illustrations, chars and diagrams.

#### **Fiction**

Burns, Belinda. *The Dark Part of Me*. Clark, Margaret. *Trouble on Tuesdays*. Fitzgerald, Wendy. *Bollywood Dreams*. Gray, Keith. *Ostrich Boys*.

Severin, Tim. Viking: Oddin's Child.

Smith, L.J. Vampire: Diaries: The Fury and Dark Reunion.

Ure, Jean. Just 16.

Woolfe, Sue. Leaning Towards Infinity.

#### **And in Detail**

Lomer, Kathryn. What Now, Tilda B?

Tilda Braint is nearly sixteen, restless and having trouble figuring out what on earth she's supposed to do next. Living in a small coastal town doesn't help either. When two seals land in the middle of Tild's life, they turn it upside down. They're a long way from home and may well be lost. For Tilda, the seals may turn out to be in exactly the right place at exactly the right time.

Oakley, Barry (editor). **Best of the Best: Modern Australian Short Stories – Tim Winton, Cate Kennedy, David Malouf & many more.** 

This collection explores the full range of experience – from innocence to awareness, passion to peace, desperation to determination [and at least one quiet triumph]. These stories have been chose on the basis of the authority, 'their power to replace out world with theirs'.

Karen Jones and Francie Campbell Teacher-Librarians

### **Careers Corner**

#### **Scholarship Information**

This has arrived from:

- Bond University Students can apply online at <a href="www.bond.edu.au/scholarships">www.bond.edu.au/scholarships</a> Deadline is 31st July. Students should provide copies of their Year 11 and 12 reports and nominate an educational refereree.
- Teach.NSW which is offering 300 teacher education scholarships to Aboriginal or Torres Strait Islander students as well as those wishing to teach in the secondary key learning areas of Mathematics, Science, English and Special Education. Employment for scholarship winners will be in western and south western Sydney and non-coastal rural NSW. Deadline is 8<sup>th</sup> October.
- Laing and Simmons Real Estate which is offering three scholarships in real estate with one of the winners guaranteed a full-time position in the Laing & Simmons Group. Deadline is 31st August.
- Raffles College of Design, a private college that offers courses in Business, Design and Visual Communication. Applications close on 19<sup>th</sup> November.
- Billy Blue College of Design, a private college specialising in design-related courses. All applicants

will be invited to a three-day Design Seminar which aims to give students the opportunity to learn some of the basics of design from leading industry experts. For further information email kcullen@think.edu.au

• UTS Bachelor of Information Technology, a co-op scholarship that offers industry experience as well \$43,500. Deadline for second round applications is 29 October. For further information phone 9514 2605.

# UNSW Year 11 and 12 Parents and Students Scholarship Information Evening

This will take place on Thursday 22<sup>nd</sup> July at 6.30pm in the Clancy Auditorium, UNSW. You will find out in greater detail about the range of schoarlships offered at UNSW. Registration is required. Visit <a href="https://www.scholarshipsevening.unsw.edu.au">www.scholarshipsevening.unsw.edu.au</a>.

#### **International Student Volunteers Opportunity**

This three-week program which will run from 27<sup>th</sup> December to 17<sup>th</sup> January will have Costa Rica, Thailand and New Zealand as destinations. Participating students can:

- Volunteer in an elephant rescue centre
- Work in sea turtle egg-hatching and research programs
- Teach English to children living in orphanages

Work with underprivileged communities

For more information email: ozhighschools@isvonline.org

#### **Tocal Agricultural College Open Days**

These will take place on 9 and 16 July as well as 1<sup>st</sup> and 8<sup>th</sup> October and will showcase the college's practical courses in agriculture and horse husbandry. For further information telephone 1800 025520.

# **International College of Management Sydney Early Entry Program**

This is available to students interested in a career in business, hospitality, sport, tourism, property, retail or events. ICMS offers both diplomas and Bachelor of Business Administration degrees in partnership with Macquarie University. Successful applicants will receive a firm offer of a place at ICMS prior to sitting the HSC.

# Australian Training Company Apprenticeship Vacancies

These are available in landscaping, electrotechnology, aged care, business administration, home and community care, horticulture, telecommunications security and warehousing. For further information, phone 9704 1599.

# Year 11 University of Sydney Mind and Morality Course

This one-unit, one-semester course delivered by the University of Sydney at Ascham School from 3<sup>rd</sup>

August, is a philosophy course that is recognised by the Board of Studies. It is an ideal way for high achieving students to supplement and extend the HSC curriculum. The course will appear on a student's Record of Achievement. Cost is \$775. Applications forms are available from the careers office.

#### **University of Sydney HSC Preparation Courses**

A summary of the dates, times and topics covered can be downloaded from the University website at <a href="http://www.cce.usyd.edu.au//s/doc/hsc+preparation.p">http://www.cce.usyd.edu.au//s/doc/hsc+preparation.p</a> df.

# University of Newcastle/New England Joint Bachelor of Medicine Program Application Information

This is available from the careers office. Students need to apply through UAC, sit the UMAT and submit an online application direct to the faculty at www.newcastle.edu.au/jmp

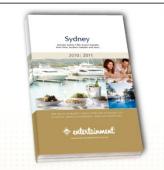
#### **Become an Emergency Management Volunteer**

Available to anyone 16 years and older, this program, which is offered by the Attorney General's Department, covers a wide range of areas like beach patrolling, road crash rescue, fire fighting and ambulance services .

Find out more information at <a href="https://www.aemvf.org.au">www.aemvf.org.au</a> or at <a href="https://www.aemvf.org.au

For further information on any of the above please contact the careers office.

Colleen Clarke and Deborah Lloyd, Careers Advisers



# The new 2010-2011 Entertainment™ Books are worth their weight in gold! Purchase your brand new 2010-2011 Entertainment™ Book now to receive over

Purchase your brand new 2010-2011 Entertainment™ Book *now* to receive over \$15,000 in valuable offers, valid through 1 June, 2011. At the same time, you'll be helping community fund-raising!

The Entertainment™ Book is your guide to the best restaurants, hotel accommodation, attractions, sports and leisure activities... all with 25% to 50% off or 2-for-1 offers. Plus, **My Bookings™**... Compare rates, check availability and book your accommodation online.

Here is a sample of the many well known businesses providing valuable offers in the new Sydney and Sydney North Entertainment  $^{\text{\tiny{IM}}}$  Books...



# TO ORDER YOUR NEW ENTERTAINMENT™ BOOK, FILL OUT THIS FORM AND RETURN TO THE SCHOOL OFFICE

Name:	Phone:				
Address:			State:	P/Code:	
I would like to order:	x Sydney and/or x Sydney North x Newcastle/Central Coast/ Hunter Valley x Parramatta/Hills/Blue Mtns/Macarthur			@ \$65 each (GST incl.) = \$ @ \$60 each (GST incl.) = \$ @ \$60 each (GST incl.) = \$ Total amount enclosed: = \$	
I would like to pay by:	☐ Cash ☐ Cheque made payable to: Killara High School P&C ☐ Visa ☐ Mastercard				
Credit Card Number: _	/_			Expiry	Date:/_
Cardholder's Name:	Signature:				

Address: Koola Ava Killara Contact: Claira Summers

20% from the sale of each Book contributes to our fundraising.

#### **Marion Street Theatre**

#### **Dream Mechanicals**

a piece conceived, devised and produced by some of our older students.

24th JULY to 7th AUGUST - LIMITED SEASON!!
All performances start at 7:00pm
July: Sat 24, Sun 25, Thurs 29, Fri 30, Sat 31
August: Sun 1, Thurs 5, Fri 6, Sat 7

Claire Stewart (Year 12 2008) is part of the production team, working on set design, co-writing and performing in the play.

This production is brought to you by a group of young adult graduates of Marian Street Theatre For Young People (MSTYP). It has been conceived, devised and written entirely these emerging artists through a cutting edge, collaborative process.

The production has been aimed at all theatre lovers, but is suitable for ages fourteen and up as it does have some coarse language and mature themes.

Marian Street Theatre, 2 Marian St, Killara Cost: PAY-WHAT-YOU-CAN

All proceeds go to MSTYP as well as giving valuable training to the MSTYP graduates

.BOOK YOUR SEAT NOW!!

Email <u>dreammechanicals@gmail.com</u> for all bookings and enquiries..

# **Ku-ring-gai Council and Ku-ring-gai Youth Development Service (KYDS**

#### **Parent Forum**

"Getting Inside the Adolescent Brain - Understanding Your Child's Behaviour "

Monday 28<sup>th</sup> June 2010, from 6.30pm - 8.30pm (registration from 6:15pm) at Ku-ring-gai Council Chambers, Level 3, 818 Pacific Highway, Gordon.

Speakers include David Citer, an adolescent and family counsellor with the Ted Noffs Foundation Program for Adolescent Life, the Hawkesbury District Health Service and KYDS; and Harry Smith, a registered psychologist with 20 years' experience in adolescent psychology with the Department of Juvenile Justice and in private practice, facilitating programs such as anger and stress management.

Other speakers will include youth consultants from the Northern Sydney Youth Health Promotion team, who will discuss adolescent risk-taking and the impact on family, friends and society.

Entry- gold coin donation

Bookings required. Contact Ku-ring-gai Council Youth Services on 9424 0837 or youth@kmc.nsw.gov.au

For more information on the forums contact KYDS on 9416 9824 or visit www.kyds.org.au

### **Communicating with Teens**

**Child & Adolescent Parenting** 

#### Presented by Northern Sydney Central Coast Area Health Service

5 week course: Wednesday 18th August 2010 -

7.00-9.30pm.

Venue: Chatswood

**Cost**: \$150 per person (concession \$125)

Workshop: "Dealing with Teen's Back Chat" -Venue: Chatswood – Wednesday 11<sup>th</sup> August, 7.00-9.30pm. Cost: \$40 per person

Enquiries: Child & Adolescent Parenting – Ph 9887

5830

#### Sydney Wind Symphony Presents

#### **Danceries**

Turramurra Uniting Church Turramurra Avenue, Turramurra

#### Sunday 27<sup>th</sup> June 2010 at 2.00pm

Tickets: Adults \$15; Concession \$10; Children under 12 free

Tickets available at the door

### Australian Air Force Cadets - 304 Squadron

### **Open Night**

### 28<sup>th</sup> June 2010

Flying/Gliding – fieldcraft – abseiling – communication – leadership – teamwork

Come and meet the staff and cadets of 304 Squadron at 7.30pm at Suakin Army Reserve Depot - 2 Suakin Street, Pymble

Ask us about what the AAFC has to offer! Refreshments will be provided and parents are welcome.

Please RSVP via email to assist with catering – admino.304sqn@aafc.org.au.

### Ku-ring-gai Council Vacation Care Program Open to children aged between 5 and 14 years

The July 2010 School Holiday Program operates from Monday 5<sup>th</sup> July to Monday 19<sup>th</sup> July at the following locations:

- West Pymble Community Hall, Lofberg Rd, West Pymble
- St Ives Kids Park Primary School, Acron Road, St Ives
- St Ives Memorial Hall, Memorial Avenue, St Ives

A great program is planned with highlights including Horse riding, mad science and super sports workshops, jumping castles, Blast for Kids, Calmsley Hill City Farm and more.

**Please note**; there are limited places available so please book early to secure your spot!

Ms Phelan has some copies of the program. Should you require further information, contact the coordinator of the program, Dami Dibden, on 9424 0984 or go to <a href="https://www.kmc.nsw.gov.au/schoolholidays">www.kmc.nsw.gov.au/schoolholidays</a>.