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Jane Dennett

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<https://www.facebook.com/killarahighschool.edu.au>

Congratulations

to Abby Constable (Year 12 2016), who has been selected by the Southern Cross Cultural Exchange to participate in their exchange program to Argentina from January till December 2017.

From the Principal

One of the most rewarding aspects of my day recently has been meeting the newly-elected student leaders in small groups over morning tea. So far I have met with the Prefects, and I'm very much looking forward to seeing their plans put into place. I'll let the Prefects unfold those, but one great idea is their desire to invite students who are not part of a leadership council to attend meetings. As one Prefect explained, *just because we were elected, it doesn't mean we have all the ideas.*

Quite true, and applicable in so many areas. *Just because I'm the teacher, (or the principal), or the oldest, or the strongest, it doesn't mean we have all the ideas.* Trusting your instincts is important, and speaking up when you have a good idea, or a solution to a problem, or a way to take things forward, is essential. The job of building a better school and a better society belongs to all of us.

The Prefects also had some practical ideas for school improvement. Suggestions ranged from more shaded areas, improving our wet weather practices, clocks in each classroom, new sports shorts and Pay Wave in the canteen. These are all things that we will investigate. They also discussed some of the things that they really like about their school. It was wonderful to hear that students think that the bus situation has improved, with better systems to ensure that everyone is transported. Another practice that is very much appreciated is the faculties who make all their past examination papers available to students.

Next week, it is the Arts Council's time to meet, and naturally, all the other councils will follow.

In other news, the 2016 HSC ends today. To all our students who will now enjoy some well-deserved down time, we wish you an enjoyable break. I am looking forward to joining you on the dance floor at the formal on Wednesday, and seeing you back at school for the Celebration Morning Tea in December.

Jane Dennett
Principal

Stop Press...

Year 10 Aboriginal Studies students' are currently in Canberra, meeting with Dr Nelson, Director Australian War Memorial. They are shown here discussing Indigenous issues.



Calendar

NOVEMBER 2016

5	Year 11 Duke of Edinburgh Award Gold Practice (4 days)
7	Year 11 and 12 Food Technology Excursion
	Year 11 UAC Information Evening 6.00pm
	Year 9 Events Canberra Excursion
	Year 7 Geography Excursion – Blue Mountains
8	Year 7 Geography Excursion – Blue Mountains
9	Year 6 Gala Day
10	Year 11 Elective Music Night 6.30pm
11	Remembrance Day Ceremony
15	Years 7, 8, 9 and 10 – Junior Drama Ensemble Showcase 6.00pm
16	P&C Meeting
	Schools Spectacular Rehearsal at Qudos Bank Arena SOP
17	Student Leaders Induction Ceremony 8.30am
	Annual Performing Arts Showcase Concert 5.00pm
18	Lindfield PS Music Spectacular
	Year 11 (Year 12 2017) Geography Fieldtrip
21	Year 7 PDHPE Swim and Survive Program (4 days)
	Service Learning and Work Experience (2 weeks)
22	Year 12 HSC Society & Culture Excursion to State Library
23	Schools Spectacular Rehearsal at Qudos Bank Arena SOP
25	White Ribbon Day
	Schools Spectacular Rehearsal and Performance at Qudos Bank Arena SOP
29	Year 9 Swimming Survival Skills (4 days)
	Killara Schools Partnership SRC Video Conference 1.00pm
30	Volunteers Morning Tea 10.00am
	DECEMBER 2016
6	Year 7 2017 Orientation Day 9.00am
7	Year 9 Aladdin Musical (Elective) Capitol Theatre
8	Successful Seniors: RYDA Day 1
8	The World's Biggest Beep Test 12.10pm

Technology Wood Workshop for Year 5 Primary School Students

Excited Year 5 students from Gordon East, Roseville and Lindfield Public Schools learned a range of skills with the help of Lindsay Donovan, Kate Wildey, James Day, Felix Bergman, Matin Abrook, Maxime Armand and Ethan Nalewabau of Year 9.



The Year 9 students demonstrated good mentoring and communication skills. The workshop was organised and run very smoothly by Mr Brendon Francis. The Year 5 students measured, sawed, hammered, sanded and assembled a wooden pencil box that they proudly showed off to their parents and classmates.

Ms Ann Dixon
KSP Coordinator

Computing Skills Workshop for Year 4 Primary School Students

On Friday 28 October, 22 Year 4 students were assisted by Year 10 computing software students Zach Benstead, Niklas Biermann, Henry Bolt and Koh Saito, as part of the Killara Schools Partnership extension workshops. The students were given the opportunity to learn Adobe Photoshop and using a green screen.

They started with learning how to erase the green background of a character image and placing it on a selected background. They then resized the image to make it look like it was supposed to be there. Once they were confident enough in using their new Photoshop skills, two of the Year 10 helpers, assisted the Year 4 students to pose and have their photo taken. The primary students manipulated these photos to put themselves into a variety of backgrounds. The students enjoyed learning how to select a colour range, refine edges and manipulate a variety of pictures and backgrounds.



The Year 10 students effectively communicated with the primary students and were keen to share their knowledge and techniques.

It was a pleasure to have these students and watch them learn new and exciting skills.

Mariah Bell
ICT Teacher



Archery and Laser Tag Excursion



Year 11 PDHPE participated in an Archery and Laser Tag excursion on Tuesday 25 October. The program was run at Sydney Olympic Park.

Students will use this practical application of skill to complete

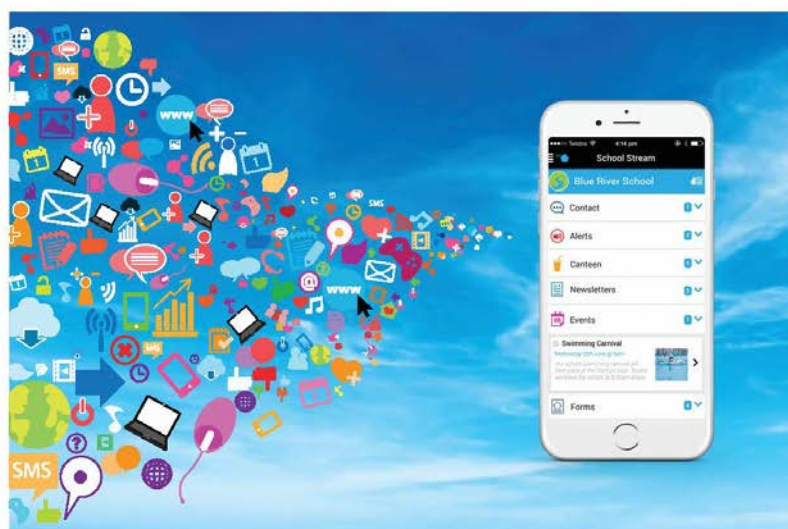
an upcoming assessment on HSC Core 2: Factors Affecting Performance. Specific focus areas include psychology and skill acquisition in sport.

Tina Shapiro
PDHPE Teacher



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MindMatters – Guys and body image

Although [body image](#) issues are stereotypically experienced by girls and women, body image issues are becoming increasingly common amongst guys. Get the facts to help you identify [when negative body image becomes an issue](#), how to [improve it](#), and what to do if [nothing's working](#).

What is body image?

Body image refers to how you think about your body. Many guys feel pretty good about the way that they look, but there are also heaps of guys who aren't so happy about their appearance; this is known as having a negative body image. The media often paints an unrealistic representation of men with 6-packs, huge biceps, deep voices and strong jaw lines. This can leave guys questioning their weight, and the size and shape of certain parts of their body.

Many guys feel pressured to look and act like the stereotypical 'real man,' and as a result just under a quarter of young guys who are in the healthy weight range think that they're overweight. The truth is that everyone's bodies are different, and although men are less likely to talk about body image concerns than girls, heaps of guys still experience them.

Is negative body image a problem for you?

Eating well and staying fit are important parts of a healthy lifestyle but being conscious of your body can quickly become a problem when it starts to take-over your life. You might be experiencing body image problems if you:

- Constantly feel inadequate about your body
- Avoid doing certain things because you're worried, stressed or anxious about how you look
- Are obsessed with certain physical characteristics (e.g. facial hair, muscles)
- Constantly compare yourself with others
- Constantly look into the mirror and criticise yourself
- Are extremely self-conscious about having your photo taken
- Call yourself negative names like, 'ugly', 'gross' or 'disgusting'
- Constantly think about the nutritional value of the food you eat
- Blame yourself when you forget to exercise or eat 'unhealthy' food
- Use food or exercising for comfort
- Take supplements or dangerous substances like steroids and hormones to get bigger muscles

Experiencing these things can have some really negative effects on your life, such as:

- Self-esteem problems
- Shyness, social anxiety and feeling like you don't want to socialize with anyone

- Exercising too little or too much

How to improve your negative body image?

Whilst you might not be able to improve a negative body image overnight, it is possible. In most cases, the first step is always to make the decision to make the change and to stay motivated with the decision. You can:

- Find a balance between ignoring, and worshiping the body - adopt a healthy lifestyle. [Eat well and stay fit](#) but don't let it dominate your life.
- Develop a personal identity including, but not based exclusively on your size and shape - [know your strengths](#), like a sense of humour or sports abilities, and use them to your advantage.
- Recognise how awesome it is that your body is functioning well, and allowing you to do things some people can't – [be grateful](#) for what your body can do more than what your body looks like.
- [Consult a counsellor, psychologist or professional](#) to help with your negative experiences that might influence your body image issue(s) - negative experiences like bullying, sexual abuse and so on can have negative impact on your body image.
- Make [informed choices about your food](#) intake (including supplements) and exercising by reading up on true scientific and medical based information - if there is a need to take supplements, consult your GP or [another health professional](#). If you think there are problems with your diet, consult a dietician.
- Develop close and comfortable relationships with your family, partner and/or friend - your appearance shouldn't matter.
- Remind yourself that the images you see in magazines are all fake and photo shopped anyway; they are meant to be 'unattainable,' so that you feel bad about yourself and are more likely to buy whatever it is they are selling.

Getting help

If you are feeling inadequate about your body or yourself in general, it may be worth talking to someone about it. This may be a family member, friend, teacher or [counsellor](#). Remember that you are not alone, and that this is an issue that lots of guys struggle with.

What can I do now?

- Read one person's story about [health at every size](#).
- If body image is something you think about a lot, have a chat to a friend about it.
- Get some more facts about what ["body image"](#) actually means.

Illness and Misadventure Summary Process

If you are in Year 11 or Year 12 and are absent due to illness or misadventure on the day an assessment task is scheduled or due, follow and complete this process within 5 school days of the due date of the assessment task. This process is mandatory for Year 11 and Year 12 students.

1

•**Phone call:** You or your parents/carers should notify the Head Teacher of the relevant subject on the day of the missed assessment task by making a phone call to the school on (02) 9498-3722. You can also leave a detailed voicemail message and/or send an email explaining your absence.

2

•**Download, print and complete the Illness/Misadventure Application on the same day as the missed task:** Print the *Illness/Misadventure Application* from the Killara High School website by clicking on **INDEX** and then selecting the Illness/Misadventure Application file. Take this to the relevant professional authority to complete all relevant sections of the application on the **same day of your missed assessment task**. The application consists of three pages.

3

•**Attach Evidence:** You must attach evidence that covers the day of the assessment task and all other absences until the task is completed. Pay close attention to all instructions on the three pages of the Illness/Misadventure Application. Submitting incomplete forms will jeopardise the application's success.

4

•**Return to school with completed application:** You must attend school on the first day not covered by independent evidence. Present the completed Illness/Misadventure Application, with supporting evidence, to the Head Teacher of that course within 5 school days of the due date of the assessment task or on the first day of your return to school before 3pm (if not within 5 school days).

If you are in Stage 4 or 5 and are absent due to illness or misadventure on the day an assessment task is scheduled or due, you must provide the school with documentary evidence from a medical professional or from your parents/carers. This must explain the specific reason for the absence. Stage 4 and 5 students only need to complete the Illness/Misadventure Application process. Print the Illness/Misadventure Application from the Killara High School website by clicking on INDEX and then selecting the Illness/Misadventure Application file.

Performing Arts

For the latest Performing Arts Calendar, please visit the school's website at:

<http://www.killara-h.schools.nsw.edu.au/curriculum-activities/performing-arts-ensembles/pae-news-events/calendar>

Uniform Shop

CALL OUT TO ALL PARENTS

The Uniform Shop is planning to hold a 2nd hand clothing sale and we are looking for uniform items which are in good condition. If you have any items at home which are no longer worn, can we ask that you send these to the Uniform Shop (preferably washed). Please ask your child to drop them off at the Uniform Shop in Block E on a Tuesday or Friday morning before school or at the first recess bell. Once we have enough items, we will let you know the date of the sale. Profits raised will go back to the school via the P&C.

The Uniform Shop now has all items of clothing and accessories for students commencing in Year 7 next year. We will shortly be announcing days and times for you to book in for a fitting with your child. If your child is in Year 7 and moving to Year 8 next year, you may want to get in early and purchase their book pack which contains all exercise books required for the full year. These are \$35 per pack and available at the shop.

Year 10 Parents' Invitation

Well folks, it's that time of year again...

Year 10 Parents' Drinks

Greengate Hotel
Portico Bar (Verandah - Please dress warmly)
Greengate Road, Killara

Thursday 17 November 2016 at
7.00pm

See You There

From the Library

New Fiction:

Bradbury, Jennifer. **River runs deep**

It's said that the cool damp air of Mammoth Cave in America can heal consumption. At first, Elias thinks that being sent there will be an adventure, but all that lying around can get boring. So on days he's feeling less peaked, Elias starts tagging around with Stephen, Doc Croghan's slave, and soon discovers that there is a whole lot more than a bunch of sick folk deep in the winding tunnels of the cave.

Buyea, Rob. **Because of Mr. Terupt; Mr. Terupt falls again; Saving Mr. Terupt**

This trilogy follows seven kids and their amazing teacher through the ups and downs of Fifth and sixth grade at Snow Hill School and then the first year of junior high.

Christie, Sally. **The Icarus show**

Alex has worked out a fool proof way to avoid being picked on...Don't react! But one day, Alex gets a note in his bag that forces him to react and out of his safe little world. A powerful story about friendship, loneliness and a strange kind of genius.

Dashner, James. **The fever code**

Book five in the 'Maze runner' series. This is the story of the perfect boy: Thomas, and how he built a maze that only he could tear down. All will be revealed.

Flanagan, Liz. **Eden Summer**

It starts like any other day for Jess, but soon it's clear this is no ordinary day, because Jess's best friend, Eden, isn't at school... she's gone missing. A tense and thrilling journey through friendship, loss, betrayal and self-discovery.

Hoover, Colleen. **Hopeless**

A spellbinding story of two young people with devastating pasts who embark on a passionate, intriguing journey to discover the lessons of life, love, trust – and above all, the healing power that only truth can bring.

Humphreys. **Martin Westley takes a walk**

What if you were given the chance to wipe the slate clean? Martin Westley has lost his memory and quite possibly his mind! A darkly comic parable about families and the opportunities errant kites can provide to start life anew.

Maas, Sarah J. **Crown of Midnight**

Celaena Sardothien, royal assassin, is the King of Adarlan's deadliest weapon. She must win her freedom through her enemies' blood – but she cannot bear to kill for the crown. And every death Celaena fakes, every lie she tells, puts those she loves at risk...

Maas, Sarah J. **Queen of shadows**

Celaena is back in Rifthold, but this time she is no one's slave. She must delve into her most painful memories and fight for her survival, while resisting a smouldering passion that might very well consume her heart.

Riordan, Rick. **Magnus Chase and the Hammer of Thor**

My name is Magnus Chase. Two months ago I died fighting a fire giant and woke up in Hotel Valhalla as one of Odin's warriors. Time for a rest? I wish.

New non-fiction:

Series of books:

BOSTES: Legal Studies 2015; Economics 2015; Business Studies 2015; and Community and family Studies 2015

Exam workbooks containing 2015 exam questions, marking guidelines, marker feedback and top-scoring student responses.

Brown, Amba. **Finding your path**

A guide to life and happiness after school, offering support and inspiration through the major transition from school to adulthood.

Evans, Pete **Healthy Everyday**

120 delicious and nourishing recipes for energy and good health. "Food is a celebration, something that brings people together. Create delicious meals that nourish you, your family and friends."

Fassnidge, Colin. **Four Kitchens**

Beautiful, mouth-watering, restaurant-quality food to cook at home: with vibrant photography and innovative, inspiring recipes for meat, fish, vegetables and desserts.

Lawson, Nigella. **Simply Nigella**

125 recipes to invigorate and inspire. "What and how we cook can make our lives easier; make us feel better and more alive."

MKR; My Kitchen Rules

The best of the best cookbook. The best dishes from your favourite MKR teams from the first six seasons. Beautiful, delicious food to suit any occasion.

Phillips, Charles. **50 Leaders Who Changed History**

This insightful and engaging history examines the key qualities that empowered 50 of history's most charismatic and inspiring leaders in the fields of politics, religion, culture and the arts ; Including Steve Jobs, Eva Peron, Nelson Mandela and Karl Marx.

Smith, Daniel. **50 Strategies That Changed History**

Get inside the strategic thinking behind 50 of history's greatest military, political and economic triumphs. See history as it happened and learn how the present has learnt from past historical lessons.

**Karen Jones and Francie Campbell
Teacher Librarians**

Careers Corner

School Information

Visit our School Careers Facebook page for the latest information. Search Facebook for 'Killara High School's Careers Page'.

Job Jump: The school is subscribed to Job Jump, a careers website which provides a wide range of information and resources. All parents, staff and students have free access. The password is kh and you can register with your personal email address. <https://jobjump.com.au/myCareer>

Year 10:

Work Experience: Students will receive their work experience and service learning packs a week prior

to their placement. This will include all the necessary documentation. Students will be prepped on safety, rights and responsibilities, travel arrangements and personal presentation.

Service Learning: Service learning paperwork is overdue. Any outstanding forms must be returned to the careers staffroom ASAP.

Macquarie University: Gifted and Talented Program

Applications close 16 December. The Gifted and Talented program allows high achieving students the opportunity to enrol at Macquarie University while still at high school. Students will study

Macquarie's first year Critical Thinking unit in Year 11 and then pursue their passion with another Macquarie first year study unit to be undertake in Year 11 or Year 12. Students who successfully complete their units with the necessary GPA will gain an early offer for a Macquarie University degree.

<https://www.mq.edu.au/study/high-school-students/getting-into-university/entry-schemes-and-pathways/gifted-and-talented-entry-program>

Year 11:

NS5 UAC Parent & Student Evening: The Universities Admission Centre (UAC) will be speaking on 7 November 6.00pm at Killara High School. The talk will cover the ATAR and UAC university application process and is designed to assist and prepare the Year 11 cohort (2017 Year 12 HSC students). If you have not sent an RSVP and would like to attend please email sophie.allen11@det.nsw.edu.au

Universities

Know Your Options ACU

19 December, 5:30pm – 7.00pm, Canberra

The evening provides prospective students with the opportunity to speak to staff and students about courses, career paths and alternative entry. To register follow the link below.

http://www.acu.edu.au/connect_with_acu/events/canberra/know_your_options_information_session_-_canberra

EducationUSA

This U.S. Government Website provides advice to students interested in applying to U.S. colleges and universities. Information includes how to apply, testing, financial aid, visas, and more. The U.S. Consulate General in Sydney has an EducationUSA Centre, and students, parents and career advisers can make appointments to visit the centre.

<https://www.educationusa.info/australia>

Open Universities Australia Undergraduate Courses

Most Open Universities undergraduate first level units have no entry requirements. Students can start in any one of their four study periods and graduates are awarded the same degree as their on-campus counterparts.

Open Universities offers undergraduate courses in Arts and Humanities, Business, Education, Health, IT, Law and Justice, Science and Engineering. To view the extensive range of flexible courses, visit:

<http://www.open.edu.au/courses/undergraduate/>

ANU: Online Chat

21 December, 10.00am to 2.00pm

Chat with an ANU advisor regarding future study opportunities.

<http://www.anu.edu.au/study/events/chat-with-us-online-0>

UNSW Actuarial Workshop – FINITY

17 November 2016, 9.00am – 12.00pm,
7/155 George St, The Rocks

The workshop is for Year 11 and 12 students to find out how to become an actuary and the task they do daily at work. To register follow the link below.

<https://www.futurestudents.unsw.edu.au/actuarial-workshop-finity-unsw-business-school>

ACU Diploma in Languages

ACU offers undergraduate students across all faculties the opportunity to complete a Diploma in Languages in conjunction with an ACU undergraduate degree so that you graduate with a bachelor degree and a diploma in the same timeframe. The course is part time, so you take one language unit in any study period. Units are offered in Summer Term, Semester 1 and Semester 2. The diploma is open to members of the university and to the community, and individual language units can also be taken on a non-award basis. Available in Melbourne and Sydney, domestic applications for this course close on 27 November 2016.

http://www.acu.edu.au/courses/2017/undergraduate/diploma_in_languages

USQ First in Family

A guide for students who are first in their family to go to University. Includes some useful pages such as "Understanding university lingo".

<http://firsttouni.com.au/>

TAFE & Apprenticeships

Design Centre Enmore Open Day

25 and 26 November, 10.00am to 3.00pm,
110 Edgeware Rd, Enmore

Meet teachers and current students, learn about the range of courses including degrees, tour the campus, and be inspired by the possibilities.

<http://sydneytafe.edu.au/newsevents/events/design-centre-enmore-open-day-2016>

Green Army Programme

The programme provides opportunities for young Australians aged 17-24 years to gain training and experience in environmental and heritage conservation fields, while participating in projects that generate benefits for the environment. Green Army teams of 10 (up to nine participants and one team supervisor) are deployed to projects lasting 20-26 weeks across Australia to help communities deliver local conservation outcomes. To learn more

about the programme, and see when a programme may be starting near you, visit:

<http://www.environment.gov.au/land/green-army>

Sydney TAFE: Information Sessions

Entertainment, Design & Illustration – 19 November 2016, 6.00pm to 8.00pm, Building G, Room GG.10 Design Centre Enmore

Jewellery – 16 November 2016, 6.00pm – 8.00pm, Building D, Room D1.08 Design Centre Enmore TAFE

Entertainment, Design & Illustration – 16 November 2016, 6.00pm to 8.00pm, Building G, Room GG.10 Design Centre Enmore

Library and Information Services – 17 November, Sydney Institute, Building G, Level 3, Room G 3.15, Thomas Street, Ultimo

<http://sydneytafe.edu.au/newsevents/events>

Private Colleges

St Patrick's Institute of Education Information Session

13 November 2016, 11.00am, Level 1, 65 York St, Sydney

Learn about applying for the Diplomas in Business, Management and Business Administration for study.

<http://www.spie.edu.au/>

Wollongong Design Studio: Understanding the Industry

Five week course on Understanding the Industry, three hours each week. A great learning environment to discover if this is the career path for you. Courses start in February 2016. This is not an accredited course.

Contact: info@wollongongdesignstudio.com.au

<http://www.wollongongdesignstudio.com.au/>

Sydney Dance Company: School Holiday Workshops

2 January to 25 January 2017, Pier 4, 15 Hickson Road, The Rocks

Sydney Dance Company offer School Holiday Workshops for experienced young dance enthusiasts. The workshops provide a fun but focused environment for students to improve their technique under the direction of professional choreographers. The timetable will be available in November. <http://www.sydneydancecompany.com/>

Billy Blue College of Design Info Night

15 November, 5.00pm – 7.00pm 46 – 51 Mountain Street, Ultimo

Learn about what life at Billy Blue is all about.

<http://www.billyblue.edu.au/news-events/upcoming-events/sydney>

CATC Design School Info Night

15 November, 5.00pm – 7.00pm, 46 – 52 Mountain Street, Ultimo

Get information about the courses available in Interior Design, Graphic Design and Photography.

Contact: (02) 9251 0029

<http://www.catc.edu.au/about-us/upcoming-events/info-night-sydney>

William Blue College of Hospitality Management Info Night

15 November, 6.00pm – 7.00pm, The Rocks Campus, 1 – 5 Hickson Road Sydney

View the campus, meet current students, and learn about the courses by attending a course breakout session.

Contact: 1300 851 237 or

enquiries@williamblue.edu.au

<http://www.williamblue.edu.au/about-william-blue/upcoming-events/info-night-sydney>

Basair Aviation College: Trial Instructional Flight

Instructional flights can be booked at Bankstown, Cessnock and Archerfield Airports. The flights can be booked on any day of the week for \$220. These may be suitable to those interested in becoming a pilot.

<http://www.basair.com.au/Student/Content/Trial-Instructional-Flight>

College of Event Management: What are Employers Really Looking for?

<http://blog.collegeofeventmanagement.com.au/what-are-event-employers-really-looking-for/>

Hospitality Institute of Australasia online courses

Courses include: Responsible Service of Alcohol, Food Safety Training, & Responsible Gambling Services.

<http://www.hia.edu.au/online-courses/>

CATC Design School Open Day

12.00pm – 3.00pm, 21 January at 46-52 Mountain Street, Ultimo

<http://www.catc.edu.au/about-us/upcoming-events>

Billy Blue College of Design Open Day

12.00pm – 3.00pm, 21 January at 46-52 Mountain Street, Ultimo

<http://www.billyblue.edu.au/news-events/upcoming-events>

Australian National College of Beauty Open Evening

6.00pm – 8.00pm, 15 November at 235 Pyrmont Street, Pyrmont

<http://www.ancb.edu.au/events>

Australasian College of Natural Therapies Open Evening

6.00pm – 8.00pm, 15 November at 235 Pyrmont Street, Pyrmont

<http://www.acnt.edu.au/about-us/events/>

APM College of Business and Communication Info Evening

6.00 – 7.00pm, 15 November at 1 Hickson Road, The Rocks, Sydney

<http://www.apm.edu.au/about-apm/upcoming-events>

Other News

Defence Careers Information Sessions

Dee Why – 23 November, 6:30pm, Army Reserve Commando

<https://www.facebook.com/DefenceJobsAustralia/events>

How to De-stress During Exams

Students at Bond University have created this short clip filled with tips on how to reduce stress during exams.

<http://www.youtube.com/watch?v=x4IHCwY838s>

Disability Support in Higher Education

The Australian Disability Clearinghouse on Education and Training provides a comprehensive list of support services available for students with a disability who are studying at university or TAFE. It has information about the tertiary education application process as well as contacts at each individual education provider.

<http://www.adcet.edu.au/students-with-disability/current-students/disability-services-university/>

TEDx Talk Why Some of Us Don't Have One True Calling

If you're not sure you want to do just one thing for the rest of your life, you're not alone. In this illuminating talk, writer and artist Emilie Wapnick

describes the kind of people she calls "multipotentialites" — who have a range of interests and jobs over one lifetime. Are you one?
http://www.ted.com/talks/emilie_wapnick_why_some_of_us_don_t_have_one_true_calling

My Health Career: What's the difference between a psychologist and a psychiatrist?

<https://www.myhealthcareer.com.au/psychology/what-is-the-difference-between-a-psychologist-and-a-psychiatrist>

Youth Central Top Ten Study Tips

Ten tips for students on the best study practices and habits.

<http://www.youthcentral.vic.gov.au/studying-training/studying-tips-resources/top-10-study-tips>

Directory of Performing Arts Courses 2017

<http://www.stagewhispers.com.au/training>

The First 11 Job Hunting Myths Busted

<https://www.linkedin.com/pulse/first-11-job-hunting-myths-busted-based-evidence-jim-bright>

Colorbond Building Related Scholarships

If you're an Australian resident aged 18-26 years and studying or about to study in a building-related field, then you could win one of five, \$10,000 bursaries. Entries close on 6 November 2016.

<http://colorbond.com/bursaries>

Please be aware that the information listed is subject to change.

For further information on any of the above or for general inquiries please contact the careers faculty. Email careers@khs.nsw.edu.au

Sophie Allen and Matt Dolan
Careers Advisers

Local Website Links

Northern Beaches ADHD Support Group

<http://northernbeachesadhdsupportgroup.com.au/>

The SAN Run for Life

www.sanrunforlife.com.au

Internet & Gaming Addiction: Children & Teens with ADHD

<https://www.trybooking.com/236058>

Choral Evensong with combined St Martin's and St Alban's Epping Choir

Sunday 6 November, 3.30pm at St Martins, Killara

www.stmartinskillara.org



Arts Alive
Combined
Schools Band
in concert with
James Morrison

Saturday 5th November 2016
Verbruggen Hall
Sydney Conservatorium of Music
1 Conservatorium Rd, Sydney

Matinee 3pm Evening 7pm

Adults \$35 Concession \$25
Family (2 adults, 2 concession) \$110

Tickets available
<https://www.trybooking.com/Embed.aspx?eid=227347>

Contact: Tess Doyle 9886 7066
therese.doyle4@det.nsw.edu.au

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stop quickly



bebusaware.com.au



Transport
for NSW



BE SAFE ON AND AROUND BUSES. BE BUS AWARE!



Follow the rules and cross with care



Give way to buses



Reduce speed to 40 when lights are flashing



Plan ahead and don't rush for the bus



Bike riders take care around buses

bebusaware.com.au



Transport
for NSW