

Principal:

Jane Dennett

Deputy Principals:Robin Chand
Alison Gambino
Carla Marchesin**School Captains:**Jett Ho
Nina Stambach**Address:**Koola Avenue
Killara NSW 2071**Telephone:**

9498 3722

Fax:

9498 2202

General Email:killara-h.school@det.nsw.edu.au**Newsletter Email:**newsletter@khs.nsw.edu.au**Website:**www.killara-h.schools.nsw.edu.au**Facebook:**<https://www.facebook.com/killarahighschool.edu.au>

Congratulations Nic Druce, Class of 2015

This week Nic was admitted to the Royal Australian Navy and the Australian Defence Forces Academy as an officer. Very few qualify for this – well done, Nic.



From the Principal

The 2015 Higher School Certificate again saw Killara High School students achieving outstanding results overall, with many particularly remarkable individual performances.

From a cohort of 272 Year 12 students, 16 students were among the state's highest All Round Achievers with band six (the highest band) or equivalent in ten or more units of study. These students were Chelsea Abbott, Christie Aucamp-Schutte, Lucy Birtwistle, Yoon Choi, Fiona He, Michelle Hwang, Karen Kong, Keith Kung, Gina Lin, Charlotte Middleton, Isabelle Raffle, Damon Sahota, Megan Simon, Vishnu Vennalaganti, Paige Vink and Mahalia Wilcox.

Keith Kung placed fifth in NSW in Biology, and Jordan Hare tenth in NSW in Music 1.

Overall 325 band six results were awarded to Killara High School students.

In the whole of NSW English and Mathematics merit lists, student achievement resulted in the following outstanding ranks for the school:

Equal fourth in Standard English and English as a Second Language
Equal 32nd in Advanced and Extension 1 and 2 English
Equal 71st in General Mathematics
Equal 30th in Mathematics and Extension 1 and 2 Mathematics

Of the 46 HSC courses studied at Killara High School last year, 23 had a course mean of more than 5% above the state. Six of these courses had a mean of more than 10% above the state mean.

Ten students achieved an ATAR (Australian Tertiary Achievement Rank) above 99: Keith Kung, Fiona He, Lucy Birtwistle, Michelle Hwang, Yoon Choi, Na Young Song, Karen Kong, Kieran Pain, Damon Sahota and Steven Dharmawirja. 50 students (20%) achieved an ATAR above 95, 82 students (32%) received an ATAR above 90, and 157 students (62%) achieved an ATAR above 80. This information represents the best of our knowledge, as ATARs are not provided directly to schools.

Our Dux is Keith Kung, who gained an ATAR of 99.90, and will study medicine at the University of NSW. The highest ATAR awarded is 99.95.

Killara High School was again the highest ranked comprehensive coeducational public school in NSW. Indeed, the school ranked 55th out of 582 schools in NSW in 2015, nine places higher than in 2014. This is a testament to the commitment and talent of our Year 12 students, and their expert teachers.

I congratulate Year 12 2015 on their admirable achievements.

Jane Dennett
Principal

Calendar

FEBRUARY 2016

5	School Photos
8	School Photos Catch Up
	Year 12 Society & Culture Excursion 8.45am – 3.00pm
9	Duke of Edinburgh Gold Information Evening 6.00pm
15	Year 7 Orientation Camp (2 days)
23	Year 11 Studies of Religion Excursion
24	P&C AGM
26	Year 7 Vaccinations
27	Year 11 Gold Duke of Edinburgh Practice (3 days)
29	Zone Swimming Carnival

MARCH 2016

6	Year 11 Jindabyne Camp (6 days)
15	Duke of Edinburgh Silver Information Evening 6.00pm
16	Year 11 Mock Interviews
17	Sydney North Secondary Schools Swimming Carnival
18	Arts Council Mufti Day
20	North Shore Schools Spectacular 2.00pm – 5.00pm
21	Year 11 Geography Excursion
22	Year 11 Mock Interviews
25	Public Holiday - Good Friday
28	Public Holiday – Easter Monday
29	Athletics Carnival
30	Year 7 and 11 Student Progress Review Meetings (SPRM)

Please be careful

There have been occasional sightings of snakes in the area outside school - nature strips and front gardens.
Please look where you are going at all times.

2016 Uniform Shop Opening Hours

The Uniform Shop will be open

9.00am – 12.00pm

Then every Friday during term time
8.00am – 12.00pm

Deputy Principal's Report – Robin Chand (Stage 4)

Welcome back everyone to another exciting year of learning. A very special welcome to our new Year 7 students and their families.



It is my honour to be part of Killara High School and to contribute to its future directions. My educational philosophy promotes learning experiences that provide access, choice and challenge to all students through a curriculum that develops students' social-emotional and cognitive abilities.

I was part of the Killara High School community from 2007 to 2014 as Classroom Teacher, Year Adviser and Relieving Stage 5 Head Teacher. In 2015 I was Head Teacher Human Society and its Environment and Relieving Deputy Principal at St Marys Senior High School.

I look forward to working as a team with the staff, students and families of Killara High School to unleash the potential within each student.

All the best for 2016 and beyond.

Robin Chand
Deputy Principal

Vale Phil Cohen

Mr Phil Cohen, a valued member of the Killara High School staff, sadly passed away after a long illness on 15 December 2015.

Phil was a special member of the Killara community: firstly, as a parent, and then as a colleague, when in 1996 he joined our staff, working in technology support. An electrical engineer by trade, his exceptional skill and expertise was invaluable in the establishment of infrastructure that the technological revolution of the late 1990s demanded. Phil designed, implemented and managed servers, administered learning management systems, designed and installed our digital signage, supported the introduction and implementation of the national student laptop program, and cheerfully provided support for staff.

His colleagues described Phil as a man of the highest integrity, who did all he could to support the school and its students and staff, and who was an incredible asset to the technology team. His loyalty, patience and personable approach was appreciated by all who knew him.



He was devoted to Killara High School, and our capacity to deliver high quality learning is significantly increased because of his work.

I extend sympathy on behalf of the school to Phil's family, and especially his children, Michael, and Sarah (KHS 2001), Sasha (KHS 2004) and Anna (KHS 2006).

Jane Dennett
Principal

Staff changes in 2016

A new year always brings change, and we welcome some new faces.

Mr Robin Chand replaces Mrs Judith Paszek as Deputy Principal.

Mrs Paszek has formally retired from the Department of Education following long service leave. Mrs Paszek has had a long and distinguished career, and Killara has been fortunate to have benefited from her expertise and experience, especially as Acting Principal in 2013-14. During this time Mrs Paszek was not only responsible for the overall leadership of the school, but also the oversight of the completion of G Block. We wish Mrs Paszek a long, happy and healthy retirement

Mr Chand was previously a member of the Killara High School staff, but comes to us most recently from St Marys Senior High School. He is responsible for Stage 4 students, among other duties. Mr Chand brings a wealth of knowledge and skill to our school, particularly in regard to pedagogy and technology. We are delighted to welcome him back to our community.

Ms Caroline Wong is a new appointment in the Mathematics Faculty, due to sustained, increased student numbers.

Dr Tu Anh Tran is a permanent appointment in the Science Faculty, replacing Mr Dale Jones, who retired from teaching at the end of Term 3 last year.

There are a number of teachers joining us in a temporary capacity. We are grateful to them for enabling our school to continue to deliver the highest quality educational programs for students. These teachers are:

English:	Ms Georgina Andrews Mr Alex Brattoni Mr Patrick McAuley Ms Chloe Raines Ms Gay Hennah
Science:	Ms Georgia Margalit Ms Julie Della Villa
PDHPE:	Ms Janelle Garland
Visual Arts:	Mr Brendan McGrath
TAS:	Ms Jia Pan, Mr Matt Dolan
Learning Support:	Ms Margo Mahony

We also farewelled a member of staff who gained a position through merit selection in the last week of Term 4. Ms Giovanna Trenoweth, Head Teacher CAPA, has joined Newtown School of Performing Arts as Head Teacher Visual Arts. Ms Trenoweth was a long-standing member of the school executive and has guided countless students of Visual Arts to achieve their goals. Her skills as a photographer have been much appreciated, as she created a visual record of our community, and her powerful advocacy for the creative and performing arts helped establish Killara as a leading school in this domain. We wish Ms Trenoweth well as she takes up her new position, and we thank her for the work she has done to make our school a better place.

Jane Dennett
Principal

P&C 2016 Meetings

Term 1

Week 5	24 February	AGM
Week 8	16 March	

Term 2

Week 4	18 May
Week 8	15 June

Term 3

Week 5	17 August
Week 10	21 September

Term 4

Week 2	19 October
Week 6	16 November
Date TBC	Christmas Drinks

Deputy Principal's Report – Carla Marchesin (Stage 6)

Welcome back to another exciting year at Killara High School, with a special warm welcome to our new Year 7 families.

I trust that the holiday break was restful with many opportunities to relax, unwind and recharge.

There are a few matters I would like to highlight:

1. UNIFORM

The wearing of the designated school uniform is compulsory at Killara High School, and the maintenance of a high standard of dress and grooming are clear expectations of this school community. This wearing of uniform has been endorsed by the School's P&C Association.

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

Items such as those below are NOT part of the uniform:

- Non-uniform jumpers or hoodies
- Non KHS caps and beanies
- Cargo pants
- Ankle socks
- runners, suede shoes or boots
- black socks

*Please refer to the school's website for further information.

2. UNIFORM PASS

If your child is unable to wear the correct uniform for one or more days, you will need to provide note explaining why this is not possible and the time-frame required to overcome the problem.

These notes are to be handed into your child's Home Group teacher, who will sign the note,

and it should be available to any teacher upon request.

Students who are out of uniform without a note, may be issued with a lunch detention.

3. EARLY LEAVE PASS

Should your child need to leave school early for an appointment or family commitment which cannot be managed outside of school hours, they will need to bring a note explaining the time and reasons for the leave, signed by a parent or carer. A mobile phone number of the parent is also required on the note.

Your child will need to see their Deputy Principal for their Year group (see below) and have this note counter signed. This should occur before Recess, not at the time of intended departure.

On Thursdays, for students in Years 9, 10, 11 and 12, this note will need to be also counter signed by Mr Costantini, Sport Organiser (PDHPE staffroom).

Following this process, your child then needs to go to the Student Office window in A Block and hand in their note and sign out.

Deputy Principal Stage 4: Mr Robin Chand
Deputy Principal Stage 5: Ms Alison Gambino
Deputy Principal Stage 6: Ms Carla Marchesin

4. WELLBEING

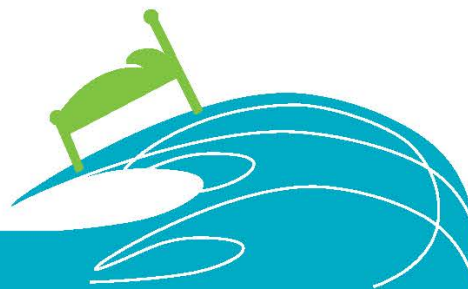
In the next edition of our school newsletter, I would like to share with you some of the initiatives and programs which we have put in place at Killara High School by the *MindMatters* Team. These initiatives follow on the work the school community undertook last year.

Please find an article over the page which you may find interesting.

Carla Marchesin
Deputy Principal

Riding the sleep wave

Sleep + Young People



Sleep Helps

We sleep so we can be active, focused and feel good during the day. Almost everyone has had a bad night's sleep and knows what it feels like...

We know that young people are more likely to experience problems with their sleep because of all the changes occurring in adolescence.

Everyone is different, and our need for sleep

changes over time. What's important is finding a balance that allows us to get the sleep we need as well as achieve our goals and have fun during the day.

SO... what's the right balance for you?

How can you learn to take charge of your sleep and feel in control? Read on...

What's your balance and how do you learn to get it right?

Adolescence and Sleep... The sleep of 15–25 year olds

Sleep is super important and it changes during adolescence.

As you enter adolescence, natural hormone changes shift your **body clock** and cause changes to your sleep patterns. Your body clock regulates many of your body's patterns, including when you sleep and when you wake up.

It's normal to want to go to bed later than you used to, but the amount of sleep you need actually **increases** at this time.

Making sure you get enough sleep can be tricky, but it's important to find the right balance so you can be alert and energetic during the day and feel good about yourself.

Whilst the ideal amount of sleep will vary from person to person, if you find you are:

- > feeling tired in the mornings or after lunch
- > having difficulty concentrating and remembering things
- > feeling more irritable than usual
- > feeling less energetic

You're probably not getting enough sleep. Sleep deprivation can become like a vicious cycle that is often avoidable.

Our basic sleep / wake cycle impacts all aspects of our life. Sleep affects our physical health, our learning and concentration, our activity levels, emotions and relationships.

Relaxation Skills – Coping with Stress

Learning to relax is an important life skill and can help to improve your sleep.

It may sound simple, but learning to breathe in a calm and controlled way is an easy relaxation strategy that you can use before you go to bed or if you wake up in the night and find it hard to fall back to sleep.

Think waves, rhythmic sounds lapping on a beach... see it... breathe the sound out through your mouth... give it a go!

relax & breathe...

1. While sitting or lying down, make yourself as comfortable as possible.
2. Take a deep breath and let it out slowly. Repeat this once.
3. Close your eyes. Focus your mind on breathing.
4. Breathe easily and gently with no effort.
5. Breathe in steadily over 3 seconds.
6. As you breathe out steadily over 3 seconds, say to yourself 'relax' while letting all your muscles go loose and floppy.
7. Keep repeating this in a 6 second cycle (3 seconds in and 3 seconds out) over and over until you find yourself feeling calm and relaxed.

TIP: Long sleep-ins on the weekend to catch up on sleep make your body clock think you are jet lagged – and the effects can last for days. Getting up at a similar time every day can help to avoid this, and will make it easier to fall asleep at the right time.

Getting the balance right...

What helps & what doesn't?

What can prevent a good nights sleep?

- > **Loud music or TV, emails, homework, too much stress**
- > **Exercise right before sleep**
- > **Feeling hungry**
- > **Computer screens left on** – they have a type of light that keeps you awake. Try shutting down the computer an hour before you want to sleep.
- > **Messed up body clock** – different wake and sleep times and no routine.
- > **Caffeine** – poor sleepers should have less or no caffeine.
- > **Nicotine and Alcohol** – smoking tobacco is a stimulant and can make your dreams more vivid and make it harder to fall asleep. Alcohol does not help sleep. It can make you drowsy but the sleep you get is more likely to be disrupted and you'll wake up worse off.
- > **Some medications & other drugs** – speak to your doctor for more information.

What can PREVENT a good nights sleep?

FACT: When the amount of sleep you get varies a lot from day to day, it can cause poor sleep. Not sleeping well can cause more stress or moodiness. It can tip your balance and make you feel worse about yourself and others.

TIP: If you find yourself wanting to be in bed and sleeping too much of the day, get it checked out. See your GP or talk to your health care provider. For more general info visit the websites below:

Teenage sleep: Understanding and helping the sleep of 12 – 20 year olds at <http://eprints.vu.edu.au/467/>
> www.ybblue.com.au
> www.reachout.com
> www.betterhealth.vic.gov.au

What can HELP a good nights sleep? (self-care tips)

Create your own relaxing bedtime routine to program your body clock:

- > **Ensure you're not too hot or too cold.**
Maintaining a constant body temperature will help sleep.
 - **Keep your feet at the right temperature** by putting on or taking off socks.
 - **Have a warm drink.** Milk contains amino acids that can make you drowsy, and camomile tea can also help with sleep.
- > **Create a sleep space that works for you** – quiet, dark, less cluttered.
- > **Do relaxing activities in order to wind down**
 - these might include reading or listening to music softly.
 - a warm bath or shower can help to make you feel sleepy.
- > **Turn off your computer an hour before you go to sleep.**

Kick start your day:

- > **Wake up around the same time every day and catch the morning sun.** Waking up with sunlight is important to restart your body clock and help your brain switch on.
- > **Try to get out of bed when you wake up** rather than going back to sleep.
- > **Get out in the fresh air and do some exercise.** Even if it feels difficult, this will help you to wake up and improve your sleep the next night.

While you're out and about:

- > **Stay off caffeine after midday** or if you're sensitive try to cut it out altogether.
- > **Write a journal** to get out all the important thoughts, worries or events from the day.
- > **Try not to nap unless you're tired.** If you do nap, keep it short.

Don't stress if you find yourself waking up in the night. It's actually pretty normal, and worrying about getting back to sleep will probably keep you up longer. Try to relax and wait for the next wave of sleepiness to arrive, and if you find yourself staring at the clock try turning it around.

Developed in conjunction with Monica Hedges, Mental Health & Wellbeing Coordinator, Centre for Adolescent Health.

Orygen
YOUTH Health

Cricket 2015

Killara has had mixed results over the cricket season.



On 8 December, in The Northern Districts Cup, our young squad was defeated by St Leo's Catholic College on their turf pitch. Matt Lee captained the team with enthusiasm. However, a poor start with the bat put the team under pressure and we didn't recover. Ehsen Shaikh was the only batsman to reach double figures. We performed reasonably well with the ball to delay the inevitable for 9.4 overs. Alistair Reade and Matt Palombo were the best with the ball.

On 9 December, our Year 7 and 9 boys had a fantastic win against St Ives High School. Sam Odgers won the toss and elected to bat. Ehsen

Shaikh got the team off to a flyer by scoring 14 quick runs before holing out in the second over. We lost three further wickets to be 4-69 after seventeen overs at the drinks break, with Rana Alva also scoring fourteen. Jim Tulip (fourteen runs) showed great patience and sensible batting but was out shortly after drinks. Gautam Chintala (thirteen runs) and Sean Bhomer (fourteen runs) kept the scoreboard ticking but it was a sixty two run ninth wicket partnership between Alistair Reade (thirty six not out) and Mark Castrisos (eighteen not out) that pushed the score to a very competitive 8-162.

In the field, we started enthusiastically, but gave away a few too many runs in sundries, misfields and short balls that allowed the opposition to get to thirty eight runs off seven overs. By the tenth over, it was 2-47 courtesy of a wicket to Josh Pacque and a team run out. At the drinks break St Ives were 3-70, slightly ahead of our effort. However, we knew that scoring nearly one hundred runs off the final sixteen overs was going to be tough and with some tight bowling we put enough pressure on St Ives that they fell for 113 runs in the twenty ninth over. Daniel Cornofsky, Jim Tulip and Gautam Chintala all took wickets, while Ehsen Shaikh grabbed a double.

David James
Teacher

Uniform at Killara High School

Please ensure that you start the new school year correctly attired. All new students have been provided with a postcard illustrating correct uniform, and we reproduce it here also.

Junior Uniforms			Senior Uniforms			Shoes	
UNIFORMS							
	Summer Uniforms	Winter Uniforms	Sports Uniforms	Summer Uniforms	Winter Uniforms	Sports Uniforms	Black Lace-Up Leather Shoes
							Sports Shoes
						Acceptable Shoes	

Annual Swimming Carnival

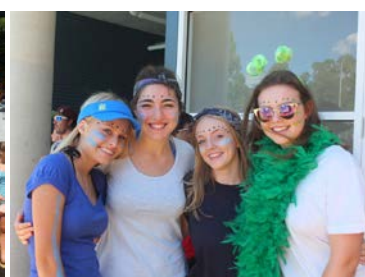
The annual Killara High School Swimming Carnival was held on Tuesday 2 February at Lane Cove swimming pool. It was a fantastic day where our students displayed excellent skill and ability.

Students wore house colours and the prefects lead several exciting events (including face painting!) to foster inter-house competition. Students also had the opportunity to participate in the 'Lemming Race', a fun event where students completed swimming laps for house points. It was brilliant to see so many students participate in this event. Congratulations to those students who were their age champions (see below), and well done to Caringa who won the carnival with an impressive 1165 points!

The results will be posted on the Killara High School website. We look forward to the upcoming swimming season, starting with the Zone Swimming Carnival which will be held on the 29 February.

12 Years	Girls	Charlotte Lambourne	Caringa
12 Years	Boys	Luke Fisher	Doongara
13 Years	Girls	Carolyn Niknafs	Caringa
13 Years	Boys	Dennis Hui	Doongara
14 Years	Girls	Sophie Carroll	Doongara
14 Years	Boys	Matthew Thorne	Caringa
15 Years	Girls	Maya Murphy	Caringa
15 Years	Boys	Jono Shaw	Mundara
16 Years	Girls	Carrie Paulsen	Caringa
16 Years	Boys	Noah Djordjevic	Caringa
17+ Years	Girls	Alicia Walker	Kimba
17+ Years	Boys	Ben Mackay	Caringa

Tina Shapiro & Adam Bruckshaw
PDHPE Teachers and Carnival Organisers



Sydney North 'Blue' Award Recipients

Killara High School students attended the prestigious Sydney North Blues Awards Ceremony held at Asquith Golf Course on the 2 February 2016.

This ceremony celebrates the outstanding achievements students have achieved throughout the 2015 school sporting year. It is a huge achievement for any student to receive a Sydney North Blue. In total, 38 students across the entire Sydney North Region in sports ranging from AFL through to Water Polo, received Blues.

In 2015 Killara High School had three Sydney North Blue recipients which were Katya Buryak Year 11 (Gymnastics), Ben Mackay Year 12 (Athletics) and Alicia Walker Year 12 (Swimming). Katya Buryak also received the Sydney North Sports Scholarship, which included a \$500 voucher.



Ben Mackay Year 12 (Athletics), Alicia Walker Year 12 (Swimming) & Katya Buryak Year 11 (Gymnastics)

We would like to congratulate our winners. Let's maintain and grow this great effort in 2016.

Goran Petkovski and Duncan Smith
PDHPE Teachers

Student Attendance

Please ensure that if your child(ren), is absent from school, you must follow the procedure below:

1. Make sure that Killara High School has your correct mobile phone number
2. Respond to the SMS sent to you regarding the absence of your child(ren)

3. If no response to the SMS is provided, then you must provide a note explaining the absence.

If the note is not provided within 7 days of the absence, then it will be logged on our records as 'unjustified'. We are unable to change this record, which will appear on a student's report. **(Please ensure that all notes are submitted to the school within 7 days).**

Assessment Policy

Assessment constitutes one component of the wider student learning process at Killara High School. The nature of assessment tasks varies across subjects, however, all students are bound by the rules that appear in the Killara High School Assessment Policy. The Killara High School Assessment Policy outlines rules and procedures related to student

assessment. It is expected that all students and families become familiar with this policy.

The Killara High School Assessment Policy is located on our school's website at <http://www.killara-h.schools.nsw.edu.au/our-school/rules-policies/assessment-policy>

School Code of Conduct

Killara High School's Discipline and Effective Learning Policy aims to promote a safe learning environment. Students and families can access this policy, alongside the Code of

Conduct on our website at <http://www.killara-h.schools.nsw.edu.au/our-school/school-policies/discipline-effective-learning>.

Student Opal Cards

Student Opal cards have now replaced the old student passes, and most have now been sent from the Transport for NSW processing facility to students.

As your local bus operator, we are keen to work together to ensure a smooth transition to the new system for your students and their families. For more information on Opal, visit transportnsw.info/school-students or call 131 500.

Meanwhile, please note that your **latest bus timetables** for your school are available on our

website for download now at www.transdevnsw.com.au. Go to the 'Timetables' menu, and simply select the appropriate school or route to download the latest timetables.

Should you have any questions about our services, please refer to our website, or contact us on 02 8700 0555.

On behalf of the Transdev NSW Bus Team
www.transdevnsw.com.au



OUR VALUES

NSW School Vaccinations Program 2016

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2016 the following vaccines will be offered to Year 7 students:

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- Varicella vaccine (chickenpox) as a single dose; and
- Human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months

(Students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided.
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive.

- return the completed consent form to their child's school.
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Vaccination Clinic Visits Schedule

Visit 1: 26 February 2016

Visit 2: 17 May 2016

Visit 3: 25 July 2016

Visit 4: 16 August 2016

Visit 5: 9 September 2016

**Jane Rountree
Head Teacher Welfare**

Performing Arts Calendar

Term 1, 2016			
Week	Term 1		
3	Tues 9 Feb	Vocal Ensemble	Rehearsals start 7.40am – 8.40am
3	Tues 9 Feb	Vocal Extension	Rehearsals start 7.40am – 8.40am
3	Tues 9 Feb	Percussion	Rehearsals start 7.40am – 8.40am
3	Tues 9 Feb	Strings/Orchestra	Rehearsals start 3.15pm – 5.15pm
8	Sun 20 March	Mixed ensembles Yr7, CB1, CB2, SB1, SB2, Strings	North Shore Schools Spectacular/Chatswood RSL 2.00pm – 5.00pm
11	Wed 6 to Thurs 7 April	MADD Vocal and Strings	KHS 7.00pm – 9.00pm

From the Counsellors

Welcome back to all students and families. Last year, the counselling team became involved in providing a number of students with opportunities to explore mental health issues and become involved in specific well-being programs.

In Terms 2 and 3, a number of Year 8 and 10 students joined our adult community volunteers in the **inaugural RAISE in-school mentoring** opportunity. After its initial success, it is likely to be even bigger and better this year! In Term 4, Year 8 girls started a discussion with the counsellors and representatives from **KYDS Lindfield** about what it means to be dealing with adolescent issues today. We are hoping to continue to expand with such specific programs being delivered to other year groups on a variety of relevant topics, along with participating in the whole-school **MindMatters** initiative.

We often receive information about local services and their offerings. Please contact us if you are interested in anything particular. However we will pass these on through the newsletter as they arise:

- **Naremburn Family Centre (8425 8700)** is beginning a series called 'Tuning into Teens', starting 17 February.

In Term 1 2016 your school counsellors are Mrs Emmy Druce (Mon-Wed) and Mr Serge Boyakovsky (Thurs-Fri). Students are able to visit us at The House and parents are welcome to phone via the school's front office for an appointment.

Emmy Druce and Serge Boyakovsky
School Counsellors

From the Library

Hello from the **Lion Library** at Killara High School!

To all our students – particularly our new students, we welcome you to our school, and also invite you to visit our library.

We have computers, books, magazines and reading and sitting spaces for you.

Here are our hours of opening Monday – Friday:

- **Before school**
commencing at 8.15am until roll call
- **Recess B**
- **Lunchtime**

Celebrate Library Lovers' Day at the Lion Library at Killara High School

Move over St Valentine because 14 February is also Library Lovers' Day and Killara High School's Lion Library will be celebrating.

Library Lovers' Day is a chance for everyone at Killara High to reconnect with our library and share the library love.

Some statistics:

- There are more than 9,000 school libraries and some 12 million people visit our National, State and Territory libraries every year.
- More than 171 million items were lent to 8.6 million members of Australia's public libraries. There were more than 112 million customer visits annually, or more than 9 million per month.

Karen Jones and Francie Campbell
Teacher-Librarians

Planned road work, Lindfield Substation site works Project

This is to advise you of potential delays to our bus services from/to your schools, following a notification received of a **temporary lane closure for Lindfield Substation site works** (Lindfield Avenue between Strickland Avenue and Russell Avenue, and between Eton Road and Balfour Street/Havilah Road underpass):

- Transdev's Routes 556 & 558 and School Routes S8001, S8047, S8049, S8050, S9002, S9061, S9062, S9063, S9069, S9071 & S9089 might subsequently be affected by minor delays;

- This will be effective from Monday 8 February to Friday 27 May 2016 inclusive.

While we have been informed by the Work Project Management Team that traffic control measures will be in place allowing buses to get through in Lindfield Avenue in Lindfield, we wanted to inform you of these potential minor delays.

We apologise for the unavoidable inconveniences caused and thank you in advance for your cooperation.

If you require any further details please do not hesitate to call our office on 02 8700 0555.

Steve Babbage
School Transport Coordinator
Transdev NSW Bus

Careers Corner

Universities

UNSW Campus Tour

6 February 2016

Campus tours run on the first Saturday of each month providing potential students with a guided tour of what UNSW has to offer. All tours start with a presentation prior to the tour. Tours are from 10 to 11:15am.

<https://www.futurestudents.unsw.edu.au/unsw-campus-tour-saturday>

ANU: Tuckwell Scholarship Application Roadshow

Canberra: 22 February 2016

Parramatta: 23 February 2016

Sydney: 23 February 2016

Online Event: 3 March 2016

The roadshow is directed at careers advisers, principals and any potential applicants and their parents. It is also a chance to learn more about other scholarships offered at ANU.

<http://tuckwell.anu.edu.au/tuckwell-roadshows/>

Open Universities Australia

Open Universities Australia provides the opportunity for students to undertake university studies online and at their own pace. This will provide them with the same qualification as an on-campus student.

<http://us5.campaign-archive2.com/?u=c8596eaa07dfb7895c61cfe9c&id=912c62d390&e=3e20277061>

Western Sydney University Campus Experience (Campbelltown Campus)

12 April 2016, 3.00pm

The Campus Experience is for interested students and their families and friends to meet current students and find out more about university.

https://logincms.uws.edu.au/future/future_students_home/events_at_uws/campus_experience

UMAT 2016

UMAT is a test that is used specifically to assist with the selection of students into the medicine, dentistry and health science degree programs at undergraduate level at the universities listed on the website.

Registrations for UMAT 2016 are now open and close 5:00pm (AEST) 3 June 2016.

The test takes place nationally on Wednesday 27 July 2016.

<https://umat.acer.edu.au/>

University of Newcastle Walking Tour

8 & 15 April

Students and families may book a tour of the campus with up to 10 people on a tour. Schools can also book a year 10 campus tour.

<https://www.newcastle.edu.au/future-students/study-at-uon/key-dates>

Private Colleges

Think Education FEE-HELP ebook Complete Guide

Think education has a downloadable eBook to help explain the FEE-HELP process for high school students, parents and careers advisers.

<http://beyou.think.edu.au/fee-help-ebook>

Sydney Film School Open Season

22 January – 18 February 2016, 82 Cope St, Waterloo.

For those interested in either a film or digital media career. Open Season allows prospective students to register for personal tours and talk to one of Sydney Film School's educational staff about different course options.

Contact: +61 2 9698 2244 or
contact@sydneyfilmschool.com
<http://www.sydneyfilmschool.com/news-events/events.aspx?t=m&d=635892281456093750>

Shillington College Information Session

4 February, 6.00pm, Level 3, 50 Margaret Street, Sydney

Information session to learn about studying graphic design.

<http://www.shillingtoncollege.com.au/graphic-design-course/info-sessions>

Actor's Pulse Teen Voice Class

A nine week course for teenagers to learn about different accents with a focus on various American accents.

Classes run on Saturday's from 2.00pm to 3.00pm.

<http://theactorspulse.com.au/acting-courses/teen-voice-class>

Australian Institute of Fitness Monty Dortkamp Scholarship

Applications close 1 March

The Monty Dortkamp scholarship is awarded to students wishing to pursue a career in fitness either from a disadvantaged background or committed to bring health and fitness to disadvantaged communities. The scholarship covers the tuition cost of a Master Trainer qualification, Certificate III in Fitness and Certificate IV in Fitness. There are five scholarships available annually.

<http://fitness.edu.au/monty-dortkamp-scholarship/>

Other News

The School of Life Sydney Pop-up Program

28 February – 23 March 2016 at the Australian Design Centre, 101 – 115 William Street, Darlinghurst.

Events designed to provide information of themes in life, such as, life, love, work, the art of conversation and storytelling and a Philosophy Salon.

<http://www.theschooloflife.com/melbourne/about-us/sydney>

HSC Showcases and Exhibitions

ART EXPRESS

Margaret Whitlam Galleries, University of Western Sydney: 5 February – 6 May 2016

Hazelhurst Regional Gallery and Arts Centre: 13 February – 3 April 2016

The Armory, Sydney Olympic Park: 29 February – 24 April 2016

Art Gallery of NSW: 16 March – 15 May 2016

McGlade Art Gallery, Australian Catholic University: 29 July – 29 August 2016

Callback

Seymour Centre: 11 February – 12 February 2016

Design Tech

Year 12: 29 February – 4 March 2016

Year 11: 17 – 18 March 2016, 21 – 23 March 2016

Encore

Sydney Opera House: 22 February 2016

InTech

Sydney Timber and Working with Wood Show,

Sydney Showground Homebush: 24 – 26 June 2016

OnStage

Seymour Centre: 6 – 12 February 2016

Texstyle

The Stitches and Craft Show, Rosehill Gardens: 3 – 6 March 2016

Shape 2015

Museum of Applied Arts and Sciences, Powerhouse Museum: 26 February – 8 May 2016

<http://www.boardofstudies.nsw.edu.au/exhibitions/>

NDIS Rights

NDIS Rights has fact sheets available which provide rights-based legal information applicable to consumers on how to deal with various NDIS processes, agencies, and complaints mechanisms.

<http://ndisrights.org.au/>

TSFX Exam Technique and Strategies Course

13 February 2016, University of Sydney.

Students will learn how to maximize their study, plan for their study prior to exams, various learning techniques, strategies for helping with memory and concentration and many more topics will be covered.

<http://www.tsfx.com.au/?hsc-program=succeeding-in-the-hsc>

Football Federation Australia Referee Course

A Level 4 Referee Course will provide a qualification to referee local junior and youth matches.

Penrith: 6 February 2016

Lakemba: 13 February 2016

Waratah: 13 February 2016

Rutherford: 13 February 2016

Eastgardens: 13 February 2016

Waratah: 15 February 2016

Bankstown: 15 February 2016

<http://www.myfootballclub.com.au/index.php?id=111>

Sturt School for Wood, Tools and Techniques Weekend

13-14 February 2016 in Mittagong, NSW

The weekend will include woodwork demonstrations with free admission and parking.

<http://www.sturt.nsw.edu.au/app-announcements/tools-techniques-weekend>

Defence Jobs Australia Information Sessions

Canberra – 9 February Australian Defence Force Academy Information Session

Parramatta – 8 February Women in Defence Information Session

Newcastle – 9 February Australian Defence Force Academy Information Session

Parramatta – 9 February Army Reserve Information Session

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

Young People at Work

This website, run by the NSW Government, offers a range of advice on getting a job, workers' rights at work, how to leave jobs, and other resources to help young people learn about work.

<http://www.youngpeopleatwork.nsw.gov.au/>

Biennale of Sydney 2016 Volunteers

For students who are 18 years. Numerous volunteer roles for the Biennale, held from 15 March – 5 June 2016. These roles include exhibition aide, artist project assistant, biennale envoy, interpreter, public programs and education assistant and audience survey and the Biennale information hub assistant.

<https://www.biennaleofsydney.com.au/20bos/about-us/volunteer/>

Discover Your Career

An online career resource developed by the National Tourism Alliance with the support of the Federal Government to promote tourism and hospitality career pathways.

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

Hobsons Course Finder: Online and Distance Education

Materials for students interested in online and distance education courses.

<http://www.hobsonscoursefinder.com.au/Support-Centre/Study-options/Online-and-distance-education>

NSW HSC Online

HSC Online provides helpful resources for year 12 students, with notes sorted by subject and then by syllabus to help students understand where the resources fit within their courses.

<http://www.hsc.csu.edu.au/>

National Disability Coordination Officer Program – Get Ready for Study and Work

The workbook is based on ten top tips for young people with disability and contains information, contacts and activities to help students make a successful transition from school into tertiary study, work or post school programs. It is relevant for students with disability across Australia and contains specific information and links for each state and territory.

<http://pubsites.uws.edu.au/ndco/get-ready%20NDCO/index.htm>

Cultural Care Au Pair Online Information Sessions

Sydney: 10.00am 20 February 2016

Offers work placements as au pairs/nannies in the US. Past au pairs will share their experiences and advice.

<http://culturalcare.com.au/join-info-meeting/>

St John Ambulance First Aid Online Course

The online course offered includes training on an introduction to first aid, defibrillation awareness and workplace infection control. St John Ambulance's courses are internationally recognised first aid courses.

<http://stjohn.org.au/first-aid-training>

The Good Society - professional development opportunity for school staff and parents

One of the world's foremost thinkers and a significant public intellectual within the Catholic tradition, Professor John Haldane, has been appointed to a Visiting Professorship at The University of Notre Dame Australia.

Professor John Haldane will deliver a one semester program: (*The Good Society, its Nature and Foundations*).

The program will be delivered over 13 weeks from 5.30pm – 8.00pm each Tuesday from 23 February to 24 May 2016 at the Broadway campus in Sydney.

The program explores the broad understanding of the nature and range of moral and political values, principles and ideals, that until relatively recently, were shared by Western societies and those influenced by them. Express your interest in the program at nd.edu.au/haldane/course or contact Dr Angus Brook by email angus.brook@nd.edu.au

For further information on any of the above or for general inquiries please contact the careers office.

**Sophie Allen and Jasmine Crewe
Careers Advisers**



GORDON SOCCER CLUB 2016

www.gordonsoccerclub.com.au

Gordon Soccer Club has been providing a game for players in our local community for over 50 years.

Team registration is available for ALL age groups:

- ✓ U06 to U18, mixed (boys & girls) teams,
- ✓ (MAA) Men's All Age teams,
- ✓ (WAA) Women's All Age teams, and
- ✓ (M35) Men's over 35 and (M45) Men's over 45 teams.

For registration enquiries please email registrar@gordonsoccerclub.com.au.



Registrations are now open and close on Friday 19th February!

Please keep an eye on our website www.gordonsoccerclub.com.au

- Match times for Under 6 to Under 13 are Saturday mornings from 2nd April to 20th August, 2016
- U6 & U7 age groups are friend oriented and ungraded
- U8 and above age group are graded and teams are formed according to grading results & match play (play with friends not guaranteed)
- Grading Day is Sunday 21st February at Gordon East School Oval – please see our website for more details.

Want more information?

Come along to GSC Information Day: Saturday, 6th February, 11am-2pm at Gordon Centre Shops

or email The Registrar: registrar@gordonsoccerclub.com.au

Play soccer in 2016 and be part of a great local community!!



Want to be a youth mentor?

Raise Foundation, in conjunction with the Northern Sydney Institute of TAFE, is conducting training courses in early 2016 on mentoring young people, and applications are now open. Raise improves the lives of young people at risk of social disengagement through our Ismo and Youth Frontiers programs in high schools, and our Bump program for young mums.

The mentor training courses will be conducted in Sydney, Melbourne, Geelong, Brisbane, Cessnock, Newcastle, Umina, Bathurst, Orange, Young, Dubbo and Warren areas. You might be retired, parenting at home, studying, or have flexible work hours. You don't have to be a teacher or an expert to be a mentor. You need to be a good listener and able to act as a sounding board for ideas and aspirations. Your skills and life experiences can make a real difference to a young person in your local community.

You might like to introduce our program into your organisation as a corporate social responsibility initiative and do our mentor training with your work colleagues.

You just need a couple of hours a week during school term time from March to November, a positive outlook and a genuinely compassionate interest in young people.

It takes a village to raise a child, and everyone needs someone to talk to, so please raise your hand to help a young person in your community. You will receive our free TAFE accredited mentor training, strong support from our qualified staff team, and you will feel a great sense of giving back.

[Apply Here Now](#)

or find more information at

email mentor@raise.org.au or visit www.raise.org.au

Catholic Care parenting education programs

CatholicCare
Diocese of Broken Bay

Tuning into Teens

Emotionally Intelligent Parenting



A 6 week Parenting Course for parents of Teens aged 10-18 years:

- Communicate more effectively with your teenager.
- Understand your teenager better.
- Help your teenager to master emotional intelligence.
- Help your teenager manage emotions.
- Prevent some teenager behaviour problems.
- Help your teenager deal with conflict.

Where: Naremburn Family Centre, 40 Merrenburn Ave, Naremburn

When: Every Wednesday 6:30pm—8:30pm 17/02/16– 23/3/16

Total Cost: \$60

Bookings are essential. To enquire or register for the course please contact us on 8425 8700 or email: naremburnfamilyservice@dbb.org.au

Please note children are not able to attend

Northern Beaches



Support Group

A problem shared is a problem halved

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents of children or teenagers with ADHD, via regular meetings. The group aims to provide a safe and supportive environment to discuss and learn more about ADHD in order to best help parents and kids.

SPEAKER EVENING: FRANCES ADLAM – The Bridge “Ready, Steady, Pause ...”

Frances Adlam has degrees in education, counselling and special needs. She has lectured in multiple intelligences and been an advisor for the Ministry of Education NZ. She now works supporting children with learning and behavior challenges.

At The Bridge she focuses on helping all children learn by bridging the gap between a child's current learning ability and their highest learning capability, through the provision of support, advice and resources to families and teachers. She is an experienced educator who believes that all learning issues can be addressed effectively, once properly identified. These may include learning issues in the areas of writing, reading, maths, concentration and behavior.

Frances will be sharing the new, gentle way she has been coaching children with ADHD to improve emotional control, resilience, grit, bouncing back and making friends.

Frances will be sharing great success stories and ideas that can be easily implemented at home and school.

Tuesday 9th February 2016 @ 7.00-9.00pm
The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

Ticket reservations essential via
<http://www.eventbrite.com.au/org/4222746751>

Register on [Eventbrite](#)



Facebook: <https://www.facebook.com/BeachesADHDsupport>
Facebook Forum: <https://www.facebook.com/groups/BeachesADHDsupportgroup/>
Email: nbadhdsupportgroup@hotmail.com
Website: www.northernbeachesadhdsupportgroup.com.au
We sell the Entertainment Book online via our website



Your guide to ADHD information, services & resources in the Northern Sydney region.
www.adhdguide.com.au



Venue kindly sponsored by
Pittwater RSL Club

AUTHOR ENCOUNTER
at Ku-ring-gai Library - Gordon

Tuesday 9 February, 2016



Love Her, Hate Her
Ingrid Montgomery

Venue: Gordon Library, Meeting Room 1
799 Pacific Highway, Gordon

When: Tuesday 9 February

Time: 6pm for a 6.30pm start


Cost: \$5 (includes light refreshments)

Bookings: Call 9424 0120, visit any
Ku-ring-gai Library branch or
email gordon.library@kmc.nsw.gov.au

*Signed books available
to purchase*




BOOKINGS ESSENTIAL
kmc.nsw.gov.au/library



Ku-ring-gai Library

IT'S FREE!

STUDYING LEGAL STUDIES FOR THE HSC?



Ku-ring-gai Library has lots of useful resources on law to help you!

Come along to our casual DROP-IN session where we will show you all our useful law resources.

TOPICS INCLUDE: The legal system | Consumers | Human rights | International law | *plus plenty more!*

Monday 15 February, 4pm
Gordon Library, Group Study Room 3
799 Pacific Highway Gordon

BOOKINGS ESSENTIAL - Limited numbers of 5 per session
94240120 or gordon.library@kmc.nsw.gov.au

LET US KNOW WHEN IF YOU WILL NEED AN IPAD OR TABLET FOR THIS TRAINING SESSION.

kmc.nsw.gov.au/library

GO GIRLS ONLY



- Self defence
- Boxing
- Yoga
- Nutrition
- Cooking

Join our free girls only program - with a special focus on health and nutrition for Term 1
Every week - starts 5pm, Monday 1 February

For more information, email youth@willoughby.nsw.gov.au or visit our facebook page Chatswood Youth Centre




Ku-ring-gai Council and the RMS (formerly RTA) are running a **FREE** practical workshop specifically for the **supervisors of learner drivers only**, (not appropriate for the learner) on how to help learner drivers become safer drivers.

**On Wednesday 9 March 2016 6:30pm – 8.30pm at the Ku-ring-gai Council Chambers
Level 3, 818 Pacific Highway, Gordon**

Early bookings are essential

Contact Council on **9424 0798** now to reserve your place



The workshop will provide information about:

- Completing the *Learner Driver log book*.
- Recent changes to the GLS.
- The new RMS SAFER DRIVERS COURSE.
- The current laws and restriction for L and P licence holders.
- Supervising learner drivers and young driver road safety issues.
- The benefits of supervised on-road driving experience.