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TERM 2 UNIFORM

Due to the unseasonal warm weather for this time of year, students are permitted to wear summer uniform until the end of Week 4 (Friday 20 May)

Save the date

Course Information Evening

Tuesday 31 May
6.00pm

From the Principal

Welcome back to Term 2 to all members of the Killara High School community.

I trust the holiday break provided an opportunity to relax and spend some time catching up with sleep, exercise, friends and family.

Successful China Cultural and Language Tour

During the school holidays eight of our students travelled to China accompanied by Mrs Ruth Charles, LOTE Teacher, and her husband, Mr Chris Charles. The purpose of the visit was develop educational cooperation and an exchange relationship with our sister school in Shanghai, the East China Model School. In addition to visiting the school and meeting staff and students, the tour group also visited other areas in Shanghai such as the Jade Buddha Temple and the Stock Exchange. The group travelled to Beijing on the high speed train, and visited the Forbidden City and a section of the Great Wall. Cooking classes, an acrobatic show together with opportunities to ride in rickshaws and engage in tai chi rounded off what was a wonderful and invaluable experience for the students.

Mrs Charles is to be commended and thanked for her initiative in establishing this relationship with the school – our first with a school in China, and of course her time and care in accompanying our students on this unique experience. The students who attended the China tour were: Johnny Benstead, Scarlett Cheesman, Oliver Moelle, Jordan Vink, Year 11; and Imogen Dixon-Smithers, Ellie Krust and Joel Tan, Year 10; and Hannah Krust, Year 9.

IIATE Conference held at Killara High School

Over the weekend of 2 – 3 April, our school hosted a very well attended and successful **Hands On Technology** course as part of the NSW IIATE (Institute of Industrial Arts Education) organisation. This weekend event saw some 120 course participants and presenters from across the state. Mr Owen Telfer, TAS Teacher and Acting Head Teacher Computing, was instrumental in organising this event, and is to be congratulated and thanked. Owen Telfer gathered all the presenters needed to run courses, created the flyer and advertised this event to attract as many participants from NSW as possible to attend. Owen also went through the arduous process of getting this course endorsed by BOSTES for beginning teachers. Astrid Perfiau, from IIATE said of Owen Telfer and his organisation resulted in an event which was "...such a resounding success...". In addition, many thanks to other members of the TAS Faculty, Head Teacher Tracy Mackenzie, Murray Arnison, Melinda Buxton, Marc Vella and Liz Allcott who attended and participated throughout the weekend events and assisted in the lead-up. The school community is grateful and proud of your commitment to your profession and the students who you have impacted upon. Thanks must also be extended to Deputy Principal, Mr Robin Chand, who welcomed and opened the event, and to the KHS Principal, Mrs Dennett and her mother who came along and supported the event.

Calendar

MAY 2016

9	Year 12 Drama Excursion
10	Year 7 and Year 9 NAPLAN (3 days)
13	Year 9 Duke of Edinburgh Bronze Practice (3 days)
	Year 12 Physics – Sydney Uni Excursion – Lines 4 & 6 Only
	SJC Trivia Night
14	Mock United Nations Assembly (2 days)
16	Year 11 Gibberagong Excursion
	Year 9 and Year 12 Student Progress Review Meetings (SPRM) 3.30pm – 8.00pm
	Year 12 Physics Excursion Sydney University
17	Year 7 Vaccinations
	Ku-ring-gai Zone Cross Country at St Ives Show Ground
	Year 7 Inconcert Rehearsal and Performance – Sydney Town Hall 9.00am – 9.00pm
	North Shore Rugby 7s
18	P&C Meeting – 7.00pm
	Year 12 Physics Excursion – Sydney University Lines 2 & 5 only
20	Year 11 Science Excursion
	Year 11 Gibberagong Excursion
21	CB1 & CB2 North Shore Schools Spectacular 4.00pm – 8.00pm
23	Killara Gift – lunchtime (5 days)
	Year 12 Biology Excursion
24	KSP Strings Rehearsal and Concert 4.00pm – 7.00pm
27	SB1 Big Band Blast – Port Macquarie (3 days)
	Year 12 Biology Excursion
30	Years 7 – 11 Sydney Eisteddfod String Ensemble - Chatswood Concourse 4.30pm – 6.00pm
31	School Tour 8.45am - 10.15am
	Years 9 & 11 - Course Information Evening 6.00pm
	Years 9 – 12 Sydney Eisteddfod Concert Band 1 - Chatswood Concourse 4.30pm – 6.00pm

JUNE 2016

2	Year 12 Music Night – 7.00pm
	Year 12 Japanese Excursion
3	Year 12 Music Night – 7.00pm

From the Principal (cont'd)

ANZAC Day Ceremonies

During the holidays, the school participated in two ANZAC Services: the Sub Branch's 83rd Annual United Commemoration Service which was held at 3.00pm, Sunday 17 April at Roseville Memorial Club; and the ANZAC Day Dawn Ceremony of Remembrance at Roseville Memorial Park at 5.00am on 25 April.

This term the school participated in the St John's Service which traditionally is held on the Sunday after ANZAC Day.

Our school Prefects attended each of these services and were a credit to the school community, showing respect and dignity. Thanks must also be extended to Head Teacher HSIE Paula Collins for her attendance at the Sub Branch's 83rd Annual United Commemoration Service, Assistant Prefect Coordinator and English Teacher, Kelly May, who attended the Dawn Service along with myself and to Head Teacher Stage 6 and Prefect Coordinator, Christine Black for her attendance at the St John's Service.

On the first Thursday back this term, the school held its own ANZAC Memorial Assembly with special guest, Mr Malcolm Whitney from Roseville RSL Club. Mr Whitney served in the Vietnam War in the 110 Signal Squadron and is currently a trustee at the Roseville Sub-branch of the Returned Services League. Mr Whitney spoke movingly about the significance of the war and the lessons we should learn from this horrific event and the wars that have sadly followed. I would also like to acknowledge and thank Ji Hae Jang, Year 12, who performed the entrance and exit music on the piano, Laura Morison for her singing of the song 'Where' by Kate Miller Heidke, and the three Year 10 girls, Taylor Hosken, Elizabeth Parsons and Catherine Charles who presented their insights on the experiences of Australian WW1 soldiers. In each instance all of these students held the audience's attention and added much to the message of Mr Whitney.

Sincere congratulations to Head Teacher HSIE Paula Collins and her team for the organisation of the assembly and the fitting tribute to the ANZACS and all who have fought and suffered because of war.

Staff Development Day Term 2

Staff came back on Tuesday 26 April and spent the day highly engaged and working across KLA groups on the School Excellence Framework, Visible Thinking routines, peer and self-assessment strategies and applying these principles and understandings to an existing assessment for Stage 4. This professional learning is vital in ensuring that we as teachers continue to develop and grow and so continue to provide a high quality education which meets the needs of all students and prepares and equips them to be engaged and successful in the workplace and community.

Thank you to Alison Gambino, Deputy Principal and David Browne, Head Teacher HSIE for all their work in organising this stimulating day of professional learning. Thank you also to Ann Dixon, Science Teacher and KSP coordinator for providing tasty sustenance on the day.

Our Principal, Jane Dennett will be back at the start of Week 4, 16 May after three weeks leave and we are looking to her return to Killara High School.

Carla Marchesin
Principal (Relieving)

CHS Swimming

11 Killara High students represented Sydney North at the New South Wales Combined Secondary Schools Sports Association Swimming Championships (CHS) held on April 3-5. Students were competing against the best athletes in the NSW, and all showed composure and exceptional skill in their individual and relay races.

Maya Murphy (15 years) came 1st in the 100m Freestyle, 7th in the 50m Freestyle and 8th in the 100m Backstroke. Matthew Thorne (14 years) placed 5th in the 100m Breast stroke. Charlotte Lambourne (12 years) placed 3rd in the 100m Butterfly and 7th in the 200m Freestyle. The Girls 15 years Relay Team (Maya Murphy, Karen Tsang, Yasmine Samuels and Pika Kslea) placed 7th in the 4x50m Freestyle.

Special mention must go to Dennis Hui (13 years) who won three gold medals (200m Freestyle, 100m Breaststroke and 100m Butterfly), four silver medals (400m IM, 200m IM, 400m Freestyle and 100m Freestyle), and one bronze medal (50m Freestyle).

All other competitors finished outside the top ten, but all must be commended on their outstanding achievement of qualifying for CHS.

Dennis Hui, Maya Murphy and Ned Waddington also competed in the Australian National Age Champions which were held in Adelaide on March 28-April 3. Dennis came 23rd for 200m IM, 14th for 800m Freestyle and 10th for the 4x50m Medley Relay. Maya placed 14th in the 200m Backstroke and 8th in the 100m Backstroke.

We have had a fantastic year of swimming in 2016. Thank you to all Killara staff members for your continued support our elite athletes, as you provide additional support to students who are engaging in rigorous training routines and multiple competitions throughout the year. Thanks must also go to all of the swimming parents who provide exceptional support and encouragement, ensuring that our swimmers balance school life, as well as their commitments to swimming. We look forward to 2017, and the swimming successes that are to come!

Tina Shapiro
PDHPE Teacher



Athletics Carnival

The Killara High School annual Athletics Carnival was held on Tuesday 29th March 2016 at the Sydney Academy of Sports in Narrabeen. It was fantastic to see the high participation rates, and the talent showcased was exceptional. Thanks must go to all parents, teachers and students who volunteered on the day to make it such a successful event.

Congratulations to Doongara who won the 2016 inter-house Athletics Carnival competition! The final house scores were: **Doongara:** 1615; **Caringa:** 1351; **Mundara:** 1325; **Kimba:** 1075.

Congratulations must also go to the Age Champions:



	Girls	Boys
12 Years	Phoebe Fitton (64*)	Luke Fisher (85)
13 Years	Sophie Halliday (71)	Taro Iikura (61)
14 Years	Klaer Digby (43)	Thomas Jobling (74)
15 Years	Tamara Kowcz Rosinke (100)	Matin Abroon (58)
16 Years	Nadine Walker (58)	Jaeho Byun (61)
17+ Years	Hannah Swinton (75)	Benjamin Mackay (82)

* Total individual point score

The following students broke school records. This is a fantastic achievement.

Benjamin Mackay	(17+ Years Boys): 100m, 200m, 800m
Brianna Gibson	(17+ Years Girls): Long Jump, Javelin, Shot Put
Devinka Hapugalle	(17+ Years Girls): Shot Put
Ethan Burgess	(14 Years Boys): Long Jump
Nina Stammbach	(17+ Years Girls): 1500m
Nicholas O'Donohue	(17+ Years Boys): 200m
Sophie Halliday	(13 Years Girls): 800m
Tamara Kowcz Rosinke	(15 Years Girls): Long Jump, Javelin, Shot Put, Triple Jump

We look forward to the Zone Athletics Carnival with much anticipation. This event will be held on June 15, 2016. Congratulations to all students who have qualified for this Carnival.

Tina Shapiro
PDHPE Teacher



Table Tennis Knockout

On April 4, Tommy Hung (Year 9), Terry Hung (Year 9), Hansen Huang (Year 9) and Charlie Huang (Year 8) attended the 2016 Sydney North Table Tennis



Competition. These students were competing for a place at CHS (State). They played extremely well, showing great discipline and exceptional skill and ability. The team qualified for the Grand Final against Normanhurst Boys High School. This round was very close. At the conclusion of the singles games, the score was 2-2, and at the conclusion of the doubles round the score was 3-3. In the final match of the day,

Killara was unfortunately, unsuccessful. It is however, exciting to see the potential of these players and the future looks bright for Table Tennis at Killara High School. Congratulations must go to these students. Thank you to all students who trialed for this event.

Tina Shapiro
PDHPE Teacher



Year 11 White Water Rafting

On Friday April 8, the Year 11 PDHPE class had the opportunity to attend a White Water Rafting excursion at Penrith's White Water Stadium. We are currently learning about Outdoor Recreation, and the experience enabled students to apply their knowledge practically. It was an exciting day as students worked together in their raft teams to support each other whilst on the rapids. In September, Year 11 PDHPE will also have an opportunity to obtain their Advanced First Aid and CPR qualifications as part of our unit on First Aid unit.

Tina Shapiro
PDHPE Teacher



Bring Your Own Device (BYOD) at Killara High School

Our school is intending to implement a BYOD teaching and learning environment for Year 7 students in 2017. This is a big step and we wish to ensure its success through careful planning involving parents, staff and students of Year 7, 2017.

We are now:

- Reviewing our BYOD policy
- Surveying staff and parents
- Commencing staff training

- Visiting other schools with successful BYOD programs

We will be providing information to the school community via the school website and newsletter and would welcome any feedback which will help us develop a successful BYOD program at Killara High School.

Robin Chand
Deputy Principal

Next P & C Meeting

The next P&C meeting will be held on:

Wednesday
18 May 2016

In the
A Block Common Room
7.00pm

Put this date in your diary and come along to find out what is happening behind the scenes at Killara High School – your school.

Student Achievements

The Australian Little Athletics Championships (ALAC)

Last month, Martin Leerburg (Year 8) was selected to compete in the Australian Little Athletics Championships (ALAC) in Adelaide. This is an initiative of Little Athletics (LA). The LA selection committee invites a group of 13 girls and 13 boys to be part of a State team to represent NSW at this National event. Selection is based on performance at State competition and is highly competitive. Martin was one of two students selected from the Sydney North region.



Prior to competition, the team attended a couple of weekend camps at the Sydney Academy of Sport and Recreation (in Narrabeen) to help them prepare and

Year 12 2015 Student - Jordan Hare

Congratulations Jordan Hare (Year 12 2015) for being cast for the new Channel 7 TV series 'The Secret Daughter' starring Jessica Mauboy.

Jordan plays Jessica's character's sister in the series and is billed as "outstanding new comer".

Year 10 Academic Excellence Awards 2015

Congratulations to Zaalie Herbert (Year 11) who attended The University of Sydney for the Year 10 (2015) Academic Excellence Awards. Zaalie received her award with her fellow Year 10 students from approximately 100 schools. There was one student from each school and each student was the top student in Year 10 from their respective school.

bond as a team. Their development coaches were ex-athletes and Olympians and included Youcef Abdi and Cheryl Webb.

At the ALAC, the team was involved in an opening and closing ceremony, and live streaming of the event occurred. The team was given two days of sightseeing (with pocket money included!), and a celebration dinner at the end of the competition was held in their honour. Regarding the competition itself, teams from all States (and ACT) strive to win various trophies. The most sort-after trophy is the *Trevor Billingham Trophy*. It is won by the team with the highest competition point score from the carnival. This year, the NSW team was successful in obtaining this trophy. Congratulations to Martin on the success of qualifying for this team, and for his individual triumphs at the competition, which contributed to the outstanding success of the NSW team.

Tina Shapiro
PDHPE Teacher

Click on the following link to read further information on 'The Secret Daughter':

<https://au.tv.yahoo.com/shows/tv-buzz/a/31374978/full-cast-for-channel-7s-new-drama-the-secret-daughter-revealed/>

Sophia Bromley
CAPA Teacher

The program from the event can be viewed at:

<http://sydney.edu.au/study/admissions/events-for-future-students/year-10-academic-excellence-awards.html>

Danielle Herbert

Student Wellbeing

This term we are continuing with the operation of the mindfulness space on Tuesday lunch times in B17. The mindfulness space was introduced as a part of the MindMatters surveys that were conducted. Mindfulness is a great skill that can help build concentration and focus in all areas of life; whether it be at school, work, and relationships with family and friends. It can be done anywhere and anytime, but it's not always easy to do, especially when stressed.



The mindfulness space provides an opportunity for students to engage in a mindfulness activity to refocus and clear their minds on a weekly basis. We are focussing on - Mind Full or mindful:

With a number of events happening this term, including a busy time for assessment, reports going out, Year 7 vaccinations and study skills for Year 11 and 12 things can become overwhelming for our students. It is important to remain focused on our mental wellbeing and mindfulness.

I am relieving Head Teacher Student Wellbeing for the remainder of Term 2. If you require any further information please do not hesitate to email me at melinda.buxton@det.nsw.edu.au

Melinda Buxton
Head Teacher Student Wellbeing (Relieving)

Construction Work at Killara High School

Terms 2 and 3 - 2016

There will be construction work taking place at our school, and as a result of this, changes to student movement and access to sites have been implemented. Here is an outline of the construction work that will be taking place during Terms 2 and 3 at our school.

A Block construction

A new ramp is being constructed at the entrance to A Block to provide access to Interview Rooms 1 and 2. This will include the removal of pavement

and the construction of a new pathway. This work will be carried out in the July school holidays to avoid disruption to students. A similar ramp will be constructed in B Block, outside B03.

Construction behind B-Block and between the two basketball courts

A new lift, link way and awning will be constructed behind B Block. The new lift will be built between the basketball courts. Students are not permitted to walk behind B Block as indicated by the new security fencing.



Q. How long will the construction take and what areas will fall within the exclusion zone?

Progroup Construction will undertake this development over a period of 16 weeks. This period of work could be extended due to variations in the weather. Mid-August has been provided as an estimated completion time.

The school oval will be open periodically when vehicles, construction staff and machinery are not being transported.

One basketball court will be available for use during this time. Both Area 7 basketball courts

(closest to the oval) will be out of use and one basketball court in Area 8, closest to the Year 12 area, will be open.

Security fencing has been erected and work will begin during Week 2, Term 2.

We would like to thank all students and staff for their consideration of these changes. These developments will provide essential facilities that will improve our school environment.

Robin Chand
Deputy Principal

Thursday Week 10, Term 2 6-8pm
Killara High School's Kerrabee Theatre

An evening showcase
of thought-provoking ideas
based on the central theme of
My Education, My Future.

Students from all North Shore Five and Killara Schools Partnership schools are invited to present their ideas on the topic to an audience of their peers, parents and teachers. Presentations can be either 2, 4, 6 or 8 minutes in duration.

Students will have access to a computer with MS PowerPoint, internet access, a microphone and data projector. Students are encouraged to present ideas that are **thought-provoking and innovative.**

What do schools need to do?

Interested students from your school must register online using the QR code or URL provided. Students will need a teacher to help them compose and rehearse their presentations in the style of *TedTalks*. Students will need to be accompanied by parents or teachers to the symposium.

Register your talk by Week 5,
Term 2 using this QR code:



or go to

<http://tinyurl.com/z3t2lbp>

SYMPOSIUM

Empowering student voice - encouraging creativity - building collaboration



Stage 2 KSP GATs Program

Lindfield East & Killara

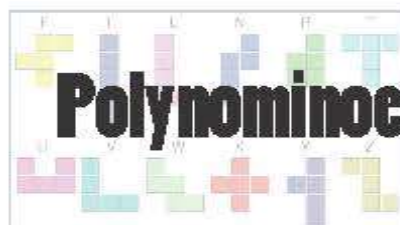
Gifted and Talented Mathematics students from Lindfield East and Killara worked with Killara High School Year 10 students and Mathematics staff on a collaborative Group Problem Solving Challenge before having a delicious morning tea!

After morning tea students then investigated 'Polynominoes' developing strategies in spatial visualisation and geometric reasoning

Group Problem Solving



Students were divided into groups of 5, each of which had a Killara High Year 10 student as a mentor. They worked on a series of problems collaboratively.



Polynominoes Investigation



Both tetrominoes and pentominoes were investigated covering the Space and Geometry and Working Mathematically components of the syllabus

A **tetromino** is shape formed by four squares joined edge to edge in various combinations - can you find all 5?

A **pentomino** is shape formed by five squares joined edge to edge in various combinations - can you find all 12?

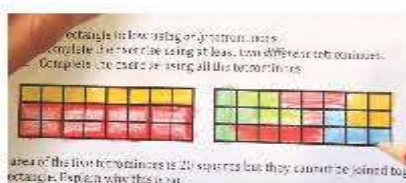
Now construct a 5×16 rectangle from the 12 pentominoes and the 5 tetrominoes.



Working with Killara High Maths Faculty



Working with Killara High Yr 10's



A nice solution!



Working with Killara High Yr 10's

Safe Travel on School Buses

Transdev NSW Bus Company has been working together with local schools to improve the communication between staff and passengers from all walks of life. Not all disabilities are visible and the Transdev Mobility Card was created for those who have a disability or difficulty in communicating.

The cards include a range of options that allow the customer to easily fill in information about themselves. These cards can then be shared by passengers with Transdev staff or other passengers on board, in case they need a little extra help with their journey.

The Transdev Mobility Card also offers peace of mind for families when a loved one is using public

transport and may need extra assistance to get to their destination.

Red Dots indicating primary travel routes:

Killara High School uses red dots on Opal Cards to identify the primary travel routes for students. One red dot indicates a student is able to travel on a bus travelling to Gordon Train Station. Two red dots indicate a student's primary route as including the Darnley Loop.

Students still needing red dots to indicate these primary routes should go to the school accounts window and collect their sticker.

Robin Chand
Deputy Principal

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Transdev NSW Bus
www.transdevnsw.com.au - 02 8700 0555

Please be patient

- ☐ I am visually impaired
- ☐ I am hard of hearing
- ☐ I have difficulty in speaking
- ☐ I have a hidden disability

Please be patient

.....

Can you please assist me with

.....

Please let me know when we get to

.....

Please be patient

.....

Can you please assist me with

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Please let me know when we get to

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Student Progress Review Meetings – Year 9 and 12

Each year Killara High School schedules three student progress review meetings when parents can speak with teachers about their child's learning progress before too much of the year has passed.

We have scheduled the second Student Progress Review meeting session for Years 9 and 12 on **Monday 16 May – Term 2 Week 4.**

We hope parents can take advantage of this opportunity to discuss with teachers their children's progress to date.

Interview Bookings

Parents of students in Years 9 and 12 should have received an email invitation allowing them access to the computerized booking system. This enables parents to indicate their availability for a meeting and to indicate which of their child's teachers they would like to see. It is important that parents complete this process before 7:00am Wednesday 11 May.

Interviews between parents and the nominated teachers will then be scheduled between the hours of 3.30pm and 8.00pm taking into account parent and teacher availability.

The schedule of interviews will be open for parent access on 12 May so that parents may print out their schedule. Some limited adjustments of appointments may be possible depending on the availability of teachers. This access will close again on 14 May at noon.

PLEASE NOTE –

- The system does not notify you of your appointment schedule. You must log on between 12 - 14 May to download your interview appointments.

- The venue for all interviews will be the Kerrabee Centre hall. Signs around the walls of the hall will indicate course/ faculty locations and signs on tables will indicate locations of individual teachers.

- **Interviews are of five minutes duration. Parents and teachers are asked to restrict their discussion to that time in fairness to all families seeking interviews. If teachers and/or parents feel the need to discuss matters further, another mutually convenient time should be arranged.**

- Interviews must be prearranged. To drop in on the off chance of speaking to a teacher can prove very frustrating to those with appointments and such requests may not be able to be accommodated. Please give consideration to the needs of other parents and the staff during these evenings.

Please take advantage of these opportunities to meet with the school staff to discuss your child's progress. Year Advisers, Career Adviser and a School Counsellor will also be present. A translation service can also be made available through the school. Please notify the office by email at Killara-h.school@det.nsw.edu.au if you require this service. You will need to indicate your child's language required and approximate times of interviews.

The Student Progress Review Meetings scheduled for Term 2 are:

Years 8 and 10- Tuesday 14 June (Week 8)

**Robin Chand, Alison Gambino and
Carla Marchesin
Deputy Principals**

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>

Resilience: helping your teenager 'bounce back'

When young people are resilient, they cope better with difficult situations. They 'bounce back' when things go wrong. Young people need resilience to navigate life's ups and downs, so building resilience is an important part of adolescent development.

What is resilience?

Resilience is the ability to 'bounce back' after a tough situation or difficult time and then get back to feeling just about as good as you felt before. It's also the ability to adapt to difficult circumstances that you can't change, and keep on thriving.

Your child needs the personal skills and attitudes to help her bounce back from everyday challenges such as making mistakes, falling out with friends, or losing an important sporting match. Your child might also face more serious challenges such as family breakdown, adapting to a stepfamily, the illness or death of a family member or bullying. How resilient you act and feel can go up and down at different times. You might be better at bouncing back from some challenges but not others. Some young people face more challenges than others because of learning difficulties or disabilities, or because they have more anxious personalities. The more challenges young people have, the harder it is for them to be resilient. All young people can build the skills for resilience.

Resilience is more than just coping. When you're resilient, you're more prepared to seek new experiences and opportunities and take reasonable risks to achieve your goals. Risk-taking might mean some setbacks, but it also creates opportunities for success and greater self-confidence.

Building resilience: how you can help your child

Resilience for young people is built on a foundation of strong positive relationships with parents. Children can also gain strength from other caring adults, such as grandparents, aunts, uncles or teachers who might act as mentors. Friends and classmates can be great sources of support too. You can help your child build the ability to bounce back from difficult situations by giving him the opportunity to learn and practise important values and skills such as:

- self-respect and other personal values and attitudes
- social skills
- helpful and optimistic thinking
- skills for getting things done.

As a parent or care giver you can't stop your child from experiencing problems or tough times. But you can play a big role in helping your child to be more resilient. And the earlier you start, the more likely it is your child will develop skills for resilience.

Key messages for building resilience

You can **create a positive family environment that fosters resilience** by communicating some key messages to your child in your daily life together:

- Life is mainly good, but now and then everyone has a difficult or unhappy time. It's a normal part of life.
- Things nearly always get better, even though they might sometimes take a bit longer to improve than you'd like. Stay hopeful and work on the problem if you can.
- You'll feel better and have more ideas about what you can do if you talk to someone you trust about what's worrying or upsetting you.
- No-one's perfect. We all make mistakes. We all find out there are some things we can't do so well.
- If you can find something positive or funny in a difficult situation, no matter how small, it can help you cope better.
- Take fair responsibility for what you did or didn't do to cause a difficult or unhappy situation. But don't blame yourself too much – circumstances, bad luck or other people all played a part too.
- If something can't be changed, you just have to accept it and live with it. Don't make yourself miserable by making it worse or by assuming that the worst possible scenario is the one that will happen.
- When something goes wrong, it will usually affect only one part of your life. When this happens, focus more on the things in your life that are still going well.
- Everyone gets scared sometimes, but not always about the same things. Facing your fears can help you grow stronger.
- Don't let yourself be 'hijacked' by your feelings so that you're not in charge of yourself. Find a way to calm yourself down so you can think of the best way to deal with how you're feeling.

Excerpt taken from:



raising children network
the Australian parenting website

http://raisingchildren.net.au/articles/resilience_teenagers.html/context/1153

From the Library

A big thank you!

We wish to publicly thank Ms Parker, mother of Year 9 student Cameron Parker, who kindly donated a sizeable collection of ancient history books to our Lion Library. As well as many being placed in our collection, they have been eagerly received by our Ancient History staff to use as well. Thank you for your generous donation.

Parents/guardians - can you help your child/children with The Premier's Reading Challenge?

The Premier's Reading Challenge for 2016 is now under way, but we hope that many parents may be interested helping their child and/or children to participate in this year's challenge.

Here's how you can help:

1. Encourage your child/children to participate and complete the Challenge. This helps students discover a love of reading as a leisure activity. The Challenge also helps students to develop essential learning habits, such as: being organised, meeting deadlines, being accountable, taking responsibility for the reading, and valuing regular reading.
2. Please also encourage your child/children to complete their PRC student reading record as part of their homework using DET or PRC username and password.

Fiction in detail:

Bailey, Em. **The Special ones**

He keeps us here because we're special. Esther is one of the 'Special ones' - four people who live under his protection in a remote farmhouse. The special ones are not allowed to leave, but why would they want to? Here, they are safe from toxic modern life, safe from a meaningless existence, safe in their endless work. He watches them every moment of every day, ready to punish them if they forget who they are -- all while broadcasting their lives to eager followers on the outside. Esther knows he will renew her if she stops being special, and that renewal almost certainly means death. Yet she also knows she's a fake. She has no ancient wisdom, no genuine advice to offer her followers. But like an actor caught up in an endless play, she must keep up the performance - if she wants to survive long enough to escape.

Gates, Tom. **Yes No (Maybe)**

Sometimes making up my mind isn't easy to do. Especially when my grumpy sister Delia is looming

over me. Mum's on a mission to tidy up the whole house. She says if I can't decide what to get rid of she'll do it for me. Which would be a disaster.

Griffiths, Andy. **The 65 –Storey Treehouse**

Andy and Terry's amazing 65-storey tree house now has a pet grooming salon and a birthday room where it's always your birthday (even when it's not). There is also a room full of exploding eyeballs, a lollipop shop, a quicksand pit, an ant farm, a time machine and 'tree NN' - a 24 hour a day TV news centre keeping you up to date with all the latest tree house news, current events and gossip. Well, what are you waiting for? Come on up!

Kilworth, Garry. **Castle storm.**

In the land of Welkin, ruled over by the iron paw of vicious stoats, Sylver, the leader of a band of outlaws is on a quest: to find the humans who abandoned the land many years ago and bring them back to Welkin. With his small company, he journeys south, through myriad adventures, in search of an ancient castle wherein lies the clue he seeks - Castle storm.

David Metzenthen. **Dreaming the enemy**

Johnny Shoebridge has just returned from fighting in the jungles of Vietnam. He no longer carries a weapon -- only photos of the dead and a dread of the living. Pursued by a Viet Cong ghost-fighter called Khan, Johnny makes one last stand - knowing that if he cannot lay this spectre to rest, he will remain a prisoner of war for ever. Drawing on courage, loyalty and love, Johnny tries to find a way back from the nightmare of war to a sense of hope for the future.

Patterson, James. **Saving the world and other extreme sports**

Max ride and her friends Fang, Iggy, Nudge, the gasman, and angel are clearly destined for greatness, but that makes this fugitive band of winged kids the targets of power-hungry people and their spectacularly frightening, highly advanced henchman all over the world. Now they are confronted with the biggest threat humanity has ever faced: extinction.

Non-fiction in detail:

Annis, Matt. **The impact of technology in music**

From The invention of the electric guitar through to today's high – tech music creation software, technology has always helped us to create music in exciting ways. This book looks at historical, current and emerging techniques involved in music creation and performance. We also look at the increasing and changing role of the internet in

music creation and distribution including the issue of music piracy.

Burke, J.C. **The story of Tom Brennan** (Top Notes series)

This series has been created to assist HSC Students of English in their understanding of set texts. Top notes are easy to read, providing analysis of issues and discussion of important ideas contained in the texts. Particular care has been taken to ensure that students are able to examine each text in the context of the module it has been allocated to.

Graham, Ian. **Great electronic gadget designs (Iconic designs)**

Discover the amazing gadget designs since 1900. From the Japanese Tamagotchi to the iPhone, this book charts the story of design that led to some amazing games and gadgets. We look at the need that prompted their design, the designers responsible for breaking boundaries and the technology that made them possible.

Guillain, Charlotte. **What is a graphic novel?**

Each connect with text book focuses on a different genre, exploring its features, structure and vocabulary, and looking at how well-known authors have used this type of text to express their ideas. Delve into the world of graphic novel. What makes a great graphic novel? Why are characters

important? What comes first: text or pictures? Using great examples from past and present, this book explains what is meant by a graphic novel, before prompting you to create your own!

Skeen, Michelle [and others] **Communication Skills for teens.**

If you're like most teens, a ton of your communication is done through texting and social media. But when you spend so much time looking at a screen, it's easy to forget how to engage in real-life, face-to-face communication. A critical skill for your future success is your ability to connect in person may diminish, especially as you become more dependent on your phone and the internet.

Woolf, Alex. **The impact of technology in history and archaeology**

From the invention of metal detectors through to today's computer modelling of long-dead people, our knowledge of the past has always been improving thanks to technology. This book looks at historical, current and emerging techniques that help us to discover traces of the past, from artefacts to human remains. We look at how dating has become more accurate and also how the internet is giving us greater access to historical records than ever before.

Karen Jones and Francie Campbell
Teacher-Librarians

Careers Corner

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

Year 10 student information:

Students should be actively looking for an organisation for their work experience. For all documentation please see the Year 10 Careers information section on the school website <http://www.killara-h.schools.nsw.edu.au/>

Year 11 student information:

Students need to collect their Mock Interview Evaluation forms from the careers staffroom.

Year 12 student information:

Students are reminded to book a careers interview time with Ms Allen in the careers staffroom.

Careers Expos

It is highly encouraged that students from Years 10-12 attend at least one of the following events on the weekend with their parents/caregiver.

HSC & Careers Expo, Royal Hall of Industries, Moore Park – 2 to 5 June 2016. See the website for the wide range of seminars you can attend.

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

Western Sydney Careers Expo, Halls 5 and 6 Sydney Showground Sydney Olympic Park 16-19 June. See the website for the wide range of seminars you can attend.

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

NS5 St Ives High School Combined Careers Market, St Ives – 16 August 2016 – Free Event all Killara High School Students are Invited.

Knox Grammar School Careers Night

16 May 2016, 5:30pm to 8:30pm, Knox Great Hall, Woodville Ave, Knox Senior School.

The night is open to local students and their parents. It will provide the opportunity to speak to representatives from universities, TAFE and private colleges.

www.knox.nsw.edu.au

Universities

UNSW Year 10 Subject Selection & Information Evenings

5 May, 10 May, 18 May 2016 - 6:15pm to 7:30pm
Location: Sir John Clancy Auditorium, UNSW Kensington

This evening is the best place for you to start if you are thinking about coming to university in two years' time and are currently a year 10 student (or you are the parent or teacher of a year 10 student).

<http://www.futurestudents.unsw.edu.au/whats>

UTS Bachelor of Accounting Information Evening

17 May 2016, 6:30pm to 7:30pm, Haymarket

This event is for students in Years 11 and 12 and their parents and teachers. There will be information on the Bachelor of Accounting course and the opportunity to meet current students, sponsors and staff.

<http://www.uts.edu.au/about/uts-business-school/accounting/events/bacc-information-evening>

UTS Future Student Facebook Page

Get regular updates on future student events, ask questions and participate in Live Chats.

<https://www.facebook.com/UTSFutureStudents>

Your Path to Sydney Uni 2016: An Information Evening for Students and Parents

25 May 2016, Revesby Workers Club

The evening will provide an opportunity for prospective students and their parents to have their questioned answered, with information on marks, cost and areas of study offered. There will be academic staff and students to answer these questions, as well as information on scholarships and pathways.

<http://sydney.edu.au/study/admissions/events-for-future-students.html#sydney>

University of Sydney: Year 10 Information Evenings

The evenings are designed to help Year 10 students (and their parents) choose subjects for the HSC and navigate through the process of applying to university.

The 2016 Year 10 Information Evenings will be held on Monday 16 May, Wednesday 18 May and Monday 23 May.

Topics include:

- ATAR, scaling, prerequisites and assumed knowledge
- subject selections
- career pathways
- the student journey to university.

Dates: 16, 18 and 23 May

Time: 6.00-8.00pm

Venue: The University of Sydney. Venue information will be provided to registered attendees.

<http://sydney.edu.au/study/admissions/events-for-future-students/year-10-information-evening.html>

University of Wollongong Events

UOW Open Day Wollongong Campus

Saturday, 13 August, 10.00am – 4.00pm

<http://www.uow.edu.au/openday>

Study in Victoria

Senior students and parents are invited to learn about the application processes and study options available in Victoria. Presentations will be given by the University of Melbourne and the Victorian Tertiary Admissions Centre (VTAC). Wednesday 1 June 2016, 6.15pm arrival for 6.30pm start (6.30pm - 7.00pm: University of Melbourne presentation; 7.00pm - 7.30pm: VTAC presentation; 7.30pm - 8.00pm: University of Melbourne Q&A). Monte Saint' Angelo Mercy College, O'Regan Arts and Cultural Common Theatre, 128 Miller Street North Sydney NSW 2060.

RSVP is essential at:

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

SCU Virtual Info Session

Wednesday 4 May – 6.00pm & Tuesday 24 May – 10.00am

Join our online session to find out more about SCU undergraduate degrees, university life and how our support services can help you achieve your study and career goals.

<http://scu.edu.au/events/index.php/events/3490>

<http://scu.edu.au/events/index.php/events/3491>

UNSW City Planning Workshop

1 day workshop for High School Students – Year 10, 11, 12

Date: Friday, 27 May 2016

Time: 9.30am-3.00pm

<https://www.be.unsw.edu.au/events/1-day-workshops-high-school-students-%E2%80%93-year-10-11-12>

UNSW Built Environment Portfolio Workshop

Date: 5 August

Time: 9.30am-12.30pm

Find out more about alternative admission by coming along to the workshop event. UNSW Built Environment recognises that your Australian Tertiary Admission Rank (ATAR) or equivalent may not reflect your potential in creative thinking and making.

We are pleased to offer you the alternative admission scheme to give you the opportunity to submit a portfolio of your work to support your ATAR. This workshop will provide you with information, advice and practical skills that will help

you design, layout and construct your own portfolio for submission.

<https://www.be.unsw.edu.au/events/1-day-workshops-high-school-students-%E2%80%93-year-10-11-12>

TAFE & Apprenticeships

NSW ITABs - The future of apprenticeship workshop

10 May 2016, 8:30am to 11.00am, Ryde-Eastwood Leagues Club, 117 Ryedale Road, West Ryde

The workshop will discuss the future of apprenticeships and their current form in NSW, including potential improvements, which could be made. This event is directed at organisations which provide apprenticeship training, those employing skilled tradespeople or those with an interest in the area.

<http://www.mskills.org.au/nsw-itab/media-centre/news/#NewsHint=14173>

Northern Sydney Institute Open Day

20 August 2016, 10.00am to 3.00pm, St Leonards Campus

Open day will provide the opportunity for prospective students to learn about the different courses offered and talk to teachers about the industry areas. <http://www.nsi.tafensw.edu.au/>

Australian Apprenticeship Ambassadors

View the personal stories of more than 120 Australian Apprenticeship Ambassadors who have found a career and success through completing an Australian Apprenticeship.

<https://www.facebook.com/AustralianApprenticeshipsAmbassadors>

ABE Education School Online White Card Course

ABE Education offers an online white card course allowing participants to stop and start at any time.

<http://www.abeschoolwhitecard.com.au/index.html>

Private Colleges

AIE Workshop Videos

If you can't make it to AIE's live online workshops, they are uploaded as videos after the event. You can find them on the AIE YouTube channel.

<https://www.youtube.com/user/AieEdu>

College of Event Management Info Session

6 May 2016, 6.00pm, Level 9, 28 Foveaux St, Surry Hills

The information session will provide prospective students with the chance to listen to staff and lecturers talk about the course, answer questions and discuss post-graduation career opportunities.

To register follow the link below.

<http://www.collegeofeventmanagement.com.au/information-sessions/>

Whitehouse Institute of Design Open House

26 and 27 August 2016, 2 Short Street Surry Hills

For information on the event contact, phone: 1300551433 or email: enquiry@whitehouse-design.edu.au

<http://www.whitehouse-design.edu.au>

<http://www.whitehouse-design.edu.au/>

SAE Info Night

5 May 2016, 6.00pm to 8.00pm, Level 1, 11-17 York Street, Sydney

The evening will allow prospective students to talk to staff, current students and graduates, who can answer any questions. There will also be demonstrations of projects and campus tours. To register follow the link:

<https://sae.edu.au/news-and-events/events/sydney-campus-info-night-5-may-2016/?date=2016-05-05&id=598>

Sturt School for Wood 2017

Sturt School offers a one year course in a Certificate IV in Furniture Design and Technology.

Places are limited for the 2017 intake, those interested in enrolling in the course should contact:

Mark Viner, Head of Sturt. Phone: 02 4860 2080 or email: mviner@sturt.nsw.edu.au

<http://www.sturt.nsw.edu.au/education/1year-fine-furniture>

SEDA College Enrolments 2017

SEDA is a private secondary college for students in Years 11 and 12. They offer non-ATAR HSC courses, with a focus on students who engage with learning through sport and music. Enrolments open in May 2016.

<http://www.sedacollege.nsw.edu.au/>

Clinical Coding Courses

HIMAA offers online courses in Elementary and Comprehensive Medical Terminology and Clinical Coding. These courses may be of interest to those wishing to pursue work or a career in clinical coding in hospitals or day procedure centres.

<http://himaa2.org.au/education/>

Other News

Australian National Chemistry Quiz

Held on Thursday 21 July around the Country

Secondary students are able to participate in this chemistry quiz, which is designed to promote the study of chemistry around the world. Cost per entry \$5.75 and the closing date for registration is Tuesday 7 June.

<http://schools.raci.org.au/competition/ancq/>

Cultural Care Au Pair Information Sessions

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

- **Online:** Monday 9 May
- **Sydney:** Saturday 14 May

Find out more by checking out their website:
<http://culturalcare.com.au/join-info-meeting/>

Parity of Esteem

Parity of Esteem refers to the equality in status between routes of study, ie. Vocational Education and Training against University study. Find out more about Parity of Esteem online:
<http://www.voced.edu.au/content/focus-parity-esteem>

To gauge the Parity of Esteem, parents are invited to participate in the latest VOCEDplus Poll on preferred post-school study options here:

<http://www.voced.edu.au/content/which-pathway-would-you-encourage-your-child-pursue-after-secondary-schooling>

Voiceworks #105 'Nerve' Submissions Open

Express Media accepts submissions for publication in Voiceworks year-round, however each quarter they release a theme for the upcoming issue. The Spring 2016 theme is 'Nerve'.

Nonfiction pitches due Sunday 12 June; fiction, poetry and completed nonfiction pieces due Sunday 19 June; and visual art and comics due Sunday 17 July.

Submit online:

<http://www.expressmedia.org.au/blog/voiceworks-105-nerve-submissions-open/>

The John Marsden & Hachette Australia Prize for Young Writers

This prize is for Australian secondary school students aged 18 and under. There are categories of poetry, fiction and creative nonfiction. Winners will have their work published in Voiceworks, a cash prize and a book pack, with all shortlisted writers invited to meet John Marsden and participate in a workshop with James Phelan. Entries close Friday 1 July, 9.00am.

<http://www.expressmedia.org.au/jmp/>

Youth Central: Cover Letters

This resource gives some tips on how to write an impressive cover letter and includes sample letters.

<http://www.youthcentral.vic.gov.au/jobs-careers/applying-for-jobs/sample-cover-letters>

Finding Balance during Year 12

<http://www.vicsrc.org.au/news/vicsrcvoices-finding-the-balance>

UN Youth Sustainability Summit

22 May 2016, Sydney

This event is for students in Years 9 – 12 to learn about sustainability issues from around the world,

and how they can take action in their communities. For questions email Karen Du:

karen.du@unyouth.org.au
<https://unyouth.org.au/event/sustainability/>

How to Support your child through Senior School

Free online event – 12 May 2016

https://humanconnections.leadpages.co/study-samurai-sales-webinar/?inf_contact_key=77477dcad7ce7f2d56ae2d3892985a02e39692a928db882b92789b5b6802964

Flying Fish Gap Year Instructor Courses

Flying Fish offers gap year courses to become a yachtmaster, and windsurfing, dingy sailing and scuba diving. The program includes training and the opportunity to experience various jobs.

<https://www.flyingfishonline.com.au/gap-year-adventures/>

Where could STEM take you?

<http://www.mskills.org.au/media-centre/news#NewsHint=14168>

Seeking industry partners - Jobs of Tomorrow Scholarships

The NSW Government is seeking industry partners to help promote the scholarships which aim to boost the number of students enrolling in science, technology, engineering and mathematics (STEM). Any interested businesses can email:

nicholasminto@industry.nsw.edu.au

or phone: 02 9244 5535.

<http://www.mskills.org.au/media-centre/news#NewsHint=14156>

New website launched! Preparing Secondary Students for Work

<http://www.mskills.org.au/media-centre/news#NewsHint=14160>

Architecture on Show: Surry Hills

28 May 2016, 2.00pm to 3.00pm, 405 Crown St, Surry Hills

This event may be of interest to students wishing to pursue a career in architecture. To purchase tickets to the Architect and Builder Relationship Show follow the link below.

<https://upto.com/embedded/detail/5HQ1O?pt=a1SO>

TSFX Exam/Study Tip #4: The Most Effective Learning Tip Known to Man

<http://www.tsfx.com.au/wp-content/uploads/2015/04/HSC-2015-Study-Tip-4-FINAL.pdf>

Career FAQs Sector Snapshot: Healthcare

An overview of the sector including current employment, future prospects and salaries.

<http://www.careerfags.com.au/news/news-and-views/sector-snapshot-health-care/>

Australia's Highest Paying Jobs

<http://www.seeklearning.com.au/study-and-career-advice/seek-job-trends/australias-high-paying-jobs>

An Evening with Daphne Guinness

12 May 2016, 6.00pm to 7:30pm, Powerhouse Museum

Daphne Guinness is prominent in the fashion industry and this event may be of interest to students who wish to pursue a career in fashion. Tickets for the evening also include entry to the Isabella Blow: A Fashionable Life exhibition.

<http://sa2.seatadvisor.com/sabo/servlets/TicketRequest?presenter=AUPMUSEUM&event=ICDG0516>

City Talks: Greening Global Cities

17 May 2016, 6:30pm to 8.00pm, Lower Town Hall
The talk will focus on the planning of parks by putting people first. Speakers will include Clover Moore, Lord Mayor of Sydney and Mitchell J Silver, NYC Parks Commissioner. To book follow the link below.

<https://whatson.cityofsydney.nsw.gov.au/events/city-talks-design-greening-global-cities>

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

Ku-ring-gai Youth Services – Upcoming Events

www.kmc.nsw.gov.au/youth

Make Bullying History Foundation

<https://www.eventbrite.com.au/e/lets-reduce-bullying-in-schools-in-sydneys-north-shore-tickets-22382148609>

Tuning in to Teens course in MANDARIN

<http://resourcingparents.nsw.gov.au/Event/View/10937/tuning-in-to-teens-mandarin>

Ku-ring-gai Council - Pedestrian Awareness Campaign

http://www.kmc.nsw.gov.au/Services_facilities/Basics/Streets_roads_parking/Road_safety_programs/Pedestrian_safety

Parenting Courses and Workshops – Term 2 2016

www.nslhd.health.nsw.gov.au/services/CAP

Event at Northern Beaches ADHD Support Group

www.northernbeachesadhdsupportgroup.com.au

KU East Killara Preschool

ku.eastkillara@ku.com.au

HSC Survival Workshops

<https://bookings.kmc.nsw.gov.au/CoursesandEvents/StandardTicketBookingProcess/ViewEventDetails/1468667>

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IN CONCERT
with guest artist Katie Noonan

A dazzling choral and instrumental music showcase featuring the Combined Secondary Schools Choir and Australia's premier Public Schools Instrumental Ensembles with guest artist, Katie Noonan.

Katie Noonan's technical mastery and pure voice makes her one of Australia's most versatile and beloved vocalists. She will join over 1000 young musicians from around the State as they come together filling Sydney Town Hall with an evening of celebration and song.

Monday 16 and Tuesday 17 May 2016
Sydney Town Hall
7:00pm

TICKETS ON SALE NOW
Call 8256 2222 or visit www.cityrecitalhall.com
Adults \$37 • Concession \$30
School groups (of 10 or more) \$12 per student
Booking fees may apply

For more information phone 8512 1187
or visit www.artsunit.nsw.edu.au