

Killarney Heights High School Newsletter



Respect Connect Aspire

Term 4 Week 9 2019

Principal's Report

Celebrating Success

These past few weeks we have been celebrating success with the students, teachers and parents of Killarney Heights High School. After all the hard work during the year it is great to stop and give students that special pat on the back. Most students I know don't do it for the recognition, they achieve in sport or school or in their interests through a love of their interest, we want to foster this attitude as it is the healthy version of success.

We welcomed Caitlin Foord, from the Matilda's football team to help us at the sports assembly last week. She awarded trophies to the students who were outstanding in their respective sports. Read about this in the sports report.

Last Wednesday night we celebrated academic success for students from year 7 to year 11. Students received acknowledgement for their ongoing efforts throughout the year, it is sometimes the quiet achievers that we have to take notice of at this time.

Once again we have had a fantastic year, we are building on our strong HSC results from last year. We are the best non selective school for English in NSW. Our Advanced English results were 4th in the state after James Ruse, Kambala and Alpha Omega College, beating Manly Selective, North Sydney Boys and Girls. Our outstanding results were not confined to English, our results were strong in Mathematics, Music, Legal Studies, Economics, Industrial Technology, in fact in every faculty we had incredible results. We now rank as the 9th best comprehensive school in the state.

This year our early results are promising with major works of 5 students being selected for inclusion in the best HSC practical projects or performances in the state. Louis Wishart and Estelle Andrews were selected for Encore, Louis for his trumpet piece and Estelle for singing. In Multimedia Piper Robins and Olivia Barton for their short films. Maya Challoner's set design was selected for Drama. We look forward to the release of the HSC marks this week.

The reason that we do so well is that we have quality teachers and head teachers who are continually working on improving their practice. Your children may have talked about having 4 extra teachers in their classroom, or their teacher videoing themselves. This is all part of our Instructional Rounds, where we all try to get better every day.



But life is not all about academic success – we can entertain as well! You only had to watch a small part of the Xmas factor to see how talented our students (and teachers are). I am amazed at the depth of the talent, watch out for them on Triple J Unearthed in the future. The incredible films by David Szasz and Luca Blades that were awarded in the Byron Bay short film fest were shown to students. It is hard to believe that these were not created by professionals.

Our extracurricular program is also part of our school, with amazing opportunities for our students. We had an incredible year for our Band who competed on the main stage at Manly Jazz Festival and gained 2nd in the Met North Band competition. The band spent time touring regional areas with great success. The musical “We will Rock You” was fantastic with so many staff and students involved, special mention needs to be given to Ms Grugan, Mr Fuller and Mr Bryant.

Apart from music there was the Duke of Edinburgh students who hiked who hiked to Bantry Bay, robotics club who program Lego robots, the drawing classes, the dance ensemble, choirs, homework club and science club which incidentally runs on Friday afternoon after school – so you really have to be keen. Thank you to all the teachers to make this school a vibrant community.

In sport, we had individual success with Lizzy McMillan most recently coming 2nd in U16 3km race walk, Tara Latham coming 7th in the same event at the last week of the National Athletics competition in WA. Cara Horn was once again selected for the U19 Australian Women's Floorball team to represent Australia in the World Championships in Sweden next year, Toby Dreyer being selected for the NSW U19 Hockey team, Cooper Horley ran in the NSW Schools Orienteering team, where Cooper came 1st in the Oceania men's under-14 relay. It's hard to keep up with all this talent! I'm sure these are just some that we know about.

Our grade sport teams were very strong as well, Junior Netball, Boys Junior and Senior Basketball won our schools competition and our Open Boys won the regional Futsal championship. Thanks to the teachers who gave their time to coach these teams.

This success does not happen by itself, we want to thank you, the parents for the time and effort that you make for your children and the support that you give us at school.

We cannot possibly give an award for every student, so please look at your child's report and highlight the positives. It is my belief that if we concentrate on the positives we build our children up. There may be a few not so positive things in the report, but have a conversation with your child and ask them what changes are they going to make so that they don't have the same result next time.

And finally I want to acknowledge our teachers, we know that they are hard-working, caring and ensure that every student is learning, without them and all the extra things that we do, we could not possibly have the success that we have. Thank you.

I won't see you in term 1 as I am going on leave, to do some things I have been putting off for the past couple of years (gardening, golf, watercolour painting, family), so I will see you when I return after the Easter Break. The school will be in the capable hands of Dennielle Woskanian, with Sabina Walters and Katie Rose as Deputy Principals.

I hope everyone has a relaxing and safe holiday break, a happy Christmas and New Year.

Hayley Emmerton
Principal



Upcoming Events	
18 December	Last Day of Term 4 for Students
29 January 2020	Years 7, 11 and 12 Return to School
30 January	Years 8, 9 and 10 Return to School
3-5 February	Year 7 Camp
6 February	Photo Day
17 February	P&C Meeting
20 February	Year 7 Vaccinations
23 February	P&C Working Bee
26 February	Year 8 & Year 10 Information Night
27 February	Year 9 & Year 11 Information Night
28 February	School Swimming Carnival
9 March	Open Night
9-13 March	Year 12 Hospitality Placement
13 March	Zone Swimming Carnival
16 March	P&C Meeting
17 March	Year 6 to 7 Extension Class Test
20 March	School X-Country Carnival
9 April	Last Day of Term 1

Student Wellbeing

Student Wellbeing

As we come to the end of yet another year, it's time to reflect on all the amazing and meaningful wellbeing activities our students engaged in and to turn our attention to our direction for 2020. At Killarney Heights High school we are very lucky to have such a dedicated wellbeing team who are committed to supporting and guiding all of our students. I would like to take this opportunity to give thanks and highlight the importance of the wellbeing team.

The wellbeing consists of the year advisers; Ms Petah Jamieson (7), Mrs Katie Grant (8), Mr Julian Aguilera (9), Mrs Helen Urquhart (10), Ms Emma Higgs (11) Mrs Kiara Williams (12), Diarna Kalmanidis (HT Wellbeing), Mrs Naomi Yorston (Learning & Support), Mrs Julie McDermott (Careers Adviser), Ms Emily McNamara (Girls Supervisor), Mr Joseph Taffa (School counsellor) and out Deputy Principals Mrs Dennielle Woskanian and Mrs Sabina Walters. The team is dedicated to developing positive interactions and relationships with all students, staff and the community. Year Advisers have supported students through the delivery of various wellbeing programs targeted to their year group. They also support, guide and counsel students through difficult and challenging times.

The Year Advisers have developed a wellbeing plan for 2020 where they have identified target areas to focus on through analysing student wellbeing data gathered from the annual Tell Them From Me Survey results. We have an exciting year planned for wellbeing next year. All students will be engaging in strength based programs throughout the year. An overview is outlined below.

MY RESILIENCE

YEAR 7+8

MyResilience equips students with strategies and responses to the most common hardships they will face as teens.

MAIN EVENT: MyRESILIENCE

Students will...

- ✓ Learn the 4 things resilient people do
- ✓ Adopt a strength mindset as the platform for confidence
- ✓ Discover 3 of their Top Character strengths
- ✓ Develop response strategies for hardship, stress, bullying & let down

MY STRENGTHS

YEAR 9+10

Where so many know their weaknesses, MyStrengths helps teens discover their strengths.

MAIN EVENT: MySTRENGTHS

Students will...

- ✓ Discover their Top 5 strengths through the MyStrengths assessment
- ✓ Understand how these inform identity, esteem and future choices
- ✓ Gain ideas on how to build a future that is based on their strengths

MY FUTURE

YEAR 11+12

MyFuture leads students to discover their best future in light of their strengths.

MAIN EVENT: MyFUTURE

Students will...

- ✓ Formulate a purpose statement
- ✓ Explore their best self in FLOW
- ✓ Create a plan following the "Principle of the Path"
- ✓ Set goals for each of the critical areas of life and development

We also will be developing and implementing an explicit wellbeing program for 2020. Students in year 7,8 and 9 will have a wellbeing lesson once a fortnight dedicated to

teaching them the concepts of wellbeing. Students will develop knowledge and strategies under the domains of positive emotions and relationships, mind-body connection, positive purpose, engagement and accomplishment.

Wishing all our families and students a safe and relaxing holiday. Looking forward to seeing everyone in 2020.

Ms Diarna Kalmanidis
Head Teacher Wellbeing

Year 7



Year 7 2019 has been a year of transition, building respectful relationships and learning about Killarney Heights High School. We have had a very full year of events that have included: Year 7 Camp, Year 7 choir, peer support sessions, Year 7 Gala Day and Hunting Games.

Our year meetings have been focused on: using class time effectively, managing homework, clever diary use, goal setting and resilience. It was also exciting to congratulate many students for their achievement of merit awards and bronze medals.

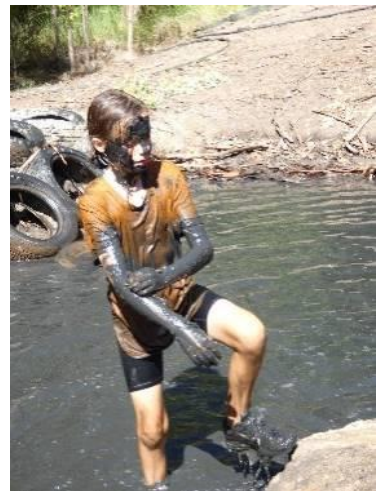
I have really enjoyed my time as Year Advisor this year and supporting students through their first year of high school. I will be taking 2020 off on maternity leave. The relieving year advisor will be Mr Luke Gardiner. Mr Gardiner is located in the PDHPE facility.

Thank you for an amazing 2019 and I wish you all a safe and happy summer holidays

Petah Jamieson
Year 7 Adviser



Year 7



Year 8

Year 8 2019 has been a year of building partnerships across the school community in a collaborative and nurturing way to develop positivity and connectedness in a holistic manner. As a school we have acknowledged many Year 8 student strengths, developing a culture of resilient learners who thrive and succeed within the educational environment.

Year 8 has embraced learning, developed resilience and become more confident. Some of the wellbeing programs we have engaged in, which have fostered the development of students' self-efficacy, love of learning, and sense of belonging include: our regular year meetings, two-day camp and numerous Brainstorm productions.

I have immensely enjoyed my time as Year Adviser, supporting students through their first couple of years of high school. However, I have decided to pass on the reign of Year Adviser responsibility to the incredible Ms Kat Pascoe starting in 2020.

Thank you for an amazing couple of years and wishing you all a safe and prosperous break.

Katie Grant
Year 8 Adviser



Year 8



Year 9

This year we have seen the transformation of our year group. From young, bright eyed year 8's to the young adolescent teenagers that present themselves before us. A huge congratulations must be said to the year 9 students for making it through the year. They have worked extremely hard and I hope they continue to improve the culture we as a cohort have built as part of the senior school in 2020.

This year the main focus for the students as a year group was to become self-reliant, engaged students who looked out for one another. The term #Squadgoals was coined earlier in the year to establish an idea that we as a year group, would be a strong unit working together. This idea resonated with students as I began to see and hear the cohort use the term colloquially throughout the school. Their ability to work collaboratively and help one another when needed was pleasing to see. I hope this continues into next year as it will be a mainstay within our year meetings for 2020.

As the year progressed we achieved many things as a year group. We tackled NAPLAN head on, reflected on reports and learned how to study for exams in year meetings.

Brave souls ventured into the bushland to show their skill, determination and survival skills during the Duke of Ed exploration.

Students worked hard to develop their confidence and build support networks around them in the Raise mentoring program. Students strived to achieve their best at the swimming, athletics and cross country carnivals.

As a year group the students strived to show what we are grateful for and how to take on life's challenges with some inspirational words during the video of Neale Daniher's Fight MND speech: https://www.youtube.com/watch?reload=9&v=8H_aAmL-1NI

We ASPIRED to be great and celebrated our students who achieved student excellence and sustained effort at the end of the first semester. The year group worked on cyber safety, respectful relationships, body image and positive mental health, risk-taking and decision making during the KYDS workshop.

Gaining the opportunity to have the world renowned Smashed program present to the students about alcohol abuse and the risk taking issues that are associated with underage drinking.

Our peer support leaders applied to become leaders of the school and be the representatives for the school for our new year group entering the school in 2020.

The Brainstorm production presented to the students on the show "FlipSide" an interactive show for young teens on helping with issues and how to help one another with stress, anxiety and depression.

Next year brings a lot of excitement but also a new challenge for students to face. We as a group must continue to build resilience, find best practice for individuals when it comes to studying for exams/assessments and maintain our self-sufficient learning to prepare us for senior school at Killarney Heights High School. 2020 also brings challenges and to work on those challenges we will be looking at:

- How to study and learning the Cornell method of note taking
- Engaging in the P.A.R.T.Y program at Royal North Shore Hospital
- Peer support mentoring throughout the year
- Year 10 exams
- Work experience within the greater and local community
- Year 10 adventure day camp

I am proud of the efforts year 9 have displayed this year and it has been a privilege to see them grow into young, respectful students. I am excited for the challenges next year brings and look forward to leading the best year group in the school in 2020. Have a great break and stay safe.

Julian Aguilera
Year 9 Adviser





Year 9



Year 10

This year has been extremely busy for our Year 10 students. As we come to the end of the year, we can reflect on Year 10's achievements. We started the Year with Year 10 wearing their new Senior Uniform and being recognised by the rest of the school as Seniors. Many of them took on a new role as Peer Support Leaders. They have stepped up and become leaders in the school by planning and coordinating the Peer support sessions with their Year 7 groups throughout the Year and have supported them with their transition to High School.

We started the Year by preparing them for Senior school with a study skills seminar called Study Sensei, which formed part of our Year 10 Wellbeing program. Year 10 can still access these resources, by visiting www.elevateeducation.com where a pop up will appear and students can enter the password 'rondo' that grants them access to premium resources that will assist them with their preparation for Year 11.

The main focus of our wellbeing programs this year has been to be present in all you do. This encompasses many facets of their life from being present and focused in the class rooms to being present with you at home at the dinner table, learning to give people their undivided attention.

In our Year Meetings which occur twice a Term, we acknowledge our students who have achieved awards. We now have a group of students who have reached their Silver Medal for achieving over 300 Killa's which is awesome. We also have had guest speakers this year, our Local Police Liaison Officer Darren Cairnes who provided the students with valuable information about their rights in regards to the law and turning 16, especially in relation to social media. A past Student Matthew Ng came and talked to the students about Personal presentation standards, communicating with each other in a positive manner and preparing for Senior studies.

Students have had to learn about decision making this year. Researching their subject choices and possible future pathways formed a large part of their first semester focus. This semester they experienced the world of work through the work experience program which was run by our Careers Adviser Julie McDermott.

Year 10 had a number of Wellbeing activities this term with Love Bites and their Outdoor Adventure Day. The aim of the Love Bites program is to provide a safe environment in which young people can discuss and learn about their rights and responsibilities in relationships and look at ways to access support when needed. During the sessions, young people are introduced to a number of services in the community and encouraged to support their friends by utilising safe, healthy and proactive strategies.

The Outdoor Adventure Day was at Douglas Park in the Nepean area. The aim of the Adventure Day was to foster team building, and create stronger year group connections. Our students participated in the giant swing, zorb balls, high ropes and cycled across tight ropes. They generally spent the day encouraging each other and supporting each other. It was a fantastic day out spent with a great group of staff and students.

I hope that the graduating class of 2021 are now ready to embark on their preliminary studies next year and will continue to encourage and support each other throughout their Senior studies.

Helen Urquhart
Yr 10 Adviser



Year 10



Year 11

Year 11 started with a bang and fitting Year 11 into three terms meant that their Preliminary year flew by. Our focus and mantra for the year were healthy study habits and stronger cohort connections #wearefamily.

Students started the year off by participating in two HSC Success Sessions. They listened to a number of guest speakers about the importance of hard work, goal setting, health and wellbeing and looking after their bodies as well as the importance of a good night's sleep. Students were then given the opportunity to choose teacher mentors. The mentors will act as additional support people for students to talk to throughout their senior years. Our focus of developing healthy study habits was affirmed with really positive Semester One reports.

Term Two was relatively quiet with students spending the majority of the time focusing on developing deep knowledge and understanding of their subjects and working on their extended writing structure and technique. The jersey committee assisted in narrowing down jersey design choices and then the all important nickname decision was made of what to put on the back. In the midst of this; Prefect nominations were made and aspiring leaders attempted to convince their audience of Staff, other Year 11 and Year 10 students through their prefect speeches. Prefects were later announced and the leadership team for 2020 set in place.

Term Three started with a bang and three days of the Life Ready program which involved GP visits, Drug & Alcohol, Safe Partying, Sexual Health and Financial Independence presentations from both external providers and KHHS staff. Day 3 involved a visit to RYDA St Ives for Driver and Road Safety. Year 11 finished strong with some serious revision and study taking place before the Preliminary Examination period - their first opportunity to experience a formal examination block. The end of Year 11 was celebrated with a really fun day at Luna Park.

Term Four has meant the beginning of Year 12 and their final year of high school. They began their first day back by listening to Ms Walters and myself giving them handy tips and tricks about navigating the final 12 months successfully. Students were issued with helpful organisation packs to start off on the right foot and get them into healthy routines. By the end of this term they will have completed their first assessment task of their HSC courses.

Day 1 2020 will start with a similar theme to this year, students will participate in Elevate workshops (the same provider who presented Study Sensei and Time Management seminars in Year 10 & 11). Elevate will be focusing on getting in front of and on top of stress and anxiety and getting back into the swing of a healthy study timetable and effective organisation. This will be followed by a parent and student information night in week 2 (Tuesday 4th February) in the school hall beginning 6.30pm on how the HSC and ATAR work and a parent seminar on supporting a child completing their HSC.

I hope that all Year 12 2020 students and families enjoy their hard earned holiday break and look forward to seeing them on Day 1 2020.

Emma Higgs
Year 12 Adviser
#wearefamily



Year 11



Poetry Anthology Book Launch

Last term, all students in year 9 completed a unit of work on poetry which expresses and explores 'Australian Voices and Perspectives' As part of their study, students read and analysed poems written by a variety of Australian poets and also composed their own works. Eighteen students were selected to have their poetry published in an anthology which was launched last Wednesday night.

An audience of proud parents, grandparents, siblings and friends as well as teachers Ms Rose, Ms Adlard, Ms Cunningham and Ms Emmerton gathered at Harry Hartog's bookstore at Warringah Mall after closing time for a special evening of poetry readings and performances. Refreshments were served, poetry was celebrated, prizes were awarded and it was fantastic to see our students' voices heard.

Prize for the winner of the KHHS Cover Art Competition for our anthology: Dinendran Reddy

Prize for Most Outstanding Poem: Rosita Faeghi for her poem 'Lost' (please find her poem below)

Principal's Choice Award: Dinendran Reddy for his poem 'The Jar, The Dreamer and The Land'

Highly Commended: Elli Hyvarinen for her poem 'Three Sisters' and Elena King for her poem 'Five Day Fire'

The Peoples' Choice Award: Adam Castle for his untitled slam poem.

Congratulations to all students whose work was selected for the anthology and a special thanks to those students who shared their work on the night. Thank you to all the parents, grandparents and friends who supported the event and also to Georgia - Store Manager at Harry Hartog's books who hosted the event and donated generous book prizes for our students.

Melanie Cunningham

Lost

*I'm lost,
Lost between the perfectly flat roads of Sydney,
And the roller-coaster roads of Tehran,
The rich black soil in my backyard,
And the hot red dirt thousands of kilometers,
Back home.*

*I'm lost,
Lost between not feeling Australian enough,
Because I look different and my parents speak "funny",
And not feeling Iranian enough,
Because I didn't blossom on that land,
Because sometimes, I forget words the of my mother tongue,
That I replace with English.*

*I'm lost
Lost between vegemite sandwiches, fairy bread, "snags"
And my mother's zereshk polo,
My father's iconic kebabs straight from the hot charcoal fire,
Watering the mouths of the entire neighbourhood with its strong smoky smell.
Lost amid milo, ginger beer
And ayran as well as luscious Persian tea.*

*I'm lost,
Like a car without headlights, I drive in the dark,
On the road between my Australian birth certificate and Iranian passport.
When someone asks me where I'm from,
I spiral into a tornado of confusion,
Only then is it when I realise,
Where am I really from?
I am from the huge Damavand Mountain, devoured by snow or melting under the
hot Tehran sun,
And the great Harbour Bridge, that uses the Sydney Harbour as a mirror to reflect
its beauty into its visitors eyes.*

*I'm lost,
Lost but being found,
Every day I feel closer to my heritage,
But also feel more connected to the country I was born and raised on.
In my case,
The heart isn't where home is,
Because my heart is thousands of kilometres away,
But my home has formed on this land.*

Rosita Faeghi

Picture Book Competition



Congratulations to the winners of the Picture Book Competition in association with KU, Killarney Heights. Out of a wide selection of entries as part of the English Visual Literacy unit, Artemisia Brooke, Charlotte Cook, Jade Gault, Dylan Depree, Lucas Humphreys, Pedro Barros Luises, Margot Rouleau, Olivia Mills, Elise Haines, Katie Wilson, Kaarina Hyvarinen, Kira Badke, Nina Terrey and Niah Minshall were selected to read their winning picture book creations to the Preschool on a special excursion.

The children were delighted to engage with these thoughtful and imaginative executions that were created especially for their age group and stage of schooling. KU Killarney Heights Director Lisa Hicks praised the, "high standard of the entries and collaboration and concept of narrative demonstrates from the winners."

The winning books will now permanently be a part of the KU Killarney Heights library.

Katrine Pascoe

Japanese Film Festival Excursion



On the 22nd November, Japanese Y9 and Y12 went to watch a recently released Japanese film called 'Bento Harassment' which was featured in the Japanese Film Festival organised by the Japan Foundation Sydney. The film was about a single mother who sends her message by making bento (Japanese lunch box) to communicate with her rebellious teenage daughter who refuses to talk to her. The film is based on a true story and it was comical and emotional at the same time. The

students fully enjoyed the film as well as the lunch and Kinokuniya bookshop we visited afterwards. Here are some words from Year 9 students.

The Japanese film festival was the best excursion I've been on. We learnt about Japanese culture in ways we couldn't in a classroom, through watching the film, eating Japanese food and generally just interacting with Japanese people. The film was really interesting and I would recommend to everyone. (Keira Noah)

On Friday the 22nd November, our Year 9 Japanese class was lucky to experience a day in the city to watch a Japanese film, eat lunch at a Japanese restaurant, and visit a Japanese shop. Our class thoroughly enjoyed the excursion. (Brianna Poe)

It was lovely to watch a Japanese film about the authentic modern Japanese life. It was very moving too, and the food and books afterwards were great! (Mario S. Hillick)

The movie 'Bento Harassment' was very funny and interesting since it showed some of Japan's cultures. The Japanese restaurant that we went to had really good food and the Japanese book store that we went to was lots of fun.

The excursion was very fun, experiencing a Japanese movie that we had not seen before and eating lunch at a nice Japanese restaurant. The movie was very emotional and heart-warming. (Miyu Tamura)

The excursion was fun, and the movie we watched I enjoyed a lot. More importantly, the food we ate was delightful and tasty. (Rico Zamora)

The film festival was very much fun and let us know more things of Japan. (Phillip An)

Kana Nishimuta (Japanese Teacher)

Nara University High School visit

KHHS had a great opportunity to host 33 students from Nara University High School of Nara, Japan, to build friendship and try our Japanese language students' communication skills on the 4th December. KHHS had 33 Japanese language students from Years 8 and 9 to become buddies for each Japanese student. They had ice-breaking bilingual activities, school tours, quiz, origami, and had lunch together. The Nara University students performed a song for us, as well as presented a beautiful craft work by 1000 origami cranes to KHHS. Breaking through one's comfort zone to get to know each other using different language is a big step for students from both sides. Please hear some of our Year 9 students' voices.

The Nara University High School visit was so much fun and enhanced our learning and love for Japanese. It was an enriching experience for both KHHS students and Nara University High students. We all had fun and made friends that we are sure to stay in touch for weeks to come. (Keira Noah)

The Nara University High School students' visit to KHHS was lots of fun, it was interesting to meet and talk to the Japanese students. It was lots of fun to get to know my buddie that I was paired with. She and I had lots of common interests. Overall, it was an amazing experience.

Getting to meet and talk to the people from Nara University High School was a very rare chance and opportunity that was very fun. We got to learn new things about the Japanese culture and saw the differences between our school and theirs. (Miyu Tamura)

It was very interesting and fun. Easy to practice the language with Japanese students. (Phillip An)

It was an excellent experience! It was a great thing to try to communicate with people who didn't completely share languages with yourself. (Mario S. Hillick)

Uniform Shop OPENING HOURS

**Tuesdays from 7.30am to 1.30pm
Thursdays 11.30am to 3.30pm**

**Dee Cleworth
Uniform Shop
9453 5000**

International Students

International Students Opera House Excursion



An Opera House excursion was specially organised for International Students at KHHS to provide an opportunity to learn about the stories and history of the famous Australian icon, the Sydney Opera House. We were guided by the specialised Opera House tour guide, listening through cool headphones. It was very educational and fascinating to learn detailed history of the Opera House and how it was made. We visited the Studio, Concert Hall, and Joan Sutherland Theatre through the backdoors and lots of steps! It was like a

labyrinth but no one was lost in the middle! The participants then went to the Royal Botanical Gardens to have lunch on the grass. Afterwards the students explored the Royal Botanical Gardens.

In this International student excursion, it was good opportunity to learn about history of Australia and the Opera house. During excursion all international students were able to communicate easily and shared their own story of living in Australia. Furthermore students got a chance to meet new international students by this excursion. As one of international students, I would strongly recommend this excursion to next upcoming international students. (Haram Moon, Year 10)

It was amazing experience. It's normally hard to look and walk inside of the opera house. Through this excursion all of us could know each other more. (Seoyeon Kim, Year 7)

School Photographs



Killarney Heights High School

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:

Thursday 6 February 2020 and Monday 10 February 2020(9am-10am)

**ORDER NOW go to www.advancedlife.com.au and enter the code
P3R FDQ 867**

Dear Parents,

School photographs are scheduled to be taken by **advancedlife**. Whilst an envelope and flyer will be distributed shortly, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at **www.advancedlife.com.au** using our school's unique **9 digit advancedorder code**. Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to enquiries@advancedlife.com.au

Student Achievements



Cara Horn

Cara Horn has once again been selected for the U19 Australian Women's Floorball team to represent Australia in the World Championships in Sweden next year May. We wish Cara all the best in the competition.



Jack Blazey

Jack Blazey (Year 7) managed a record score in representative cricket. Opening the batting for North Shore against Northern Districts in the under 13 Gee Shield, he scored 171 not out and was involved in a record 228 first wicket partnership and a record team score of 1-404. Jack has just been selected in a NSW cricket academy carnival in January in Dubbo for the top identified junior cricketers in the State. Well done Jack.

Monet Casper placed 3rd at the Australian Physie and Dance National competition yesterday and her sister Sierra made Nationals Finals Top 12. Well done Monet and Sierra.



Monet & Sierra Casper



Wenbo Sun

Wenbo (Steven) Sun, Year 7, took part in the Sydney Northern Districts Table Tennis competition. Wenbo was a key player in the North Sydney team which won the Championship. Congratulations Wenbo.

Sport

Sports Report

What a huge year of sport it has been at Killarney Heights High School!

Congratulations to the following students who achieved amazing results this year on the sporting field. They were recognised with the following awards:

- Tara Laytham and Luka Valkovic won the leadership in sport awards
- Brooke Frew was awarded the 2019 Outstanding sporting achievement award
- Kyle Fisher was awarded the 2019 Outstanding sporting achievement award
- Tara Laytham was the Junior Female Athlete of the year
- Cooper Horley was the Junior Male Athlete of the year
- Laura Jeanmaire was the Senior Female Athlete of the year
- Cameron Laytham and Toby Dreyer were the Joint Senior Male Athlete of the year

Congratulations to all of our outstanding award winners and thank you to all of our students who received an award.

Important Dates for 2020

Term 1

Friday 31st of January – Sport selection for term 1 commences online on school bytes.

28th of February – School swimming carnival at Warringah Aquatic Centre

13th of March – Zone swimming carnival

20th of March – School X- Country carnival

Term 2

8th of May – School Athletics carnival – Narrabeen Academy of Sport

25th of May – Zone X-country carnival – Rat Park, Warriewood

5th of June – Zone Athletics Carnival – Narrabeen Academy of Sport

Wednesday Sport Pass Outs

In 2020 students are now required to have a medical certificate to obtain a pass out during the time of sport on Wednesday afternoons. We will no longer accept an email, note or phone call directing the school to let your child go from school during sport. Family matters such as court appearances, funerals or other urgent family issues that arise will be acceptable.

It is a DEC requirement through the Sports Unit that students complete 150 hours of physical activity each week. This includes Wednesday sports time and PDHPE practical lessons. If students are deemed to have a pass out each week for sport, it is recorded on the data base for the DEC. This is a directive from DEC as a branch of the Australian Government. If you have any issues or concerns please contact me or if you wish to ask direct questions related to this issue please contact the School sport unit of the DEC.

schoolsportunit@det.nsw.edu.au

Duke of Edinburgh

Proud to deliver



Duke of Edinburgh's Award

Current Bronze Participants

Students should ensure to log all their hours on ORB and have their Assessor sign a report. Adventurous Journey reports also need to be completed and uploaded onto ORB. All details and resources are posted on the Google Classroom. Parents, please ensure your children have completed their documentation so they can be officially recognised to receive the Award. It is never too late to get to the finish-line, there is no closing date, so keep encouraging them!

Doing the Bronze Award at KHHS, 2020

It's great that Year 8 students are considering joining the Duke of Edinburgh's Award at KHHS next year. It does require a bit of effort to keep up with things – but it is worth it. Support and guidance will be provided along the way but in the end it's their achievement and they will need to rise to meet the challenge!

The Duke of Edinburgh's International Award is a voluntary program that's been enriching the lives of young people since 1956. Participants design their own unique program that challenges them to set and meet goals while forging qualities of strength, resolve and commitment.

Over the holidays, students should think about what activities they can do for the Skill, Service and Physical Recreation sections of the Award. They should also think about who might be able to assess them. An Assessor is someone (not a relative) who is experienced or qualified in the respective activity (such as a coach). The Assessor will be responsible for confirming student progress in an activity and will sign a report on their achievement. Many teachers at KHHS assist in this capacity, and that remains an Assessor option for 2020.

The school will organise Adventurous Journeys (overnight hikes) for 2020, giving students the opportunity to discover and explore our local environment with their fellow peers.

Places for 2020 Duke of Edinburgh's Award at KHHS will be limited. In Week 2 next Term enrolment forms will be issued and if we are over-subscribed then preference may need to be given to students who have formulated a complete plan. Online registration should only occur at this time, please do not create a log-in prior to this date.

You may find the following links useful for further information about the Award:

<https://dukeofed.com.au/doing-the-award/for-parents/>

<https://dukeofed.com.au/doing-the-award/getting-started/>

Silver and Gold in 2020

These levels are available next year. Students should speak directly with the Award Leaders. Happy holidays and we look forward to hearing from you next year.

Mr. Samuel Willard
Mr Kevin Collins
Award Leaders, KHHS

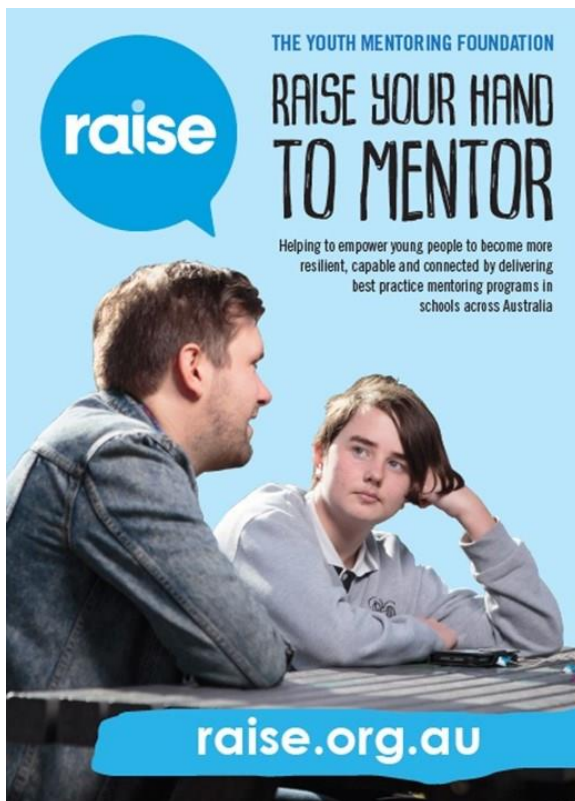
Raise Mentoring

Raise Mentoring

Could you, or someone you know, volunteer your time to mentor in a local high school in 2020?

Raise Foundation, a not-for-profit mentoring organisation, is urgently recruiting volunteers from our local community to become a mentor for students in our school, and other local high schools. The programs run from March through to September for two hours per week. Raise measures the impact of its mentoring programs and statistically significant outcomes include increased confidence and resilience, ability to set goals, coping skills, hope for the future and asking trusted adults for help. Raise Mentors also benefit by contributing to the community, gaining improved listening and parenting skills through free mentor training, and connecting with the younger generation.

Head to www.raise.org.au/volunteer to sign up or get more information



Careers News

2019 NSW HSC Students

HSC Results

Tuesday 17th December HSC results will be delivered to students via email and text at 6am

Tuesday 17th December 2019 ATARs released by UAC on UAC's website and by MY UAC app at 1pm.

Wednesday 17 December 8 am: **HSC Inquiry Centre is open Phone: 1300 138 323**

Enter student number and PIN and follow the prompts.

Remember your **NESA** number and Students Online PIN are different from your University Admissions Centre (**UAC**) number and PIN.

If you wish to opt out of receiving your results by email or SMS, go to NSW Students Online, [My Details](#). You will also be able to access your results that day via NSW Students Online, [My Details](#).

Download your NESA credentials as a free PDF from NSW Students Online, [My Details](#). Your HSC credentials will include a HSC Testamur, Record of Achievement detailing your Year 12, 11 and 10 results, and personalised course reports for relevant HSC courses. After downloading, remember to save or print your credentials as your NSW Students Online account will only remain open until 30 June, 2020.

<https://studentonline.nesa.nsw.edu.au/go/login/&returnURL=studentdetails/>

2020 loan limit changes Combined HELP loan limit – Study Assist

What is the combined HELP loan limit?

The combined HELP loan limit is a cap on what you can borrow from the Australian Government to cover the costs of your tuition fees. The HELP loan limit will replace the current FEE-HELP limit from 1 January 2020.

What loans are included in the limit?

The HELP loan limit will include HECS-HELP, FEE-HELP, VET FEE-HELP and VET Students Loans.

For 2020, the HELP loan limit is \$106,319 for most students. The limit for students studying medicine, dentistry and veterinary science courses will be \$152,700.

Read in more detail here:

<https://www.studyassist.gov.au/help-loans/2020-loan-limit-changes>

A more detailed version of the careers news can be found at

<https://www.killarneyheightshscareers.com>

This term has been very busy with students participating in a number of different activities to prepare them for the “World of Work”

WORK EXPERIENCE

Over 160 Year 10 students participated in the **work experience program** which was held from the 4th – 8th November.

Most students were engaged in a very positive and rewarding experience.

Students were given the opportunity to learn new skills and pursue areas that they were interested in. We hope that all students acquired an awareness and understanding of the ‘world of work’ and that this knowledge will help them to understand further study and training options. Many of our students were offered part time jobs!

Students were able to work in a number of very diverse industries. We had students working in retail, construction, engineering, cafes, preschools, hotels, nursing, IT, marketing and lots more. Congratulations to all students!

Normie and Jeremy at Bunnings



FINANCIAL PLANNING WORKSHOPS for YEAR 9 and 10 students in careers classes.

These workshops were designed to help students develop financial knowledge and capacity and understand the value of earning and spending money.

- **Smart earning** explored a range of topics including: your first job, award wages, employee rights and responsibilities, tax file number and checking your pay slip
- **Smart spending** equipped the students with practical spending strategies to help save money. Several concepts were covered including: influences on spending, strategies for spending smart, examining the value of a potential purchase and refund and return policies.

PROVIDE FIRST AID

81 Year 10 students participated in a two day Provide First Aid course. This course provided the students with the skills and knowledge required to provide first aid response, life support, management of a casualty, the incident and others until qualified help arrives. Students achieved competencies in cardiopulmonary resuscitation, basic emergency life support and provide first aid. Students had fun learning how to apply bandages for various injuries. Congratulations to all students.





ALL MY OWN WORK (AMOW) *All My Own Work* is a program designed to help HSC students follow the principles and practices of good scholarship. Year 10 students have all been very busy completing these five modules.

MINIMUM STANDARDS

All Year 10 students are required to demonstrate a ***minimum standard*** of literacy and numeracy to receive their HSC in 2021. To demonstrate the ***standard***, students are able to take each of the online reading, writing and numeracy ***tests*** twice a year. Students in Year 10 have been completing these tests in careers classes. If a student does not meet the requirement or misses the test due to illness they will be able to sit the test in 2020. Please see Ms McDermott if you need to know more.

INTERVIEWING WORKSHOP FOR YEAR 9 STUDENTS

Year 9 students participated in a workshop where they learnt to identify their strengths and weaknesses and articulate them in an interview. Students also developed an awareness of body language and other skills required when applying for a job.

LIFE SKILLS CRASH COURSE FOR YEAR 9 STUDENTS

A number of Year 9 students participated in a Life Skills crash course where they developed skills in teamwork, communication, identity, self-care, personal development and cultural awareness.

All students enjoyed the course and it was a rewarding and positive experience.

If you need to contact me please phone 9451 7005 to make an appointment.

Ms McDermott
Careers Adviser

DISCLAIMER: All information is provided in good faith. It is the responsibility of the student/parent to confirm all details with the appropriate institution or event organiser.