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Email: killara-h.school@det.nsw.edu.auWebsite: www.killara-h.schools.nsw.edu.auNews Email: newsletter@khs.nsw.edu.auFacebook: <https://www.facebook.com/killarahighschool.edu.au>Friday,
9 March 2018

Principal:

Jane Dennett

Deputy Principals:

Robin Chand, Alison Gambino, Carla Marchesin

School Captains: Indira Courtness and Daniel Leslie

From the Principal

Michael Carr-Gregg evening

It was wonderful to see so many parents from all the Killara Schools Partnership schools at Michael Carr-Gregg's informative presentation last week. If you were unable to make it, you might find some of the tips given below from Dr Carr-Gregg useful. His main message is that parents need to be the experts in growing healthy, productive teenagers.

- Sleep is critical. Teenagers need 9 hours' sleep a night, but most of them get only 5.5 – 6 hours. There should be no technology in the bedroom, and they should be in a dimmed room 30 minutes before going to sleep. Also: keep the room cool, avoid stimulants – no caffeine after midday – and avoid conflict before going to bed.
- Breakfast is critical. Professor Felice Jacka (Deakin University & Director of the Food and Mood Centre) <http://foodandmoodcentre.com.au/> lists foods teenagers shouldn't eat if there is a family history of depression or anxiety. She favours a Mediterranean diet, especially for anxiety or depression.
- Hydration and exercise are important. 90% of teens fail to do the recommended amount of exercise.
- Don't be your teenager's best friend – you need to be their frontal cortex. The teen brain is a work in progress, and you are the adult. Brains are not fully "wired up" until the age of 23 for girls, 27 for boys. In this vein, avoiding alcohol is so very important.
- Don't allow kids under the age of 13 on social media, and when they do open accounts, parents should monitor and supervise. Your children should be advised to never post anything on social media they wouldn't want their parents, the principal, the police or a paedophile to see. <http://ourpact.com> is an app that allows you to control all devices in your home.
- In terms of cyberbullying, talk about it before it happens to your child. Advise them not to reply, to block the person, save the evidence; and report abuse. If your child is the aggressor, don't soft pedal here – they need consequences.
- Consider a randomised wifi password, which kids earn by doing jobs around the house. Kids need to do chores.
- In the case of meltdowns, handle them with dignity. Parents need to be the adults, and to be the ones to walk away until anger subsides.

Communication was indicated consistently as being critical. Keep calm, don't talk too much, use humour, give positive feedback, lead by example, don't constantly bring up past mistakes, and set very clear boundaries over the things that matter. Dr Carr-Gregg identified as sleep, diet and internet safety as examples of these.

Dr Carr-Gregg has indicated that he will provide his PowerPoint presentation, which we will post on the KHS website. We will include some of his advice on resilience in our next newsletter.

Safety for everyone

Please ensure that everyone is safe coming to and leaving school. Lately, a number of parents / family members have been dropping off or collecting students from bus zones, or 'no stopping' zones in Koola Avenue. Alarmingly, some students have identified their parent's car in a queue of traffic, and gone out into the road to get in the car. There is an ongoing problem with illegal U turns also, as the local rangers will testify.

These practices are illegal, and dangerous. Koola Avenue is very busy at peak times, and observing the laws is essential. If you are collecting your child in the afternoon, asking them to wait in a side street is a good idea; a better one is to ask them to walk to East Killara shops or another local landmark to meet you there. A large number of students and buses need to navigate our crowded street; please do your part to help keep everyone safe.

Jane Dennett
Principal

Term 1 key dates

March 2018

11	Year 11 Jindabyne (6 days)
23	Year 11 Geography Excursion
24	Music Camp (2 days) Years 7-12
26	KSP Public Speaking Symposium
27	Year 10 Morrisby Careers Test
28	National Band Championships, Melbourne Tour (5 days) - Return on Sunday 1 April
	Sydney North Swimming Carnival

April 2018

3	Athletics Carnival – All day event for the whole school at Sydney Academy of Sport and Recreation in Narrabeen
4	Year 10 Drama Excursion – Sydney Theatre Company
5	Gold Duke of Edinburgh's Award Information Session – 6.00pm
8	CHS Swimming Carnival (3 days)
9	Years 7 and 12 Student Progress Report Meetings (SPRM) CHS Diving (2 days)
10	Cross Country Carnival
11	Year 11 Mock Interviews
12	MADD Festival
13	Last day of Term 1
30	School Development Day

BUSES

Please ensure that you tap on and off when travelling on school buses.

We want the company to have an accurate picture of the number of students who travel by bus.

Next P&C Meeting

The next P&C meeting will be held on:

**Wednesday
21 March 2018**

**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.

Student Progress Review Meetings – Years 7 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 first Student Progress Review meeting session for Years 7 and 12 at the end of Term 1 on **Monday 9 April – Term 1 Week 11**.

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

Interview Bookings

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 19 March, when parents will receive log on codes and your preferences can be entered. The website will close at 8.00am on Thursday 29 March to generate schedules. The site will reopen on Tuesday 3 April for parents to make some limited adjustments, depending on the availability of teachers and download the schedule. This access will close again on 6 April at 3.00pm, and no changes will be possible after this time.

PLEASE NOTE –

- The system does not notify you of your appointment schedule. You must log on between 3 - 6 April 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.

• School stream and Compass reminders will be sent for this event. Please ensure that your login details are up to date for these apps.

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 9 - Wednesday 23 May (Week 4)

Years 10 and 11 - Wednesday 13 June (Week 7)

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

Zone Swimming Carnival

Congratulations to the Killara High School swim team who have claimed the Zone Swimming Championship for the fourth year in a row. Killara finished with 1087 points, in front of Cherrybrook THS with 814 points. The Zone Swimming Carnival was held at Homebush Aquatic Centre on Monday 26 February. The team performance was outstanding, with a total of 56 1st places, 23 2nd places and 11 3rd places. Many individual swimmers also achieved a top 5 position in their age group.

12 Year Girls- Zoe Elliott (= 2nd)
 12 Year Girls- Yu Kai Huang (3rd)
 13 Year Girls- Chloe Kwan (1st)
 13 Years Boys- Daniel Thorne (3rd)
 14 Years Girls- Charlotte Lambourne (1st)
 15 Years Girls- Chiara Minotto (4th)
 15 Years Boys- Dennis Hui (1st); Ned Waddington (4th)
 16 Years Girls- Mia Clarke (=4th)
 16 Years Boys- Matthew Thorne (1st)
 17+ Years Girls- Maya Murphy (2nd)
 17+ Years Boys- Lewis Dobson (3rd)

Well done to Justin Lu (B12) and Dennis Hui (B15), who broke the 50m Backstroke record (Div B) in their respective age groups. Congratulations must also go to Chloe Kwan (G13) who broke the 100m

Breaststroke record which had previously been held for 30 years.

Our relay teams also performed particularly well on the day, with 10 teams finishing either 1st or 2nd.

Boys	Girls
12 Years	12 Years
13 Years	14 Years
14 Years	16 Years
15 Years	17+ Years
16 Years	
17+ Years	

Killara also won both the Boys and Girls Medley relays, in addition to the Boys and Girls 6 x 50m Relay. Killara will also be progressing to Sydney North in the Knockout 12 x 50m Relay, as we also placed 1st in this event.

The Sydney North Swimming Carnival will be held on Wednesday 28 March (Wednesday, Week 9) at Homebush. Good luck to the team as they prepare for this event. A summary of all results from Zone are available on the PDHPE notice board, and on the school website.

Christina Shapiro
 PDHPE Teacher



School Tour

On Tuesday morning, Killara High School welcomed primary school students from local schools that are a part of the Killara Schools Partnership, along with their parents, to have a guided tour of the school with Year 8 students; Kate Springer, Lauren Welch, Anna Kriewald, Lachlan Cain, David Cooper, Sebastian Mahony, ourselves and Mrs Dennett. Before commencing the tour David shared an insight into what it is like to start Year 7 and I (Indira) talked on the privileges and aspects to look forward to that come with being a senior student. Students and parents listened on eagerly to all the opportunities Killara has to offer to its students and were given time to ask questions of our students and staff. Later on, while Mrs Dennett spent time showcasing the schools

facilities to the parents, including the new building that is being built in 2020; the Killara High School students had time to get to know the primary school students and show the school facilities through our eyes. Students were encouraged to participate in the many extra-curricular activities available at Killara High School.

We thoroughly enjoyed giving an insight into what it's like to attend Killara High School to our visitors and hope that the students learnt something new about high school.

**Indira Courtness (School Captain) and
Koh Saito (Senior Prefect)
Year 12**



The 2018 Killara High School Athletics Carnival... Get involved

When: Tuesday 3 April 2018 (Term 1, Week 10)

Where: Sydney Academy of Sports, Wakehurst Parkway, Narrabeen

Who: All students and teachers of Killara High School. Parents are also more than welcome to attend

Why: To get involved in the spirit of competition OR to make the Zone athletics team OR to earn points for your house... the list goes on!

How: Students travel to and from the venue by bus. Buses will leave school at 9.00am and return in time for the normal school bus departures



Extra information:

- Students wishing to enter the Javelin, the 800m run and the 1500m run need to make their **own way** to the venue. The Javelin will begin at 8:00am, the 1500m at 8:15am and the 800m at 8:45am
- **Students are to dress in** P.E. uniform or their house colours. Doongara – Blue, Mundara – Green, Caringa – Yellow, Kimba – Red. Be sure to dress appropriately for sports participation and sun safety
- Students are required to bring a hat and plenty of water as well as apply sunscreen throughout the day



Student Success

Congratulations to Tamara Kowcz Rosinke (Year 12) who competed in the 2018 NSW Junior Athletics Championships. Tamara achieved 2nd in Triple Jump and 3rd in Long Jump, qualifying for Nationals in Long Jump, Triple Jump and Heptathlon. Well done, Tamara.

Christina Shapiro
PDHPE Teacher



Student Safety

Please note that Department of Education policy requires supervision of students to commence 30 minutes before the start of the school day. Consequently, the school is not open to students before 8.10am, except for those attending lessons or practices under the supervision of a teacher.

Students arriving before Home Group are expected to remain within the school grounds where they are supervised informally by the large numbers of teachers arriving or present at that time. Students may not leave the school grounds after their arrival at school without written authority of the school and knowledge of parents/carers.

At the conclusion of the day the large numbers of students leaving school by bus are supervised by rostered staff until all buses have departed. All other students must leave the school premises following the 3.05pm bell. There is no formal supervision provided in the school grounds after school.

Thank you for your assistance.



New Building

Blue Visions, the project managers for our new building, is operating information booths on:

Monday 9 April, 4.00pm – 6.00pm: Years 7 and 12 Student Progress Report Meetings (SPRM)

Come along and give your feedback, and ask any questions.

Uniform Shop

We will be holding a second hand uniform sale on Saturday 24 March from 9.00am to 10.30am. Entry to the sale will be through Gate 5 on Koola Avenue. This will be a cash only sale: no refunds or exchanges can be made. Please bring smaller denominations of cash along.

Donations of uniform items in good condition that you no longer require would be most appreciated. Please wash and drop these off at the Uniform Shop during normal opening hours (Tuesday and Friday 8.00am to 10.30am). Money raised from the sale goes back to the school via the P&C.

Prices will be:

\$20.00 each

Dresses, Trousers, Jackets and Jumpers

\$10.00 each

Track Pants, Grey Shorts, Shirts, Blouses, Skirts, Sports Shirts and Sports Shorts

\$5.00 each

Belts, Ties and Sports Caps

We will also be opening on two weekends to assist with purchasing winter uniforms. The days and times are:

Saturday 14 and Saturday 28 April from 8.00am to 10.30am

Sunday 29 April from 8.30am to 10.30am.

Don't forget that we now have online ordering available. You can order through an application available on your iPhone or android called Qkr! by MasterCard. Download this free application and follow the instructions. Once you have placed your order, your child can come into the shop during opening hours and try for size before taking home.

Contact details are: 9498 3722 ext 128 or email khscp@yahoo.com.au

Barbara Liebenberg
Uniform Shop Manager

Kids Giving Back

Congratulations to Daniel and Gabriella Pacheco, who were part of a team of 55 *Kids Giving Back* volunteers who cooked, packaged and delivered over 350 warm, nutritious meals to local shelters and individuals in need on Sunday 4 March.

Daniel and Gabriella took part in a Community Cook4Good Program with their family and should be commended for giving up their time to help others. The photos of the day will be available to view on:

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

If you would like to learn more about this program, please visit the website: www.kidsgivingback.org. There are Cook4Good programs scheduled throughout the year for which families may register.

You can also read about the school Service Learning programs at:

<http://kidsgivingback.org/service-learning/>

Kirsty Warren
Programs Delivery Manager
Kids Giving Back



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>

Careers Corner

School Information

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

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

<https://jobjump.com.au/myCareer>

For up to date careers information, please visit the school website at:

<http://www.killara-h.schools.nsw.edu.au/our-school/careers>

Alternatively please visit the new Careers website at: <http://www.killarahighcareers.com/>

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 Elif Macpherson
Careers Advisers

Library

For up to date book recommendations from the Library, please visit the school website at:

<https://killara-h-nsw.compass.education/Services/FileAssets.svc/DownloadFile?sessionstate=readonly&id=1287e19c-1681-441f-ab5d-ced1fd15e228&originalFileName=New%20Library%20Books.pdf&nodeId=3210>