



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



Newsletter

Term 3 Week 10 2021

ENJOY YOUR BREAK AND UNWIND

As we complete Week 10 of Term 3 2021, I think I speak for everyone when I say, "I am glad that is over"!

Whilst it is still unknown what Term 4 will look like and much of it hinges on the COVID case numbers that are recorded in our Local Government Area, there is some certainty. It begins again on Tuesday 5 October, at this stage still under the existing Stay-At-Home orders and we will continue to operate under Level 4 restrictions with remote learning.

Should Stay-At-Home orders be lifted before the 25 October, all students are welcome to return to school. If we do not have these orders lifted, then like many places in the state we will see a staged return to school, commencing with Year 12 on the 25 October. This will be followed by Year 11 on 1 November and finally the remaining student body will return the following week on 8 November. When school does return, we will return on Level 3 restrictions. These requirements can be found in this edition of the newsletter. Our Facebook page will be updated with information about return to school as it comes to hand.

I would like to thank all of our parents who have done their best to deliver work provided by the school to their children and to the staff who have provided units of work and activities that could be completed by our students. This education model only works when everyone is on the same team and from what I have seen of work that has been completed everyone is playing their role so again, thank you.

With the days warming up and holidays upon us, please take some time to have a break and take some time for yourself to unwind.

Take care and see you all again soon...

Deb Johnston

Relieving Deputy Principal

really
Are they OK?
Ask them today
Have a conversation using these 4 steps

1. Ask R U OK?
2. Listen with an open mind
3. Encourage action
4. Check in

How are you travelling?
I'm here to listen if you want to talk more.
Have you spoken to your doctor about this?
Just wanted to check in and see how you're doing?

RU OK? DAY™
9 September 2021

Learn what to say at ruok.org.au

What's on?

2021

Monday, 13 September 2021

Tuesday, 14 September 2021

Wednesday, 15 September 2021

Thursday, 16 September 2021

Friday, 17 September 2021

Last day of Term 3



Tuesday, 5 October 2021

Students return for Term 4

Wednesday, 6 October 2021

Thursday, 7 October 2021

Friday, 8 October 2021

Student's Naplan reports have been received at school, these will be made available for parents at the start of Term 4.

They will be distributed in accordance with any lockdown rules at the time.

LEVEL 4 RESTRICTIONS CONTINUE...

Dear Parents and Carers,

As you would be aware, the Mid-Western Regional Council LGA currently remains under Stay-At-Home* orders. As a result, Kandos High School will continue to operate on what the Department of Education calls "Level 4" restrictions.

Under Level 4 restrictions, remote learning will continue. Parents and carers must keep children – of all ages, across primary school and secondary school – at home unless those children need to be at school. The children of essential service workers who are 12-years-old or older and who attend school are required to wear a face covering when at school.

Currently the clear message from NSW Health is that families should be keeping children at home unless it is absolutely necessary for them to attend school. For up-to-date information please visit: <https://www.nsw.gov.au/covid-19/rules#stay-at-home-rules>

Looking ahead, on Friday 27 August 2021 the Premier announced the return to school roadmap for students in NSW. Students will return to face-to-face learning either through a 'staged return' or 'full return', depending on NSW Health conditions in their area.

FULL RETURN (LEVEL 3)

Areas across NSW that are removed from Stay-At-Home rules will return to school under Level 3 settings. This is a full return for all students to schools, with reduced mingling and on-site activities.

STAGED RETURN (LEVEL 3 PLUS)

Where Stay-At-Home rules are still in place but high community vaccination and low transmission conditions are met, students will return to school in a staged way. This is a staggered return for prioritised cohorts, with no mingling or on-site activities.

Students in Year 12 and those completing the HSC are already able to return in a limited way and this will continue for the remainder of Term 3 2021. From 25 October 2021, these students will have full-time access to school campuses and their teachers.

LOCAL GOVERNMENT AREAS OF CONCERN

Identified Local Government Areas (LGAs) and suburbs of concern operating under Level 4 plus restrictions will continue learning from home until we are advised otherwise by NSW Health.

ORDER OF RETURN

Students will return to face-to-face learning with NSW Health-approved COVID-safe settings on school sites in the following order:

From 25 October 2021 – Year 12

From 1 November 2021 – Year 11

From 8 November 2021 – Years 7, 8, 9 and 10

We will be providing further advice as we develop our plan for a staged return.

The return to school roadmap is subject to change depending on new information expected through the Public Health Order and additional advice from NSW Health. You can stay up to date with the most recent advice on our [Advice for families page](#).

VACCINATIONS FOR SCHOOL STAFF

To ensure a COVID-safe return to school, all NSW public school and preschool staff on-site to support the staged return of students will be required to be fully vaccinated. Any contractors, volunteers or people on site who require a Working With Children Check will also be required to have 2 doses of vaccination before returning to our school.

Our staff have been encouraged to make use of the various routes for priority vaccination available to them and to book appointments for whatever vaccine is available as soon as possible. We will continue to work with NSW Health to prioritise vaccinations for all staff across NSW.

All NSW school and preschool staff will be required to be fully vaccinated by 8 November.

The department's COVID-19 webpage is constantly being updated, and outlines the restrictions in our schools as well as other useful information and resources to keep you up to date and supported.

LEARNING FROM HOME

The learning from home page has a wide range of curriculum-based activities to further supplement your child's learning, if required.

We understand the pressures of parents both supervising learning from home as well as completing their own work. There are some helpful wellbeing tools available to help look after yourself and those around you. Parents are the best judge of what is appropriate for your child to be doing at home. Please don't hesitate to reach out to me or your child's teacher if you need further guidance or something is not working for you.

HSC STUDENTS

The HSC exams for 2021 will be rescheduled to start from Tuesday 9 November. The [revised timetable](#) will be provided by NESA mid-September. There is new information regarding the HSC being released every week. It is important that parents and students access this information on the NESA website and the department's HSC Hub.

Thank you again for your understanding and support of our school, please do not hesitate to reach out if we can do anything to assist you and your family to help us all get through these challenging times.

Thank you all for your continued support of the school.

Deb Johnston
Relieving Deputy Principal

HSC Written Exams Start

9 November 2021

HSC Written Exams End

3 December 2021

ATAR Release Date

20 January 2022

HSC Results Released

24 January 2022

AG PLOT STUDENTS SELL HYACINTHS

Kandos High School were selling hyacinths through Kandos IGA for \$10 a pot last week. These were grown by students and were going to be sold at the local markets. Unfortunately, with the current restrictions this is no longer possible.

We would like to thank the community for their support of our school by purchasing the hyacinths from Kandos IGA, they were sold out by lunchtime!!

Thank you also to Kandos IGA for your continued support!!

Deb Johnston
Relieving Deputy Principal



STUDENTS ENGAGING IN REMOTE LEARNING



PRACTICAL SESSIONS

Year 10 student Ella Quarmbly has made some delicious treats at home. Ella also adjusted the given recipe to cater for her mum being lactose intolerant. This practical involved both Literacy and Numeracy elements.

Year 9 student Lauren Cooper cooked a zucchini slice and apple muffins during remote learning.

Don't they look flavoursome!

Congratulations Ella and Lauren, on excellent results!



This dog pillow below, was completed by Year 11 student Lainey Fuller during remote learning. It has a range of techniques including; weaving, cording, machine embroidery, applique and crazy patchwork.



This bag was completed by Year 11 student Clare Chadwick during remote learning. It has a range of techniques including; 3D printed cogs, an embroidered skull, smocking and crazy patchwork. The picture which is all red, shows the inside of the bag complete with internal pocket.

These are awesome Lainey and Clare!



Cheryl Murray
TAS Teacher

WHAT'S BEEN HAPPENING AT SCHOOL

Year 9 student Kye Semple and Mr Curtis reading Roald Dahl's BFG.

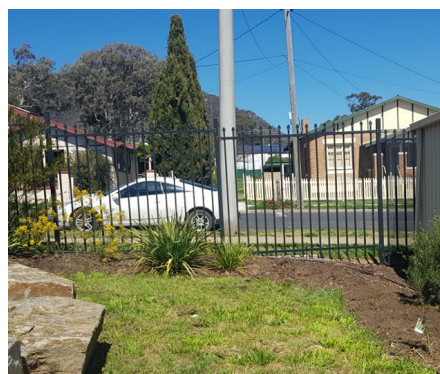


The students lockers have been moved to the otherside of the canteen, near our new water filtration unit - ready for students to fill their water bottles coming into the warmer months.

Mr Vaughan, Mr Curtis and Mr Della Libera have been busy removing surplus infrastructure which has been replaced with new interactive screens as part of the Rural Access Gap (RAG) infrastructure program.

Instead of auctioning our surplus obsolete equipment, we advertised it and are happy to announce that we were able to generously donate this equipment to support ten local charitable organisations within our school community.

They have also installed all new machines in one computer lab and upgraded the machines efficiency in the other. It looks fantastic – ready for when our students return!



We would like to give a big thank you to Craig Parsons!!

Last Saturday morning he concreted the seats in the Cultural Garden, ready for the students to add mosaics.

Mrs Parsons who was also there, worked in the garden.

Well done everyone!

Our trialed well-being tips from the teachers & staff at Kandos High School



"I try to think three positive thoughts every morning."
– Mrs O'Brien

Tell yourself you're awesome every day (it's true!) – Miss Kelson

"I have a cup of tea with my neighbour." – Mrs Murray

"If I want to check on a friend, I always do it in a private and comfortable setting." – Mr Large

"Smile and be kind...share with others whatever you can, whenever you can - especially time, conversation, tea and food."
– Ms Besant

"I go for a run to clear my head."
– Mrs Reynolds

"Give gratitude for one good thing happening in your life right now."
– SSO Lee

"I take 20 minutes every morning as 'me' time, to wake up slowly with a hot chocolate or coffee and enjoy the calmest part of my day"
:) – Mrs Prosser

"Walk the dogs, especially across paddocks, and give them lots of pats." – Mrs Cooke

"Spend time in the garden - flowers, birds, bees, plants make me feel good. Soil under my fingernails is even better."
– Ms Besant.


"I spend time outside in the fresh air to help gather my thoughts."
– Mrs Dunn

"Whenever I hear someone give an opinion on something, and I know I need to respect that opinion rather than escalate to an argument when it is essentially meaningless, I tell myself, "Well, whatever floats your boat." :)
– Mr San Martin

"Each morning - Wash your face, brush your teeth, brush your hair, presenting yourself builds self-confidence" – SSO Lee

"I always try and turn a negative into a positive." – Mrs Thorne

"Hungry? Tired? Grumpy? Drink some water! Remember - food affects mood!" – Miss Kelson

"Give one person a compliment as you pass  them each day."
– SSO Lee

"Spend some time with animals - dog and cat cuddles are the best! Walking them combines their company, sunshine, and fresh air." – Ms Besant



"Treat people with friendly courtesy regardless of their behaviour towards you - it creates a space for a positive connection in the future." – Miss Kelson

"I make sure I spend time with my pets outside every day."
– Mrs Prosser

"Cook... sharing food you have put love and joy into with others makes you feel good as well as them..." – Ms Besant.

"I always try to smile when I meet new people." – Mrs O'Brien

"When I am feeling upset or stressed, I take some time out and do something I enjoy, like playing basketball or spending time with my dog." – Mr Large

"Walk the dog (or yourself) when you need a change in head space." – Miss Kelson

"I use video games as a constructive way to dealing/ coping with stress."
– Mr McDonald

"Listen to music, the louder the better." – Ms Besant

"When I'm feeling overwhelmed, I go and do something small and achievable to help me regain control of my emotions."
– Mrs Anderson

"I start my day in the sun with a favourite book." – Ms Seach

"If something goes wrong, I try not to think about the past and instead focus on being positive about the future." – Mr Large

"Do something nice for someone else for no reason other than to be kind!" - Mrs Reynolds

"I take my dogs for a walk to clear my thoughts." – Mrs Murray

"When someone I know is having a bad day, I try to lighten the mood by joking around and getting them to have some fun."
– Mr Large

"I always follow a routine. Exercise, meals, up by a certain time, get dressed etc."
– Mrs Parsons

"I will go out of my way to compliment someone or recognise their effort."
– Mrs McDonald

From all of us here at Kandos High School – Where here, we care, and were checking in !!



FROM THE FRONT OFFICE

INCLUSIVE DOCUMENTS

We have been busy converting our newsletter into an inclusive and accessible communication resource. Even though it doesn't physically appear any different, it means that all school community members can now receive information equitably and those with disability are not left behind.

They can do this by opening our electronic newsletter using **Adobe Acrobat's Read Out Loud** functionality. If you know of anyone that may require assistance to use this, please don't hesitate to contact the office to ask for assistance.

When something is inclusive, everyone can take part.

SCHOOL VISITOR CHECK-IN WILL REPLACE EXISTING SERVICE NSW COVID-SAFE CHECK-IN

The introduction of the new School Visitor Check-in will start in Week 3 next term. Visitors, contractors and school staff simply continue to check-in using their Service NSW app/webform when they arrive at a school.

Delivered in partnership with Service NSW, the new School Visitor Check-in is a digital sign-in system for schools that consolidates a number of different sign-in processes into one to save visitors and staff time. The system continues COVID-19 contact tracing, and also enables schools to view visitor records.

A MESSAGE TO YEAR 12...

In a week that usually sees us come together and celebrate with you the culmination of what is for most 13 years of education, we find ourselves in very different circumstances. In place of the public celebration where you would normally dress in various costumes to celebrate the week, seek revenge against staff in good humour and share a breakfast, we are instead recognising the achievements of Year 12 2021 through the lens of social media and images of days gone by on the school [Facebook](#) page.

While there is some clarity now around your HSC Examinations, providing you with a welcome distraction and certainty that the study you are doing will be put to good use in November.

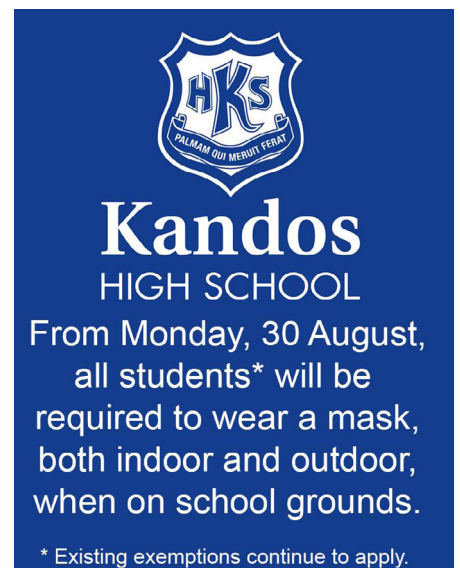
There is one thing that I know for sure and that is when I look back on Year 12 of 2021 we will remember you all as resilient. You experienced disruption during your formative Year 11 studies and have marched into your final year determined to succeed. As brick walls went up in your journey, no one quit, as due dates for Major Projects crept closer no one faltered. This is a true testament to your character and support that you show to one another in your own special ways.

As you move toward your HSC Examinations, remember that your teachers are still here to support you so stay in touch and when you can return to school come back so you can annoy us and give your parents a break. About your parents, be kind to them – believe it or not they want the best for you so when they ask you to do some study, humour them and do some study...they nag you because they love you.

Finally, make sure that you put in what you want to take out, a victory after having put in all you could, is all the more sweet.

Until we meet again, take care and be kind to those around you.

Deb Johnston
Relieving Deputy Principal





Good luck Class of 2021

STUDY SKILLS TIP FOR SEPTEMBER - STUDENTS & SLEEP

WHY IS SLEEP SO IMPORTANT?

Quality sleep improves your mental, emotional, and physical performance. It also improves your immune system, balances your hormones, boosts your metabolism, and improves your brain function. Sleep is when your brain files or removes all the clutter that accumulates in a day of learning and thinking so you are refreshed and ready with energy for the next day. Getting good sleep is important for both your mind and body.

HOW MUCH SLEEP DO I NEED?

Different people need a different amount of sleep in order to function optimally during the day. Whilst most adults need about 8 hours sleep a night, many teenagers need more like 9-10 hours sleep per night. Working out how much sleep you need will take a little time and perseverance. Record how you feel during the day based on how much sleep you had at night and a pattern will start to appear.

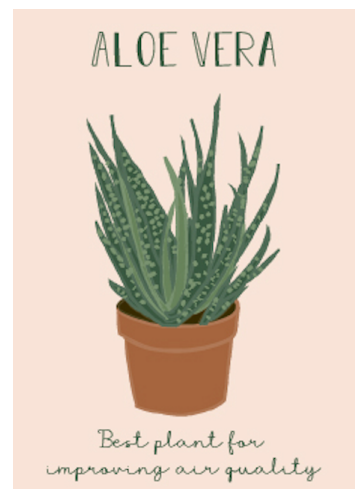
TOP TIPS FOR GETTING TO SLEEP / SLEEP ROUTINE / FALLING ASLEEP

1. Have a regular bed time and wake up time. A regular bed time helps to set your body clock so your body knows it's time to sleep. Waking up at (or near) the same time each day also helps your body to establish a sleep pattern. Get plenty of sunlight during the day too.
2. Establish a bed time ritual. Doing a series of actions before bed also helps your body to prepare for sleep. Ideas include, a warm bath or shower, reading a book, listening to quiet music or doing some gentle stretches.
3. Avoid technology in the hour before bed, including TV, computers and phones.
4. Exercise during the day so that your body is ready for rest at night.
5. Don't eat big meals at night. Eat as early as possible and try to avoid rich, heavy food close to bed time.
6. Limit your caffeine during the day and don't drink any caffeine in the afternoon or evening.
7. Don't have too much liquid in the evening.
8. Worrying about problems at school or with friends often stops you from getting to sleep. Talk to a trusted person about things that are worrying you to find ways to solve your problems. You could also try some relaxation exercises such as meditation or positive visualisation.
9. Have your room as dark as possible when trying to get to sleep. Use a sleep mask if you need to avoid light e.g. from electronic devices, street lights etc.



STAYING ASLEEP

- Make sure the temperature of your room is comfortable. Too cold and you may have difficulty falling asleep or staying asleep. Too warm and the heat will also wake you.
- Having a quiet environment will help you stay asleep. If loud noises often wake you, having some consistent "white noise" can be helpful. Earplugs may also work for some people.
- A comfortable bed which is large enough for you to spread out and is supportive will help you to sleep well, as will a comfortable pillow which provides the right amount of support for your neck.
- Good ventilation in your room helps to get rid of toxins and keep the air you are breathing fresh. A potted plant in your room may help.
- Make sure you go to the toilet just before you get into bed.



take a breath
and relax

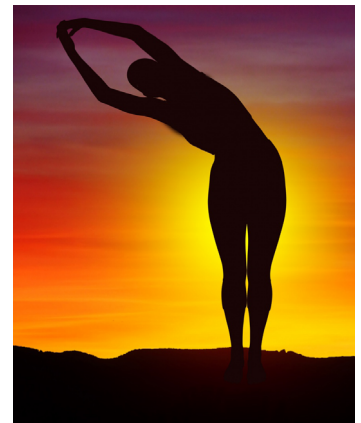
GOOD QUALITY SLEEP

- Smelling lavender while you sleep might improve the quality of your sleep. Try a few drops of lavender oil in your washing or on your pillow, or using lavender scented soap.
- Have a good sleep environment. Clear your room of clutter. Dust regularly. Have calming colours in your room.
- Try rearranging your room according to Feng Shui principles, whereby you can see the door from your bed, but your bed is not directly facing the door. This may mean putting your bed on an angle.



FEELING REFRESHED AFTER SLEEP

- First thing in the morning, drink a glass of water to help you wake up and rehydrate.
- Do some gentle stretches or more vigorous exercise first thing in the morning as part of your morning ritual. This will also help to set your body clock.
- Practice deep breathing while you are still in bed to make sure your body is able to take in lots of oxygen and expel carbon dioxide.



WHERE TO GO FOR HELP OR MORE INFORMATION

If you try out the tips here and are still having trouble with falling asleep or staying asleep, try talking to your doctor to see if there is a medical or other reason.

You and your parents can 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*

R U OK? DAY

Thursday 9 September was R U OK? Day.



1. Ask



2. Listen



3. Encourage
action



4. Check in

Please take the time to not only ask but to listen for the response. The Kandos High School Wellbeing Support Team would like to encourage you to complete the form if you need a check-in: <https://forms.gle/SsfbxhpkDNfzTuLQA>

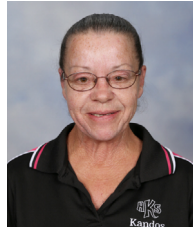
The message this year was "Are they really OK? Ask them today". We are all experiencing difficulty staying connected with each other due to the COVID pandemic. In this particular time when the term 'social distancing' is strongly communicated, we have in many ways become isolated. However, in the age of amazing digital devices and different methods to stay connected regardless of our location, it is important to reframe the way we approach 'social distancing' and consider instead that we actually remain socially connected. As we practise 'physical distancing' and continue to learn and work remotely with the common goal to keep each other safe, being socially connected has perhaps never been so important.

R U OK? Day reinforces the importance of staying socially connected with friends, family and peers. This day also encourages people to have meaningful connections with others around them and support anyone struggling. These connections can begin through a conversation and asking, 'R U OK?'. Sometimes knowing how and when to have this conversation can be challenging. Additionally, what to say following this conversation is also important. Throughout the week, a range of resources and information with tips and tools was shared to our school community through our Facebook page.

Kandos High Wellbeing Team

kandos-h.school@det.nsw.edu.au | www.kandos-h.schools.nsw.edu.au

CELEBRATING SASS RECOGNITION WEEK 2021!



Thank you to all of our School Administrative and Support Staff who are always there to lend a hand to our students, staff and community.

Suezie Faulkner

School Administration Manager

(inc. Amy Dray, Greg Jamieson, Kevin Murphy, Nerelie Nelson & Kat McDonald)



SCHOOL STUDENT VACCINATION WEEKEND

The Mudgee Showground Vaccination Clinic will be hosting a dedicated school vaccination weekend for children aged 12 years and over. Pfizer will be the vaccine used.

Mudgee Showground, 18 – 19 September 2021

Bookings on 6362 4031 or via South Mudgee Surgery on 6372 4355.

Kandos High School
proudly supported by



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