



Newsletter

Term 1 Week 6 2022

Kandos HIGH SCHOOL

Fleming Street Kandos NSW 2848

PH 02 6379 4103

FAX 02 6379 4818

EMAIL kandos-h.school@det.nsw.edu.au

Official Kandos High School

kandos-h.schools.nsw.edu.au



FROM THE PRINCIPAL

What a busy few weeks we have had... it has been lovely welcoming community members back to school events.

I was fortunate enough to join Caitlin Healey in her meet and greet with her ABCN mentor, Gillian Trahorsch. Gillian works for law firm Hall and Wilcox and will provide Caitlin with support to make informed decisions about her education and career. Caitlin was one of 42 successful applicants from around Australia to be accepted into this program and is an opportunity that will be of huge benefit to her in the future.

Thank you to Mrs Reynolds for her organisation of the swimming carnival last Friday and to all staff who helped out on the day. While there was a delay in running the event, it was fantastic to see parents there enjoying the day. Congratulations to King who won the day and a special mention to Jack murphy who took out the Belly Flop Competition. The inaugural Charity Shield was won by the IGA Team with the Rylstone Hospital Auxiliary as their nominated charity receiving a donation of \$700. The day was a display of school spirit and well down to all students who competed.



What's on?

2022

Monday, 14 March 2022

Open Netball Competition, Dubbo

Tuesday, 15 March 2022

CSU Explore Day

Wednesday, 16 March 2022

Thursday, 17 March 2022

Friday, 18 March 2022

Monday, 21 March 2022

Harmony Week

Tuesday, 22 March 2022

Wednesday, 23 March 2022

Thursday, 24 March 2022

Friday, 25 March 2022

Open Soccer

Thursday, 7 April 2022

Term 1 Merit Assembly

Year 12 Reports sent home

**Year 7 school vaccination forms
need to be returned to the
school by
Tuesday 15 March 2022**

The 2022 Rylstone-Kandos Show is over for another year. It was a pleasure as always to see students involved in a variety of events from livestock judging, horse leading and art creations. Thank you to staff who also accepted a shift on the entry gates, it is a great feeling to support a community that so readily supports our school.

Last year the school ordered a new bus, which has now arrived. The old bus has been retired and we thank the committee who completed fundraising in the past to purchase this valuable item that has allowed students to have access to numerous educational opportunities, both locally and afar.

At our first whole school assembly for the year, the school leaders accepted our Award of Excellence which recognised the resilience shown last year. Again, I thank you all for the support that was shown towards the school through what was a challenging time in education.

To celebrate International Women's Day students attended the CWA celebration at the Kandos Community Hall where Jane Caro was speaking. Thank you to Mrs Parsons for organising this valuable opportunity.

Year 12 teachers are currently in the process of writing Half Yearly Reports. These will be available to students at the end of the term.

Mrs Deb Johnston
Relieving Principal

WETHER CHALLENGE 2022

Kandos High School was again successful with our application to participate in the School Wether Challenge that involves over 60 schools from across the state. Our wethers arrived on Monday and have already settled into their new surrounds. NSW Stud Merino Breeders and the Dubbo National Ram Sale Associations are a major supporters of the challenge and purchase the wethers on behalf of the schools from "Egelabra" in Warren.

In August, students and the wethers will travel to Dubbo, with the sheep being judged on wool and meat value along with presentation of animals and student handlers on the day. Students are keen to start working with the wethers and want to improve on their result of 29th from last year.

Deb Johnston
Agriculture Teacher



GRIN BIN WINNERS

David Taylor
Oskar Sander
Lleyton Boyd
Jasmin Abrahams
Reine Annovazzi-Palme
Lainey Fuller

\$2 TEACHER VOUCHER

Ms T. Therese
Mrs B. Anderson
Ms M. Toufayli
Mrs L. Thorn x 2
Mr G. Della Libera

SCHOOL EXCELLENCE AWARD

Kandos High School student leaders accepted a Certificate of Excellence last Thursday at our whole school assembly.

This certificate recognises the exceptional leadership demonstrated across the entire school learning community.

It acknowledges each and every student, parent, teacher, support staff, community member and school leader for their unrelenting commitment, perseverance and contribution throughout 2021.

Deb Johnston
Relieving Principal



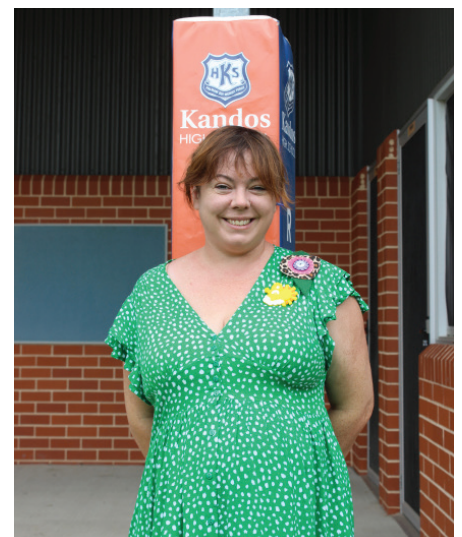
OPPORTUNITY OF A LIFETIME

Mia Reddish was selected to be the ball girl for the NSW Cup Charity Shield at the Rabbitohs V Dragons game. This role included being the ball girl for past student, Jackson Shereb who was playing for the Dragons.



ALISA BURLINGTON

Alisa Burlington comes to us from Kandos Public School. She has been an SLSO for the past 7 years and has worked with many of our students in the past. Alisa is also a practicing artist and jewelry designer who graduated from Sydney College of the Arts with a Bachelor Degree in Visual Arts, majoring in Painting. She is thoroughly enjoying her time and Kandos High and looks forward to working closely with staff and students in reaching their individual learning goals.



HERE A CLUCK... THERE A CLUCK...

Much to the delight of students, day old chickens have replaced the usual point of lay hens at the Ag Plot. Year 9/10 students are keen to be hands on and have accepted much of the animal husbandry needs for the chicks as they complete their unit on Poultry. Chickens have had their weights taken weekly to ensure that they are growing and enjoy their time outside in the sun.

Mrs Johnston
Agriculture Teacher



HOUSE CAPTAINS AND VICE CAPTAINS

Last week each house group voted in 4 student representatives to lead their sporting house at the three annual carnivals planned for 2022. They will also be involved in organising and running an inter-house competition during lunch on a weekly basis.

Congratulations to the following students...

HOUSE	CAPTAINS	VICE CAPTAINS
KING	Aaron Large Halli O'Brien	Will Derwent Sophie Grimshaw
MACQUARIE	Billy King Kiah Rovella-Hoye	Brayden Moore Emily Sack
PHILLIP	Ky Reddish Laura Kubbere	Noah Kernaghan Jessica Gallaher
HUNTER	Felikss Sander Blainey Heath	Daniel Keeley Reine Annovazzi-Palme



JUNIOR JUDGING SUCCESS

Congratulations to our students who participated in the Junior Livestock Judging at the Rylstone Show. All students competed in good spirit and Kandos High School had the following results:

Amelia Brown
1st Merinos, 1st Prime Lambs
and 3rd Heifers

Blainey Heath
2nd Merinos, 2nd Prime Lambs
and 2nd Heifers

Ella Quarmby
3rd Merinos and 3rd Heifers

Teegan Reynolds
3rd Prime Lambs and
3rd Heifers

Rebrenna Siskovic
3rd Heifers

As a result, Kandos High School won the School Junior Judging Trophy for the first time in over 5 years.



Mrs Johnston
Agriculture Teacher

PBL SKIT

Mr Vaughan and Latara Hammond entertained the students on Thursday, at our whole school assembly, with a demonstration on keeping our playgrounds clean and taking pride in the school.

And the academy award goes to...



CHS LAWN BOWLS

On Thursday, 3 March, Mr Nassis and the KHS Lawn Bowl Team consisting of Ky Reddish, Noah Kernaghan and Oscar Harrison traveled to Gulgong to compete against the Gulgong High School team. Although they weren't victorious on the day, they played well and represented our school with dignity and pride.

Good luck Gulgong High students on progressing to the next round of the competition!



WESTERN SWIMMING

Congratulations to Brienna Fuller on representing the school at Western Swimming in Dubbo yesterday.

STAGE 5 VISUAL ARTS

Students in Stage 5 elective Visual Arts have been working through their first unit of work for 2022: Graphic Design. After learning about the art of Typography and practicing the application of the Elements and Principles of Art and Design, students created their own infographics using online software. Students researched and collected data and information on a topic of their choice, before drafting and then creating visual depictions of their chosen topic.

Mrs Prosser
Visual Arts Teacher

DEFORESTATION

WHAT IS DEFORESTATION??

Deforestation is the purposeful (but harmful) clearing of forested land.

Believe it or not!

Chocolate and Biscuits are Major Contributors to Deforestation.

It is estimated that within 100 years, there will be no rainforests.

Stats

-A new study published in Nature estimates the planet has 3.04 trillion trees. The research says 15.3 billion trees are chopped down every year. It also estimates that 46% of the world's trees have been cleared over the past 12,000 years.



Staying Safe From Covid

- 1. SOCIAL DISTANCE**
stay 1.5 meters from other people when possible
- 2. WASH HANDS**
be sure to wash your hands and sanitize regularly
- 3. DISINFECT SURFACES**
using disinfecting products, sanitize regularly touched surfaces
- 4. AVOID CONSPIRACIES**
make sure to do proper research before believing untrue statements
- 5. GET VACCINATED**
contact your doctor and talk to them about getting the COVID-19 vaccines
- 6. WEAR A MASK**
be aware of other people and take it upon yourself to protect the community and yourself
- 7. GET TESTED**
visit your local testing center to get a covid test or purchase a rapid antigen test from your local supermarket or chemist
- 8. STAY AT HOME**
if you are feeling unwell or have any symptoms please follow the nsw health regulations and self isolate

Babysitting

The term "babysitter" first appeared in 1937, while the verb form "baby-sit" was first recorded in 1947.

Ann M. Martin started writing the baby sitters club books in 1986. You have to care for the children if you are babysitting.

Normally you babysit for 8-10 hours per day. You get paid \$20 per hour and you can be all ages to babysit but not under 10 years old.

It emerged as a social role for teenagers in the 1920s, and become especially important in suburban America in the 1950s and 1960s, when there was an abundance of small children.

When parents are going out or working late they call a babysitter to look after their kids and you have to be nice to the children that you are watching.

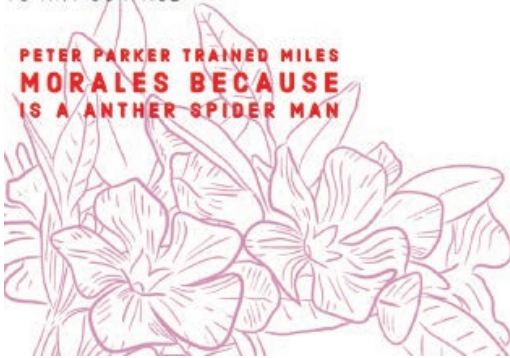
CHARACTERS
TOM HOLLAND
TOBEY MACQUEE
ANDREW GARFIELD
STRONG
ENOUGH
TO CATCH
VEHICLES
CAN CLING
TO ANY SURFACE



THE LIZARD
, VENOM , GREEN
GOBLIN AND DOCTOR
OCTOPUS ARE
SPIDERMAN ENEMYS

MARY
JANE
WATSON
IS HIS
GIRLFRIEND

PETER PARKER TRAINED MILES
MORALES BECAUSE
IS A ANTHE SPIDER MAN



suit must be light
weight

REPRESENTATION IS EVERYTHING
POPULAR LGBTQIA+
BOOKS



RED, WHITE AND ROYAL BLUE

Red, White and Royal Blue is written by Casey McQuiston about what happens when the First son of the United States falls in love with the Prince of England.

THEY BOTH DIE AT THE END

They both die at the end is written by Adam Silvera about two boys who meet they day they die and spend they day falling for each other despite knowing they will be dead by midnight.



LOVE, SIMON

Love, Simon is written by Becky Albertalli about a teenage boy struggling with coming out as gay, when someone finds out he gets blackmailed with threats to release emails from him and his crush to the whole school.

HEARTSTOPPER

Heartstopper is a comic series written and illustrated by Alice Oseman about teenage boys Nick and Charlies both being gay in school and the struggles of their mental health.



PERFECT ON PAPER

Perfect on paper is written by Sophie Gonzales about a closeted bisexual girl going through high school and dealing to many responsibilities and a crush on a girl who happens to be her best friend.

COWS



01 A COWS HABITAT

cows lives in an open area with lots of grass or in a farm.



02 WHAT COWS EAT

corn,soybeans and grass



03 THE WATER

- cows go in the water to drink if its a lake
- cows can swim butcan not swim for miles



04 COLOUR

cows can be different colours



05 EMOTIONS

cows cry by making loud high pitched moo's



BY NATASHA ABRAHAMS

SCREEN TIME

A sample of our class found out their top used app for this week

- | | |
|---------------|-------------|
| 4 TikTok | 2 Instagram |
| 1 Chrome | 1 Spotify |
| 3 Snapchat | 1 Netflix |
| 1 Apple Music | 1 Pinterest |

SWIMMING CARNIVAL 2022 RESULTS



1st King 388 points	2nd Phillip 386 points	3rd Hunter 333 points	4th Macquarie 244 points
--------------------------------------	---	--	---

Age Champion	Girls	Boys
12 years	Jocelyn Cafe	-
13 years	Brienna Fuller	Oskar Sander
14 years	Teegan Reynolds	Saxon White
15 years	Jessica Gallaher	Felikss Sander
16 years	Tegan Godwin	Ky Reddish
17 years +	Lainey Fuller	Jordan Sant









Rylstone Rollers Brazilian Jiu Jitsu is running teen/adult BJJ classes and kid's classes out of Stone Strength Gym on main street Rylstone. BJJ is a self-defence form of martial arts highlighted in the very first UFC, that is based around the use of submission and grappling techniques to control your opponent. BJJ can help anyone to build confidence, flexibility, balance, coordination, strength, and conditioning. If you want to lose weight, build self-defence skills, increase conditioning and flexibility, get fit and healthy, both mentally and physically, and gain discipline and respect for others, joining our team at Rylstone Rollers BJJ is the way to go. Send us a message or hit up our Facebook page for more information.

Session times

Kids classes - \$10 per session - Tuesdays & Thursdays - 3:30pm - 4:30pm

Teen/Adult classes - \$15 per session - Tuesdays & Thursdays - 4:30pm - 6pm

Location

Stone Strength Gym - 35 Lovee St, Rylstone NSW 2849 - (Main Street)

Contact Coach D at

www.facebook.com/RylstoneRollersBJJ

contact@rylstonerollersbjj.com.au

0478 707 314

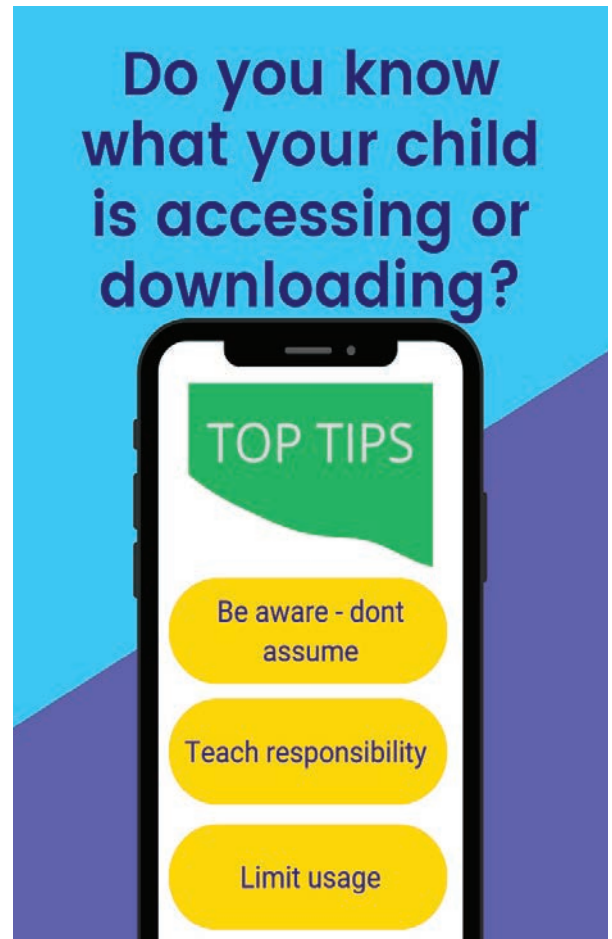
NSW POLICE LIASON IS COMING

Inappropriate usage of mobile phones is an ever-growing concern among adolescents including the students at Kandos High School.

As such, KHS has collaborated with the NSW Police to offer an opportunity to all students to participate in a Cyber education talk conducted by the area Police Liaison Officer.

In the current climate of events happening within the school community this talk will be valuable in providing all students with knowledge of current cyber laws, including but not limited to consent, bullying, and sharing of images / videos.

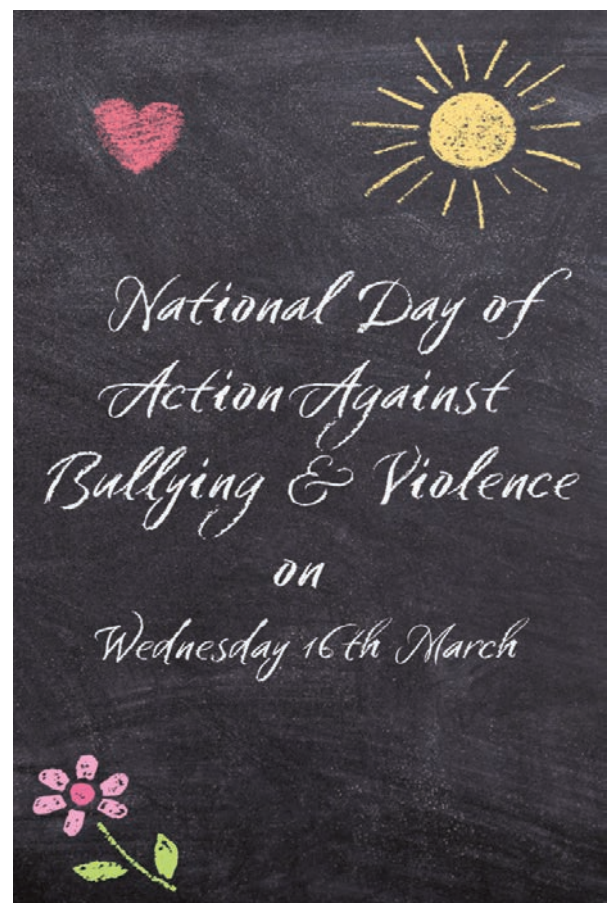
This will take place over the upcoming weeks with letters sent home to parents to advice of your child's year group scheduled session.



BE AWARE - CYBERBULLYING

Do you know what your child is doing online- what they are saying on Snapchat, Instagram or any other social media platform? The eSafety commission has lots of advice and support for Parents. In the lead up to the National Day of Action Against Bullying & Violence on Wednesday 16th March, we need you to continue to work with us. It is not a quick fix or easy solution but keeping the lines of communication open is critical. Sadly, in recent times online activity cause individuals, schools and communities' issues. Parents and Caregivers can help with online safety by following advice from the eSafety Commissioner at www.esafety.gov.au/parents/big-issues/cyberbullying

Mrs McMurtrie
Student Support Officer



Have you thought about part time work in the Kandos Area?



We are looking for people who

- Are flexible
- Like working with other people
- Ideally have a MR licence or above
- Have a good driving history


What you will get

- Flexible days
- School holidays off
- Supportive team environment
- Rewarding customer service
- Earn \$36.00 an hour + \$16.47 daily allowance
- On the road training and mentoring



APPLY NOW at Lithgow Buslines
Ph: 6352 3888 or careers@buslinesgroup.com.au

YOU NEED MORE SLEEP



HOW MUCH SLEEP DOES YOUR CHILD NEED ?

Recommended sleep times

- 6-13 Years 9-11 hours
- 14-17 Years 8-10 hours
- 18+ years 7-9 hours

PAYMENTS

Cash, cheque or EFT payments can be made directly at the school office. Alternately, parents have the option to pay by using an online option, the Parent Online Payments (POP), via Kandos High School's website, by clicking on the "[Make a Payment](#)" tab and following the instructions.

Kandos High School proudly supported by

