



Newsletter

Term 2 Week 10 2021

Kandos HIGH SCHOOL

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Official Kandos High School

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FROM THE PRINCIPAL

What a term! Yesterday we had our Merit Assembly where we had the opportunity to acknowledge many of our students and commend them for their dedication and efforts in learning, we also took the opportunity to look back at some of the exciting highlights of Term 2 that we have not mentioned.

Also an opportunity for me to thank our staff for going above and beyond to provide opportunities for our students. In particular I would like to thank Mrs Johnston and staff for organising our end of Term event, Mrs Tranter for her special address and to our talented students for performing.

We have had a big term of sport with our teams and individuals competing in Rugby League, Touch, Golf, Squash and Cross Country. With some outstanding individual and team achievements. In particular a big shout out to Mia and Ky Reddish who will represent our school as part of the Western Region Cross Country team at state next term and to our Western Region Squash team Halli O'Brien, Teegan Reynolds, Jessica Reynolds and Latara Hammond who are now NSW State Champions. Halli has been selected to represent NSW at the Australian Titles as a member of the NSW Under 15's Girls team, Jessica and Latara were also selected as members of the NSW Opens Girl's team.



Ky & Mia

Well done Kandos HS, can't wait to see what term 3 brings. Thankyou to everyone for making our school a fun learning place.



Halli, Teegan, Jessica & Latara

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What's on?

2021

Monday 12/07/2021

Staff Development Day

Tuesday 13/07/2021

Students return for Term 3

Wednesday 14/07/2021

Thursday 15/07/2021

Friday 16/07/2021

Monday 19/07/2021

Tuesday 20/07/2021

Wednesday 21/07/2021

Thursday 22/07/2021

Friday 23/07/2021

Western Athletics Carnival

Dear Parents and Carer's,

VAPING

On a more concerned note it is disappointing to report we are witnessing an increase in incidents involving students vaping at school or travelling to school. We take this issue seriously due to the negative health effects vaping can have on young people, who are often unaware of the risks associated with vaping.

Vaping is the act of inhaling a vapour produced by an e-cigarette or electronic vaporizer. Vapes or "e-cigarettes" as they were originally marketed were designed as a method for adults to quit smoking, although there is enough scientific evidence to show that they help or are safe. Hence it is illegal to sell e-cigarettes that contain nicotine in Australia. The devices are small and can be easily hidden in a pocket or bag. The most popular disposable vapes resemble large USB sticks or highlighter pens.

Liquids used in e-cigarettes and the aerosol produced by them may contain a range of toxic chemicals, including formaldehyde, acetaldehyde and acrolein, which are known to cause cancer. Some chemicals in e-cigarette aerosols can also cause DNA damage. They may also contain the highly addictive substance of nicotine, even though they are labelled as "nicotine free". The labels are often incomplete or incorrect.

The vape device and accessories, like cigarettes are a prohibited item by the Department of Education. Students should not have these items in their possession, be vaping or smoking on or near school grounds, whilst representing the school, or while travelling to and from school or pass them on to other students. Such behaviour will attract disciplinary action and may result in suspension.

Kandos High School staff will continue to be proactive in presenting information on the health risks and the negative impact of vaping to all students during curriculum activities however, as parents and carer's we also need to be informed and speak to our children about this ongoing concern and support them in making positive decisions for themselves.

Why do we want our students to avoid using these devices?

Although there are disciplinary consequences for students using these items, as educators and parents we need to make sure our students are aware of the potential damage they cause as we want our children to be the healthiest version of themselves to reach their potential. Below is a list of areas you might discuss with them.

Unknown health effects: The long-term health consequences of vaping are not known. Recent studies report serious lung damage in people who vape, and even some deaths.

Addiction: Addiction in the growing brain may set up pathways for later addiction to other substances.

Brain risks: Nicotine affects brain development in kids and teens. This can make it harder to learn and concentrate. Some of the brain changes are permanent and can affect mood and impulse control later in life.

Use of other tobacco products: Studies show that vaping makes it more likely that someone will try other tobacco products, like regular cigarettes, cigars, hookahs, and smokeless tobacco.

Toxins (poisons): The vapor made from e-cigarettes is not made of water. The vapor contains harmful chemicals and very fine particles that are inhaled into the lungs and exhaled into the environment.

Sports: To do their best in sports. Vaping may lead to lung inflammation (irritation).

Money: Vaping is expensive! The cost of the cartridges over time starts to add up. Instead, someone could spend that money on other things that they need or enjoy.

What do e-cigarettes (vapes) look like?



What can you do as a parent or caregiver?

There are ways you can help protect your children from e-cigarettes as a parent or caregiver:

- Talk to your teenager about why e-cigarettes are harmful for them. It is never too late to have the conversation
- Learn about the different types of e-cigarettes available and the risks associated with using these products
- Set a good example by being tobacco free
- Report those who are selling e-cigarettes to minors or selling e-cigarettes containing nicotine. You can do this by completing the online reporting form or calling the Tobacco Information Line on 1800 357 412.
- There is also a great guide for talking with students, it is American based but the content is useful.
[Talk about vaping with your High Schooler](#)
- Information in the article and further resources are available at the Government Health Website.
<https://www.health.gov.au/health-topics/smoking-and-tobacco/about-smoking-and-tobacco/about-e-cigarettes>



Until next time

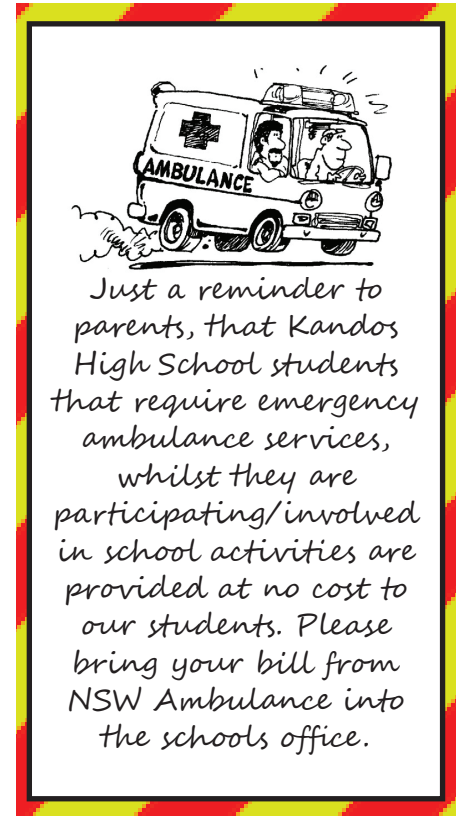
Dyanna Thommeny
Principal

McGRATH FOUNDATION

Many of the staff and students at KHS have been touched by cancer recently and we would like to make a difference to the lives of people who are fighting this disease.

Today our SRC's Mufti Day and Cake Stall proceeds will be donated to raise funds for the McGrath Foundation.

One of our brave teachers, Miss Besant, agreed to have her head shaved if we can raise \$2,000 for this cause! So far online alone there have been \$2,390 donated so far, well done Miss Besant!! It is not too late to donate, if you'd like to contribute please follow the link to Miss Besant's Go Fund Me page <https://gofund.me/dadf5ef1> or call into the Kandos High School Office.



GRIN BIN WINNERS

Chloe Ripley
Stevie-Lee Furner-O'Neil
Jorja Witcher
Matt Tidbury
Annalise Healey
Charlotte Hoetink

\$2 TEACHER VOUCHER

Miss E. Kelson
Mr D. Skourmallas x 2
Mrs K. Reynolds
Mrs K. Cooke
Mrs H. Fuller



STUDY SKILLS TIP FOR JUNE - MULTI-TASKING - MYTH OR REALITY?

Ask any student and they will tell you they can multi-task with ease. Do homework, watch TV, listen to music and check their phone all at the same time, no problem. Ask the academic researchers though and a different story emerges.

Dr Larry Rosen, Professor of Psychology at California State University, explains that what is actually occurring in this 'multi-tasking' is 'task switching'. Instead of doing two things at once, students are actually switching their focus from one task to another and back again, in a parallel fashion, at high speed, resulting in them staying on task for an average of only 65% of the time period and for a maximum of only 3-5 minutes at a time. Constant task-switching results in it taking much longer to complete the individual tasks not just due to the interruptions, but also because there are delays as the brain switches between tasks and refocuses. This brief bottleneck in the prefrontal cortex delays the start of the next task and the more intense the distraction, the longer it will take the brain to react.

A study conducted by Dr Rosen's team sent varying numbers of text messages to students in a lecture then tested the students on the content of the lecture. The results were surprising, it was not the number of interruptions that negatively impacted results, it was the time taken by the students to react to the interruptions. Students who responded immediately performed worst on the tests. Those who considered when to check the message and respond (ie in a part of a lecture they deemed less relevant) performed significantly better.

What we can learn from this is that students need to become more aware of their 'task-switching' and make conscious decisions as to when they choose to shift their focus – instead of being enslaved by their technology and at its constant beck and call. We need to teach students that this constant mental task shifting (even thinking about the technology has the same effect as actually checking the technology) takes oxygen and brain activity away from what they are learning. We need to convince our students that it is ok and even necessary to wait, that they don't have to respond immediately and do have the ability to delay their check-in with the cyber world. It is all about learning that we can control our selective attention and choose to ignore distractions.

We need to train the brain to stop thinking constantly about technology. However, resistance for too long can create anxiety and a fear of missing out, creating 'continuous partial attention' in students as oxygen is diverted to activate and maintain thoughts about social media at the expense of classroom material.

Dr Rosen's team has determined the best approach for students who find it difficult to pull back from their technology devices is to set an alarm on their phone for short regular 'tech breaks'. They may start with 15 minutes and gradually increase this amount over time to around 30 minutes. The phone will be face down on their desk on silent mode or off, and when the alarm rings they let themselves check messages and status updates for a minute or two, then set the alarm again. Dr Rosen's studies found that knowing they can check in 15 minutes creates less anxiety, whereas depriving them of the phone completely did not stop them thinking or obsessing about possible e-communications which took away from their ability to focus fully on their homework. It all comes back to teaching the concept of focus.

Finally, Dr Rosen argues that we cannot simply remove technology and other distractions; they are too intricately woven into students' daily lives. Instead students should learn metacognitive skills to help them understand when and how to switch their attention between multiple tasks or technologies.

Visit the Dealing with Distractions unit at www.studyskillshandbook.com.au to learn more about managing your distractions and tools and Apps that can help.

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au - our school's access details are:

Username: kandoshs

Password: 28success



TECHNOLOGY MANDATORY

Years 7 & 8 Technology Mandatory have completed a 'Paddock to Plate' unit, focussing on the development of market gardens to the preparation and cooking of their produce. The students planted, weeded, watered, and mulched their gardens producing beautiful, fresh produce which they turned into amazing dishes such as, chicken stir fry, vegetable soup, vegetable caps, hamburgers, carrot muffins, scrambled eggs, and potato wedges. The results have been outstanding, and I encourage all students to continue to develop their skills at home to ensure they are following a healthy, nutritious diet.

Cheryl Murray
TAS Teacher



CO₂ DRAGSTER COMPETITION!

On Thursday the 17th of June some students attended a CO₂ dragcar race at Dunedoo Central School. The top 8 fastest CO₂ dragsters from Year 7 and 8 were able to race. Our students all had a great time and ended up with some excellent results. Ryley Sack had the 2nd fastest time for Kandos High at 1.124 seconds to travel 20m. Nicholas Ellery was the fastest from Kandos, and the 3rd fastest car on the day with a time of 1.069 seconds. Willow Connellan's car was awarded the best looking car on the day and she received a trophy for her efforts. Well done to all who participated.

Daniel Skourmallas
Science Teacher



CURRY HOUSE POP-UP RESTAURANT

Last Thursday, Lainey Fuller, Daisy Bufete and Clare Chadwick under the supervision of Mrs Parsons cooked up a curry feast as a part of their Year 11 Hospitality assessment. The girls did an amazing job, as did our catering crew volunteers. Thanks to some of members of our school community for attending and helping to make this a successful event, we hope that you enjoyed the food.



KANDOS IGA SUPPORTING WORK TRANSITION

Thanks to IGA's continuing support of our High School, Laandi is there doing work transition, this involves stacking shelves, work the cash registers and serving customers.

Leigh-Anne Thorn
Support SLSO



WIGELMAR VISIT

Our Year 11 & 12 Agriculture students recently visited "Wigelmarr" in Bylong Valley to learn about farm operations and strategies that are used to successfully manage the beef and prime lamb enterprises.

Phill Kennedy, kindly donated his time to discuss a wide range of topics with students including the on farm calendar of operations, bio security, government influence in the industry and marketing strategies. Following a farm tour, Phill discussed regenerative farming practices with the students. The information from this field trip will inform the writing of a report.

The students enjoyed their day and we thank Phill for his time and for supporting the education of our agriculture future.

Deb Johnston
Head Teacher Teaching & Learning
Head Teacher Technology & Applied Studies



GETTING CREATIVE IN SEMESTER 1!

This semester, students have been working on numerous Visual Arts projects that have been designed to develop their practical skillset, and explore how Art History and Art Criticism can be applied to better understand the creative world!

Year 7 and 8 have been looking at the elements of Line, Shape, Form, Colour, Tone, Texture and Space.

Some of our Year 7s are showing us here an activity where they collaborated as a class to translate an image from one end of the line to the other. They had to simultaneously receive and send their perception of the image, to demonstrate how different perceptions can alter the overall understanding and reception of an artwork. The results were great, and much fun was had comparing how well (or not!) our translation/receptive skills were!

Shannon Prosser
Visual Arts Teacher



WESTERN CROSS COUNTRY

Breanna Fuller, Emily Gallaher, Mia and Ky Reddish represented our High School in Guerie to compete in the Western Cross Country earlier this month. This was a trial for the NSW CHS Cross Country selection.

Mia and Ky Reddish were successful in placing 2nd and 6th respectively and will now proceed to represent the Western Region at CHS on the 16 July 2021 at Eastern Creek next term.

Kerry Reynolds
PDHPE Teacher





INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centre

Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

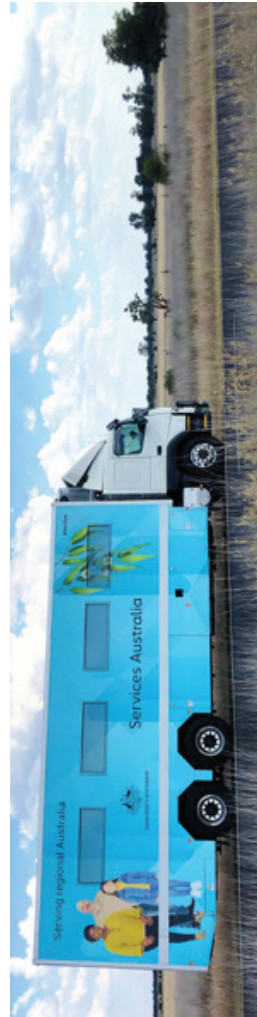
Thursday, 24 June 2021

9 am to 3 pm

Near Rotunda Park, Angus Avenue

KANDOS

For more information, go to servicesaustralia.gov.au/mobileoffice



SE156 2103



Services
Australia

servicesaustralia.gov.au/mobileoffice

INFORMATION FOR CUSTOMERS



Australian Government Mobile Service Centres

If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the agency's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.

More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit servicesaustralia.gov.au/mobileoffice

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

SE157 2104



Services
Australia

servicesaustralia.gov.au/mobileoffice



FOR AGES 12-25

My Place

PHOTOGRAPHY COMPETITION

Take a picture of somewhere or something that feels like home – in your town, a holiday spot, or a favourite object.

Photo subjects should relate to the theme MY PLACE, but contain no recognisable human faces (this is to do with publishing permissions).

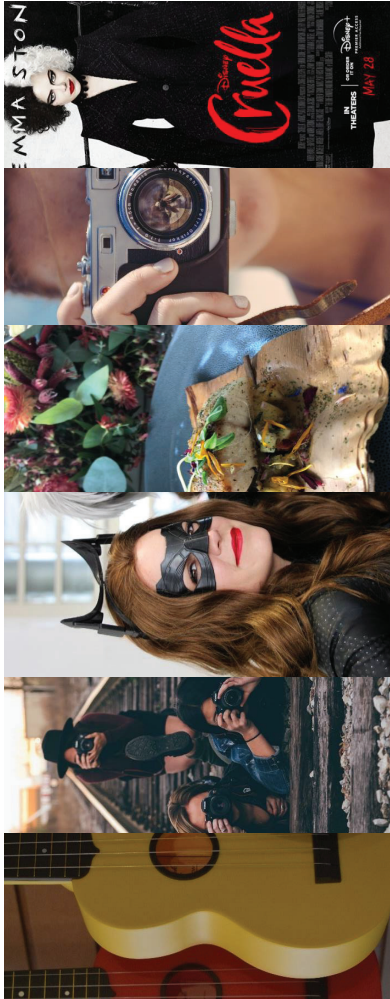
Email your entry (not exceeding 10MB) by 1 July 2021 with the title of your entry, your full name, age, and postal address to: youth.services@midwestern.nsw.gov.au

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE	PEOPLE'S CHOICE AWARD (Voting closes 8 July 2021)
\$50 Mudgee Money Gift Card	\$30 Mudgee Money Gift Card	\$20 Mudgee Money Gift Card	\$50 Mudgee Money Gift Card

Terms and Conditions: 1) All entries must be original work by the entrant. 2) Entrants must be aged 12 – 25, and live, study, or work in the Mid-Western Regional Council area. 3) Persons under the age of 18 should ask permission from their guardian before entering the competition. 4) Entrants can submit a maximum of two entries. 5) All entries must have titles. 6) Employees of Mid-Western Regional Council are not eligible to enter this competition. 7) Entries may be displayed publicly and/or used for publicity purposes. 8) Entrants' likeness may be used for publicity purposes. 9) Entries must be submitted via email and be suitable for display on Mid-Western Regional Youth Council and/or Mid-Western Regional Council's social media pages. 10) Suitability of entries for publication on social media will be at the discretion of Mid-Western Regional Council staff, and discussion will not be entered into. 11) Entries will be judged by a panel of at least two persons, comprising at least one representative from Mid-Western Regional Council. 12) The judging panel reserves the right not to award a prize if the entries are not deemed of a suitable standard. 13) The winner of the People's Choice Award will be by members of the public via a voting system on Facebook. 14) Winners of the People's Choice Award will be determined by the most 'likes' received per image by 4:30pm on the date advertised. 15) Determination/awarding of prizes is final and no correspondence will be entered into. 16) Prize winners will be announced via Mid-Western Regional Youth Council's social media channels, and winners contacted privately via email – prize distribution may be delayed due to social distancing requirements. 17) Mid-Western Regional Youth Council will take all reasonable care with entries, but may not be able to do so due to technological failure, damage, distortion, or similar that may occur to entries. 18) Council will endeavour to display all entries, but may not be able to do so due to display area restrictions. 19) Prizes not claimed by 31 December 2021 will be forfeited by the winner. **Privacy Policy:** To read the privacy policy visit: midwestern.nsw.gov.au/Privacy-Statement



Proudly funded by



WINTER SCHOOL HOLIDAYS

26 June – 11 July 2021

Mid-Western Regional Youth Council is proud to present a range of youth activities and events across the region, as part of the winter school holidays.

Ukulele Workshop

Channel your inner rhythm and join this fun, hands-on workshop suitable for beginners to intermediate musicians. Best of all you'll get to take a ukulele home with you to continue your strumming!

WHEN	Monday 28 June, 2.00pm – 3.30pm
AGES	12–20 years
WHERE	Mudgee Library, 64 Market Street, Mudgee

Bush Tucker Cooking

Connect with culture and learn how to cook with Australian native ingredients. The workshop will finish with an afternoon tea, trying your tasty creations. Transport from Mudgee CBD may be available, please indicate when booking.

WHEN	Thursday 1 July, 2.00pm–4.00pm
AGES	12–25 years
WHERE	Warakirri by Indigiearth, 83 Lions Drive, Mudgee

Photography Workshop

Join a professional photographer and learn how to improve your photography skills with a DSLR. Pick up some tips and tricks to improve phone snaps, and ways to tweak images with editing.

WHEN	Tuesday 29 June, 12.30pm – 4.00pm
AGES	12–20 years
WHERE	Mudgee Library, 64 Market Street, Mudgee

'My Place' Photo Competition

Today's the last day to enter your 'My Place' photos into the competition, for your chance to win up to \$50 in Mudgee Money. See the competition flyer for more details.

WHEN	Thursday 1 July, 4.30pm
AGES	12-25 years
SUBMIT	Email entries to youth.services@midwestern.nsw.gov.au

Cosplay and Anime

Meet fellow cosplay and anime enthusiasts to talk and learn about different styles and techniques. Special guest, Katherine Palma will be sharing some tricks and tips on how to Cosplay (and stick to a budget). Anime viewing and crafting is sure to take place too!

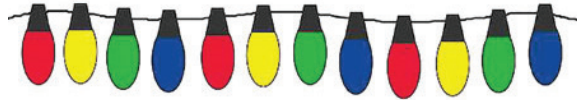
WHEN	Wednesday 30 June, 1.00pm – 4.00pm
AGES	12-20 years
WHERE	Mudgee Library, 64 Market Street, Mudgee

Town Hall Cinema – Cruella screenings

Find out how the infamous villain came to develop an obsession with Dalmatians! This film is rated PG. Book your tickets at: www.trybooking.com/events/mudgeetownhallcinema

Please note: There is a fee for attending a screening	
WHEN	Friday 2 July, 7.00pm and Saturday 3 July, 3.00pm
AGES	Anyone
WHERE	Mudgee Town Hall Theatre, 64 Market Street, Mudgee

[> MORE EVENTS OVER THE PAGE](#)



Happy Holidays!

UPCOMING PAYMENTS & PERMISSION NOTES

Just a reminder that payments and permission notes are due for the following:

- Student Information Updates
- Course Fees and Voluntary Contributions.



PARENT 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.

Hockey NSW School Holiday Camp

Hockey NSW is holding an Under 12s NSW Pride Camp in Mudgee on July 6, for children born in 2009-2013. The cost is \$50 and includes a gift on the day. Players will need their own shinpads and mouthguard. For registration and further details please see

<https://www.hockeynsw.com.au/programs/u12s-nsw-pride-school-holiday-clinics/>

Canteen News

The school canteen will soon undergo a full renovation. The renovation will commence in the school holidays and is expected to conclude during Week 2 of Term 3.

Please note that the **canteen** will be **CLOSED** during
Week 1 and for some of
Week 2 of Term 3.

We will keep families updated on the progress of the renovations.

Simone & Julie

Kandos High School proudly supported by



Schools Plus