



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 7 2021

SCHOOL COMMUNITY

As you are no doubt aware, the current lockdown restrictions will continue until midnight Friday 10th September. I would like to express my gratitude to all the staff at Kandos High School who have worked to develop educational material for students so that their learning can continue at home. I would also like to thank parents who have adopted the role of teacher – often to more than one child – and supported their children in the completion of work that has been set using online platforms or that has been delivered. Finally, a big thank you to our bus drivers who have also volunteered to deliver work to students on their routes. Without everyone working together this time would certainly be more challenging.

With so many unknowns at the moment, the decision to cancel the remaining HSC Trial Examinations has had to be made. In addition, the Year 11 Yearly Preliminary Examinations have also had to be cancelled, with estimates being used for these final assessments. When I have been calling Year 12 students to do “check ins” I have had questions asked about their end of term Graduation Assembly and about their formal. Year 11 School Captains speeches have also been delayed until next term. At this time, it is not possible to say when these activities can be held or what form they will take. As they say, “time will tell” and we will certainly let our school community know of any updates in these areas.

The Kandos High School staff would like to thank our parents who have contributed to keeping our community safe by keeping students at home. As of Monday, any student who does attend school will now be required to wear a mask at all times, both inside buildings and outside. We would like to thank our local doctors, medical staff and VRA for assisting the community to have vaccinations and for completing the many covid tests that have been required. Finally, thank you to local businesses who are also dealing with the challenges that COVID has created and are finding ways to adapt to ensure that our needs and those of our furry friends can be met.

It is refreshing to know that in these current times, we live in a community where we look after each other and support one another, regardless of the obstacle.

Stay safe...

Deb Johnston
Relieving Deputy Principal



What's on?

2021

Monday 23/08/2021

Tuesday 24/08/2021

Wednesday 25/08/2021

Thursday 26/08/2021

Friday 27/08/2021

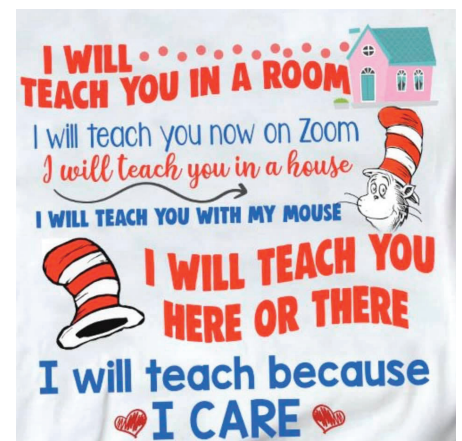
Monday 30/08/2021

Tuesday 1/09/2021

Wednesday 2/09/2021

Thursday 3/09/2021

Friday 4/09/2021



Our students Our teachers

A SPECIAL BROADCAST FOR
PUBLIC SCHOOL PARENTS AND CARERS
IS BEING HELD ON TUESDAY SEPTEMBER 7 AT 7PM



TRACEY SPICER AM
AUTHOR AND BROADCASTER

Hosted by author and broadcaster, Tracey Spicer AM, this broadcast will feature education leaders discussing how we can secure the education all children deserve.

Focusing on the impact of COVID-19 and looming teacher shortages, this is a great way to learn more about what's happening in our public schools in these challenging times and how parents and teachers can work together for the benefit of students.



ROBYN EVANS
PRESIDENT NSW PRIMARY
PRINCIPALS' ASSOCIATION



CRAIG PETERSEN
PRESIDENT NSW SECONDARY
PRINCIPALS' COUNCIL



ANGELO GAVRIELATOS
PRESIDENT NSW TEACHERS FEDERATION



NATALIE WALKER
PRESIDENT NSW FEDERATION OF
PARENTS AND CITIZENS ASSOCIATIONS

DATE
SEPTEMBER 7

TIME
LIVESTREAM
COMMENCES
7PM

DURATION
30MIN

REGISTER
AT WEB ADDRESS
OR VIA QR CODE



Authorised by Maxine Sharkey, General Secretary, NSW Teachers Federation, 23-33 Mary Street, Surry Hills NSW 2010. 21192

ELIGIBILITY FOR THE PFIZER VACCINE

Some good news for people aged 16 to 39.

From 30 August 2021, people in this age range, which includes most of our students in Years 10 to 12 as well as parents and carers, will be eligible for the COVID-19 Pfizer vaccine. The Eligibility Checker will be updated soon to include more information about how to make a booking.

Please be aware that people aged 12 to 15 years of age are already eligible to get vaccinated if they meet the following criteria:

- Children with specified medical conditions.
- Aboriginal and Torres Strait Islander children.
- Those living with disability requiring frequent assistance with activities of daily living, including down syndrome, muscular dystrophy, traumatic brain and spinal cord injury, and severe intellectual disability.

Below is the link to the Eligibility Checker:


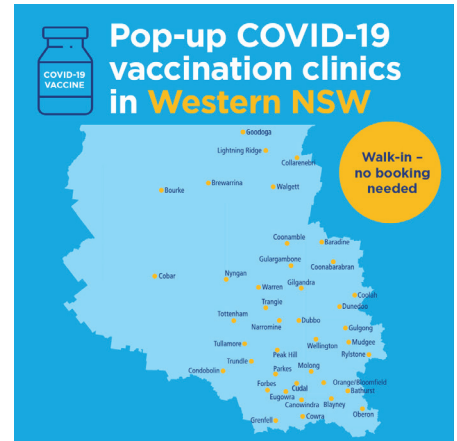
<https://www.health.gov.au/resources/apps-and-tools/covid-19-vaccine-eligibility-checker>

VACCINATION BOOST

NSW Health has also announced that Australian Defence Force personnel will establish a mobile vaccination hub at:

- Rylstone Memorial Hall
Cnr Louee & Cudgegong St
Rylstone
4 September 10am-4pm
5 September 9am-3pm
- Kandos Walk-in Clinic
TBC
6 September TBC

The purpose of the hub will be to boost the vaccination availability in our area. For up-to-date or further information please see to [Western NSW Local Health District](#).



Kandos HIGH SCHOOL

From Monday, 30 August,
all students* will be
required to wear a mask,
both indoor and outdoor,
when on school grounds.

* Existing exemptions continue to apply.

Postponed Western Schools Sports Association events in Term 3.

In line with the growing concern around COVID-19 in our association, the following Western Schools Sports Association events have been postponed:

Western Secondary Athletics Carnival – Friday 27 August 2021
Western Primary Athletics Carnival – Friday 3 September 2021

With the current COVID-19 restrictions, we are mindful these events require travel for a number of families and staff and we want to provide our students, families and staff with as much notice as possible.

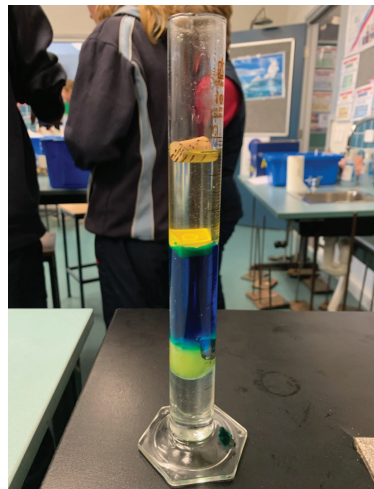
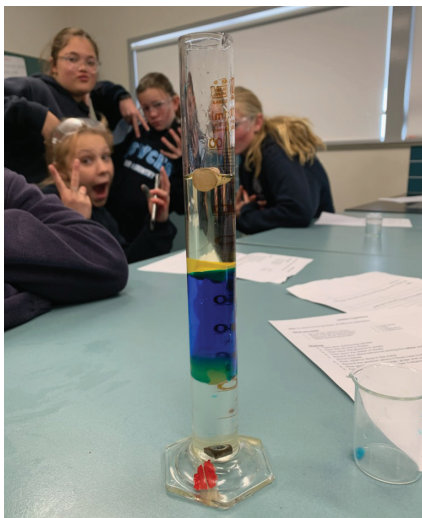
The extensive organisation around these events for school staff and volunteers is challenging in uncertain times in schools.

A decision regarding the possible rescheduling of events will be made at a later date in-line with NSW Health advice.

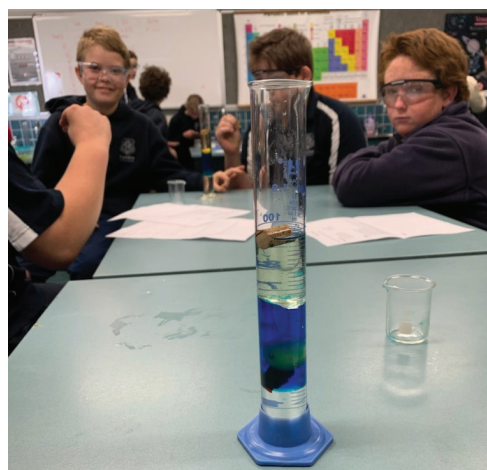


YEAR 7 SCIENCE

Year 7 Science students use their minds to crush cans when exploring particle theory.



Year 7 Science students explore particle theory and the properties of different substances by making density columns.



YEAR 9 & 10 FOOD TECHNOLOGY

Year 9 and 10 students in the kitchen!



LEVEL 4 RESTRICTIONS

Dear Parents/Carers,

Kandos High School is committed to supporting our students, families and staff in the transition to learning from home.

We ask our community to familiarise themselves with the most recent information from the Department of Education. Available at: <https://education.nsw.gov.au/.../schools-in-greater...>

Stay-at-home rules also apply for Mid-Western Regional Council and Lithgow Council LGAs from 5pm Saturday 14 August until atleast 11:59pm Friday 10 September 2021. These orders replace existing orders for regional NSW.

During this time, Kandos High School will be open for students who must attend. There will be minimal supervision on site at our school for those students who cannot be educated at home, for example if their parent or carer is an essential worker.

Masks are compulsory at all times for any staff and students on-site, students who do not have a mask will be issued with a mask in compliance with Level 4 restrictions.

The school canteen will remain closed during this period.

All students and families will be supported with learning from home materials and resources. Please contact the school directly, if your child requires a paper package <https://kandos-h.schools.nsw.gov.au/contact-us.html>.

If you are working from home, and your child is able to be educated from home, please keep them at home.

We'd also like to remind you to download the NSW school updates app onto your phone, if you haven't already done so, to receive the latest updates about the operational status of your child's school. <https://education.nsw.gov.au/paren.../nsw-school-updates-app>

I want to thank all of our families for your support during this time. Please get in touch with your Teacher or Year Advisor to discuss any additional needs for your child or family to support you to learn from home.

Thank you for your support.

Dyanna Thommeny
Principal

YEAR 10 - SCIENCE

Year 10 Science students investigate the law of conservation of mass, and the evolution and testing of gas products in Chemistry.



REMOTE LEARNING TIMETABLES

Thank you for your patience during this every changing time. Our staff have been working hard to ensure that students continue to have access to education.

These alternate timetables below are for KHS students in Stages 4 and 5 to organise their days. Some courses have been set up in Microsoft Teams and Google Classrooms where students can access their work.



Kandos High School COVID Timetable Years 7– 8

| Time | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------|---------|------------------------------------|----------------------------------|------------|------------------------------------|
| 9.30 – 10.30am | English | Maths | English | Maths | English |
| Break 1 10:30am to 11:00am | | | | | |
| 11am – 12pm | Science | Science | Maths | English | Year 8 HSIE Year 7 Year Meeting |
| Break 2 12:00pm to 12:30 pm | | | | | |
| 12.30 – 1.30 pm | Maths | Year 8 Year Meeting Year 7 HSIE | Year 8 Year Music Year 7 LOTE | HSIE | Wellbeing |
| Break 3 1:30pm – 2:20pm | | | | | |
| 2.20pm – 3:20pm | PE | Technology Mandatory | PE | Visual Art | Technology Mandatory |



Kandos High School COVID Timetable Years 9 – 10

| Time | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------|------------|-------------------------------|----------------------------------------|----------------------------------------|------------|
| 9.30 – 10.30am | English | HSIE | Science | Maths | English |
| Break 1 10:30am to 11:00am | | | | | |
| 11am – 12pm | Science | English | Maths | Year 10 English Year 9 Year Meeting | Maths |
| Break 2 12:00pm to 12:30 pm | | | | | |
| 12.30 – 1.30 pm | Maths | Year 10 Work Ed Year 9 ICT | Year 10 Year Meeting Year 9 English | HSIE | Wellbeing |
| Break 3 1:30pm – 2:20pm | | | | | |
| 2.20pm – 3:20pm | Elective 1 | PE | Elective 2 | PE | Elective 3 |

Year 11 and 12 will continue to follow their regular pattern of study.

Student and staff wellbeing at this time is our number one priority and we would like to thank parents and carers for supporting Kandos High School through these trying times.

Please continue to monitor our Facebook page for updates and encourage your child to check their emails every morning for instructions and updates from their Year Advisor and Teachers.



FROM THE FRONT OFFICE

The staff at Kandos High School would like to thank you for your understanding during this difficult time, we appreciate your support. Please monitor our Facebook page for updates from the school.



A reminder of the current requirements for students with cold/flu symptoms.

When providing a reason for an absence due to illness, please explain the illness fully. For example, cold, allergy or sore throat and whether a COVID test is being done. If your child has had a COVID test, the test result **must** be sighted when the student returns to school.

Results can be emailed, shown on the student's phone (at student counter) or parent can drop in to the front office. We must see the text with the name and the text with the result in whatever method is chosen.

Parents/carers need to notify the school within 7 school days of their child's absence as per the Department's attendance policy.

Be aware that while the school is in lockdown, students who have demonstrated a connection with their school work will be marked as being on flexible leave.

DROPPING OFF COMPLETED STUDENT WORK

A school work return system has been set up at the front of the school for students and parents who need to return hard copies of student work to their teachers.

Dropping off school work is available at the front of the office entrance to the school, in Fleming Street, and is accessible from 8am to 4pm Monday to Friday (not during the holidays or weekends).

To avoid confusion, please clearly include the following details on the front of your envelope or cover sheet:

- Student name and year;
- Class(es) or subject(s);
- Teacher's name; and
- Date.

The box outside the front office which will be emptied at 3:00pm daily and date stamped.

We are still open and will continue to be for the foreseeable future. We are taking the current COVID-19 situation very seriously and are committed to implementing the practice of social distancing within our school community. We ask that if you need to collect anything from school that you phone us prior on 6379 4103, so that we can arrange it to be put aside for pick up, minimising contact and avoiding disappointment if the staff member is not on site.

ASSISTANCE FOR STUDENTS

Teachers have been organising for paper workpacks to be prepared for those students who do not have or have limited internet access at home.

Laptops are also available for loan if students do not have access to a computer at home.

Please contact the school on **6379 4103** to arrange for either a workpack or loan of a device.

MASK REQUIREMENT IN OUTDOOR SETTINGS IN YEAR 7 STUDENTS AND ABOVE

From Monday 30 August, students in schools subject to stay-at-home rules in Year 7 and above will be required to wear face masks in both indoor and outdoor settings while on school grounds. This is to align with the NSW Health Public Health Order, which requires all persons over the age of 12 living in areas subject to stay-at-home rules to wear a face mask in public indoor venues and while outdoors. The new requirement will also help support the health and safety of students and staff still attending school.

In summary, masks or face coverings are required for schools subject to stay-at-home rules in:

- all indoor and outdoor settings for all staff
- all indoor and outdoor settings for students in Year 7 and above.

Contingency mask supplies can be provided however teachers and students are expected to supply their own masks where possible. This aligns with the Public Health Order requirement for all persons over the age of 12 to carry a face mask with them whenever they leave their home.

* [Existing exemptions continue to apply.](#)

YEAR 12 UPDATES

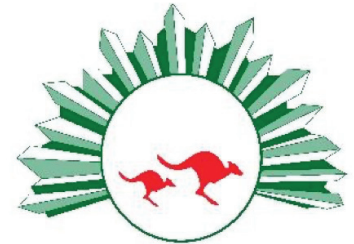
9 November 2021 - Higher School Certificate Examinations

Examinations have been rescheduled to start on Tuesday 9 November will be held in our school hall. Students must be in full school uniform and bring their student ID cards to every exam. Further information will be available to students before the end of Term 3. Any student or parent who has concerns about transport to the location on any day, should contact the school as soon as possible.

13 to 17 December 2021 - Year 12 Sign-out Procedures

Between 11:00am and 2:00pm, please follow the steps below:

- Pay any school subject fees that remain outstanding at the front office. The sign-out cannot be completed if contributions remain unpaid. Student Assistance is available where students have difficulty meeting their financial obligations. Please apply prior to sign-out date.
- Collect a personalised, pre-printed leaver's form from the front office.
- Return all textbooks, library books and other school property to faculties. Some textbooks and resources may have already been returned and the partially completed leavers form will be held by the office.
- Return the completed leavers form to the office.



AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

**2022 AVCAT
Scholarships
are now open.**

Apply online at
www.avcat.org.au/apply
before midnight, EDST, 31
October 2021.

KHS STUDENT SUPPORT OFFICER

My name is Lee McMurtrie. I am the new Student Support Officer (SSO) here at Kandos High School and I am part of the Wellbeing Team.

SSOs work in schools to enhance the wellbeing and learning outcomes of students. SSOs have youth and/or social work experience and qualifications and work with school counselling staff and the school's Wellbeing Team.

I bring to Kandos High School tertiary qualifications in Applied Social Science, Counselling, Developmental Trauma and Indigenous Trauma and Recovery. My previous role was a Therapeutic Specialist in the Residential Out of Home Care Sector.

SSOs support the implementation of the school's whole-of-school approach to wellbeing, helping students develop social and emotional skills through targeted strengths-based programs and strategies that build resilience, coping skills and positive relationships. Fundamentally, my role is to strengthen student's emotional wellbeing.

SSOs have a pivotal role in working collaboratively with external agencies and governmental agencies in their support of students and families. Therefore, my aim is to be actively involved in whole-student wellbeing initiatives, working with other student support systems and networks (in and out of school); and through this collaboration hopefully empower individual students to live their best life now and in the future.

I look forward to working with and alongside the Students, Parents, Teachers and Community members. I'm looking forward to meeting everyone, so please introduce yourselves if you see me around the school 😊

Lee McMurtrie
Student Support Officer

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



UNIVERSITY EARLY ENTRY - CONGRATULATIONS!

Congratulations to Year 12 Kandos High School students Raynor Pearce and Mackensy Farrar on their outstanding accomplishment in attaining early entries into University for 2022.

This achievement is a great credit to our students and their determination to overcome the adversity during 2020 and 2021. It is also recognition of the incredible work and support families, teachers and our school community have undertaken in building a strong platform that has made this possible.



Raynor Pearce has been accepted into the Australian National University in Canberra to study *Classical Studies* in 2022.

This is wonderful opportunity for her to further develop her love of Ancient History in Greece and Rome.

Raynor has also been rewarded with an ANU Region Scholarship recognising academic excellence in her secondary school studies and involvement and leadership within school and community life in a regional area. This will provide her assistance with living costs and costs related to tertiary studies.



Mackensy Farrar has received an offer to study a *Bachelor of Humanitarian and Development Studies* at Western Sydney University in 2022.

This is a unique degree, the only of its kind in Australia where Mackensy will have the opportunity to further develop her interests in human rights and aid work and enable her to develop skills that she can use to do extraordinary things to help the most vulnerable regions of the world.

Well done, we look forward to hearing about your future achievements!

YEAR 11 TIMBER PROJECTS

Some of our clever Year 11 students have been making recycled pallet chairs in Industrial Technology - Timber and Furniture Products!



YOUNG ADULTS GRADUATE FROM THE CLUB MUDGEES MAX POTENTIAL 2021 PROGRAM

Caitlin Healey and Blainey Pearce were among fourteen inspiring young adults who graduated from the Club Mudgee Max Potential Program on Friday 20th August in an on-line celebration.

They were recognised by the volunteer community coaches, family, friends, school representatives, program sponsors and special guests.

Caitlin and Blainey developed a Community Service Pitch film as their final project. This involved identifying a community need, seeking input from potential users and stakeholders in undertaking a proof of concept and presenting their idea in a short film.

Special guests including Max Potential Ambassador and General Manager of Mid-Western Regional Council, Brad Cam and Dugald Saunders MP congratulated all the young adults for participating in the program and on their achievements.

All the Community Service Pitch films can be viewed at www.MaxPotential.com.au/csp-s

Max Potential is now seeking volunteer community coaches for the 2022 program for more information or to express interest contact hello@maxpotential.com.au.

We are particularly keen to have community coaches from Kandos/Rylstone. Full training and support is provided throughout the program.

Blainey and Caitlin did well in the program and provided very positive feedback in their final evaluation last Friday.

Blainey noted:

I have gained skills in creating and producing videos and work.

Caitlin noted:

I have gained a positive mindset and self-confidence from the program.

They both commented they felt valued by their community coach.



Community coach Adele Lindley from Mudgee pictured with Year 10 KHS student Blainey Pearce.



Community coach Sophia Louison from Bowdens Silver pictured with Year 10 KHS student Caitlin Healey.

BOWDENS
SILVER

was proud to be a sponsor this year

KANDOS HIGH SCHOOL eLIBRARY

Since 2016 Kandos High School has been a part of a Central West eLibrary consortium – hosted by Wheelers Books ePlatform. 16 High School across the Central West have joined forces and finances to build an online library environment.

Every student and staff member at Kandos High School has access to this library.

There are two ways to access the eLibrary platform

1. On a computer -
Go to our eLibrary by entering our URL into the address bar <https://kandoshs.wheelers.co/>
2. On a phone or tablet
Download the **ePlatform** App from the app store
Once on the ePlatform, users will need to **sign in**.

USER NAMES

All user names are the same as what is used at school to access computers. Generally this is firstname.lastname – however, some people will also have a number or a middle initial letter.

PASSWORD

Password is **ebook**

This password is the same for all students and staff of Kandos High School.

Once you have logged-in you will be able to access the eLibrary. It is searchable by: Title, author or you can undertake an Advanced Search and filter the text type.

It is easy to borrow a book and you can start reading straight away. If the title is “grey” it means that it is already on loan – it is a simple process to reserve the book and an email will be sent to you to let you know of its availability.

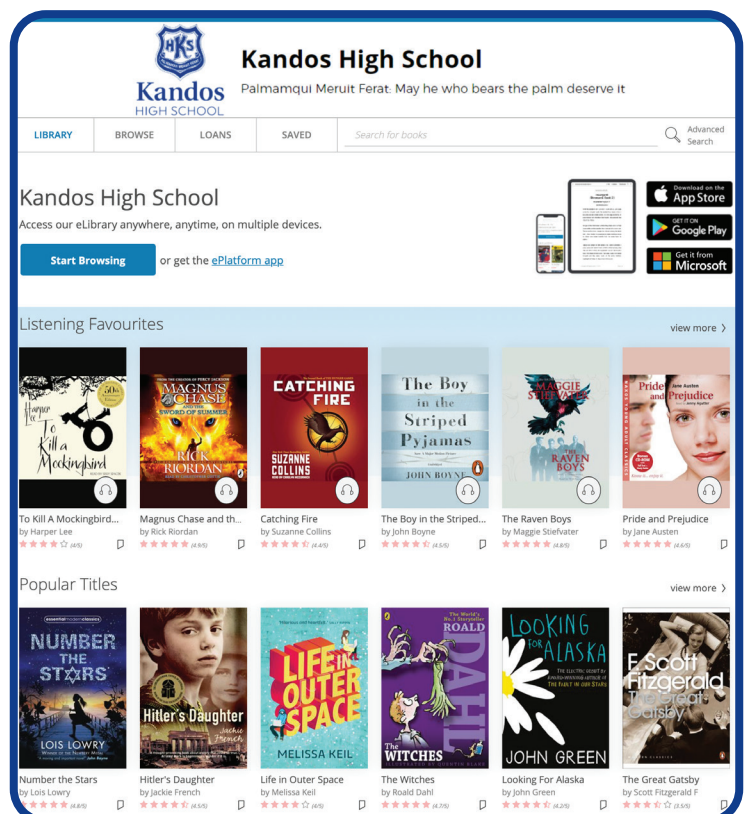
Once you have uploaded the book you can make changes to the format ie: text size, page colour, number of pages on opening, etc... by going to the settings icon.

NOTE: We not only have ebooks. There are audiobooks as well.

If there is a book you would like to read/listen to and it is not in our eCollection, students and staff are able to send a request to me at helen.m.fuller@det.nsw.edu.au and I will endeavour to purchase it. Unfortunately, not all books are in these formats, but many are so we will do our best.

Happy reading

Helen Fuller
Librarian



SUPPORTING OUR STUDENTS ONLINE

TEXT BOOKS

Please speak with your teacher to see if you require any text books. Due to the size and expense of most of the text books we have made a rule not to mail them out. However we can arrange to have them ready for collection at the office, please don't hesitate to contact the school 6379 4103.

INTERNET AND COMPUTER ISSUES

Engagement of students is our priority and we are working towards a system that meets the needs of our school community for Term 3, as you can imagine it is very complex. We have identified many students as having limited or no access to internet, printers and/or computers. We have ordered additional resources from the DoE, which will hopefully alleviate some of our issues. In the meantime, please don't hesitate to contact the office and request paper versions.

MICROSOFT TEAMS AND EMAILS

While you may not be able to take part in the live Teams meetings with your teacher and fellow students, you are still able to use Teams to chat and ask questions. If you are having issues, or have any questions, a simple post in the General channel will make it easy for your teacher to provide you some help.

You might also like to email your teacher if you would prefer to have the conversation privately. Likewise, it is important to still check your emails daily, as your teachers will email instructions or notices to you if you are not attending live Teams meetings.

UPDATING CONTACT DETAILS

Please remember to contact the school if ANY of your contact details have changed recently. It is important that we have the correct details for staff to be able to contact parents and students.

PARENTS AND CARERS GETTING HELP OR SUPPORT

Please don't hesitate to contact the school via email kandos-h.school@det.nsw.edu.au or call on 6379 4103, if you have any issues. We might be able to help and note the subject or if it's a wellbeing inquiry, our staff will redirect the inquiry appropriately.

As staff are working offsite we ask to please be mindful that staff should only be contacted during the day for support and that if contacted outside of normal school hours that the staff may not respond until the next school day.

LEARNING FROM HOME WITH LIMITED INTERNET ACCESS

To assist with learning from home during the current situation, here are some guides on how to set up your computer and make the most of a limited or less reliable internet connection. You might find it useful to try some of these tips to make your learning easier.

- [KHS Student Portal](#)
- [KHS Google Classrooms](#)
- [KHS Microsoft OneNote](#)
- [KHS Microsoft Teams](#)
- [KHS Windows 10 Metered Connection](#)
- [KHS OneNote Automatic Syncing](#)



Canal Creek WestConnex Transurban

CANAL TO CREEK PRIZE

STUDENT ART COMPETITION

Over \$5000 in prizes to be won!

Open to all students in Years 7 to 10, Australia wide!

To find out more visit canaltocreek.com

16 Aug ENTRIES OPEN

5 Nov ENTRIES CLOSE

QR code: @CanaltoCreek

EMILY COCHRAN - ARTIST

ANDREW RODGER - ARTIST

CHRIS DIAKONAKIS - ARTIST

Create your own masterpiece, incorporating one of the Canal to Creek themes below...

Ecology Community Transformation Indigenous culture Heritage

*Subject to Terms and Conditions which are available at canaltocreek.com/competitions

MANAGING CORONAVIRUS ANXIETY - TIPS FOR TEENS

You might be feeling lots of different things in response to Coronavirus. You might be feeling fear and anxiety because of the uncertainty of the situation, or worried about how the virus may affect you, your loved ones, or your life. Some people might feel confused and frustrated because of how much different information is being shared about the virus, and this confusion may result in feeling angry. It is also normal to feel sad, as you might feel disconnected from important people in your life, or sad that you can't participate in your normal activities. Some people might be choosing not to think about the situation at all, which may be helpful to start with, but sometimes when we ignore or deny our feelings, they can suddenly overwhelm us later. These are all normal reactions to a very 'not normal' time.


During this time it is important to remember your wellbeing, and try to do activities which help to support a healthy headspace. Some things that might help include:

- Recognise and accept your feelings: There are lots of different possible responses to the Coronavirus situation and it's ok to feel however you're feeling. If your feelings start to get in the way of your everyday life, then ask for help from a trusted adult or mental health service.
- Don't believe everything you read online: There is so much information online, on the radio, and on television about Coronavirus, and not all of it is true. Hearing about Coronavirus too often might also make you feel more anxious. Taking a break might help you to feel better. If you would like to know factual information about Coronavirus, the Australian Government's Department of Health or the World Health Organisation's websites are good sources of information. Your parents or other trusted adults in your life could help you to understand the information.
- Make time for activities and hobbies that you enjoy: Watching a movie, reading a book, playing with a pet, exercising outside or doing other activities you enjoy can help to keep your life feeling as normal as possible. Doing enjoyable activities can also distract us to give our mind a break and help us to feel calm and happy.
- Try to keep up your routine: Doing your schoolwork is another way to keep things feeling 'normal', and keep your mind busy thinking about things other than Coronavirus. Aim to keep up your normal Monday to Friday routine – get up, go to bed and eat at the normal times, and try following your school timetable so that you're working on a range of different subjects each day.
- Connect with friends digitally: There are heaps of options for apps that allow text or video chat and these are great ways for you to stay in touch with your friends safely. However, spending a lot of time on social media may make you feel more anxious, so set limits for yourself, or set up a schedule with your parents.
- Take some alone time if you need to: Being with your family 24/7 may get tricky at times and lead to arguments or tension. Try to respectfully let others know how you are feeling. If you need to, spend some time on your own so that you can calm down. Return to the discussion later if necessary, and repair any hurt that may have been caused.
- Participate in family activities: This could be a great time for your family to get involved in doing a fun activity together like watching a movie, playing a board game, reading together, gardening, cooking, or just having a conversation about good things that have been happening.

Emma Campbell
School Counsellor & Provisional Psychologist

Are you in danger?

If you, or someone you are with is in immediate danger please call:

 000

or

go to your nearest hospital
emergency department

Ideas for taking care of yourself and managing the challenges of senior studies



Self care apps and tools

Apps

Smiling Mind - a mindfulness meditation app. Mindfulness meditation can help manage stress, resilience, anxiety, depression and improve general health and wellbeing.

Niggle - helps you track your wellbeing and get personalised information, videos, podcasts, quizzes and tips to help tame your 'niggles'.

ReachOut WorryTime - helps you to control everyday stress and anxiety by acting as a place to store your daily worries.

ReachOut Breathe - helps reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.

Websites

Spaces - a place where you can collect and manage resources to build your own personalised mental health toolkit

ReachOut Chilling Out - a selection of strategies to choose from to help you relax and chill out

Beyond Blue Relaxation exercises - offers a range of relaxation exercises that can refocus your attention, clear your mind, slow down your body and help to put things in perspective.



Study tools and tips

Apps

Flora - stay focused and manage your screen time via a virtual garden. Each time you put your phone down, Flora plants a seed and a tree begins to grow. The less you use your phone, the better your garden grows.

Habit Track-er Bull - allows you to track and input good habits to help organise your life and develop good routines.

Recharge - helps track your sleep schedule, gives you activities to do in the morning to get the blood pumping and allows you to track your mood.

StudyStack - helps you memorise information by creating flashcards that can be studied and used to develop other games and activities to revise information.

7 minute Workout - offers daily workouts that are designed to get your heart rate up and clear the mind. No equipment and minimal time is needed for these workouts.

Websites

ReachOut Stressed about study during coronavirus? - a collection of material for students to get you through everything from studying at home, exam stress and fear about the future



Online self help tools

myCompass - a free program for people who have been feeling down, stressed or anxious or simply want to build good mental health. It includes many different interactive learning activities and a lifestyle tracking feature to help you better understand yourself and learn strategies to improve your mental health.

ReachOut Next Step - an online tool to help you work out what's going on and then recommend support options so that you can take the next step. Every recommendation has a range of options, allowing you to choose what you want to do next.

moodgym - a free program that will help you identify whether you are having problems with emotions like anxiety and depression and learn skills that can help to cope with these emotions.

BRAVE program - a free program that is designed to help young people with anxiety develop skills and coping strategies so that your worries and anxiety don't stop you from doing the things you want or need to do.

iBobbly - a free wellbeing app for young Aboriginal and Torres Strait Islander Australians aged 15 years+ that shows you ways to manage your thoughts and feelings, as well as how to decide what is important in your life.

People who can support you at school

You don't have to work everything out by yourself. There are plenty of people there to provide you with support and offer advice and suggestions.

These include:

- Your class teachers
- Year advisor/s
- Careers advisor
- School counsellor / school psychologist
- Student support officer

Your local doctor is also a great place to start – they are trained to help with any type of physical or mental health issue.

If you or a friend need more support

Everyone needs help sometimes. If you are feeling overwhelmed, there are people that can help support you through these challenging times. Many services have on-line and phone options, meaning you can chat with a mental health professional at a time, and in a way that works best for you.

Kids Helpline - free phone and online counselling support available 24/7 every day 1800 55 1800

Lifeline - free phone (24/7), online (7pm - 12am) and text chat (6pm - 12am) available every day 13 11 14

headspace - free online and phone chats (9am - 1am) and face to face support available 1800 650 890

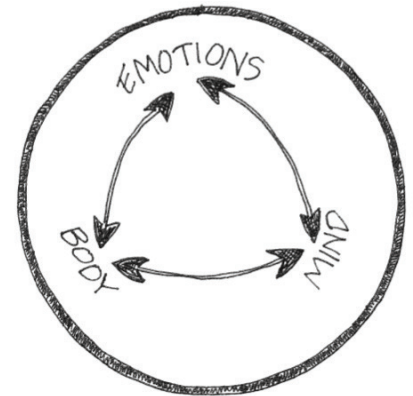
Youth beyondblue - free phone (24/7) and online chat (3pm - 12am) available 1300 224 636

ReachOut (online forums and resources) au.reachout.com

STUDY SKILLS TIP FOR AUGUST - HOW TO STAY POSITIVE ABOUT YOUR SCHOOLWORK

It can be difficult to stay positive at all times about your schoolwork, particularly if you have challenges whether they be personal or whether you are grappling with something like online learning. When we allow pressure and stress to build we can get into bad habits and let go of good habits. As a result students can feel even more drained and exhausted.

The key to being positive and managing negative emotions such as anxiety and feeling down and depressed in any pressure situation including schoolwork and exams is to “fuel up”. “Fuelling Up” is about boosting wellbeing factors in your life. You need to boost the wellbeing factors in your BODY, MIND and EMOTIONS.



BODY: Here are some things you can do to boost the energy in your BODY

- **Get better sleep**

Feeling good all starts with getting the right amount and type of sleep. Start with a good night-time routine. Stop anything that stimulates you such as caffeine or TV or computer, iPad or phone screens etc. Try a warm drink such as chamomile tea and use essential oils such as lavender oil. Having a soothing bath or shower can also help along with gentle stretching of tight or tense muscles. If you still feel you are not getting a “good” sleep be sure to see your doctor.

- **Eat in Moderation**

Never skip a meal, especially breakfast. Breakfast replenishes your body and helps you start your day full of energy. Eat three main meals, and two to three snack meals a day. Eating five to six times in a day keeps your blood sugar levels balanced, giving you an overall sense of well-being needed for focusing on your tasks and responsibilities.

- **Exercise Regularly**

Regular exercise, at least three times per week for a minimum of 30 minute sessions, can virtually “soak up” stress chemicals in your body and help you to relax and even sleep better. Brisk walking, aerobic classes, swimming, bike riding, or jogging are great exercises to release stress buildup and relax your body and mind to either start or end your day right.

MIND: Here are some things you can do to THINK more positive

- **Change your thinking and perceptions**

Write down your top 5 fears and worries. What’s the worst thing that can happen? Then ask yourself, “IS THAT TRUE”? Usually fears and worries are not based on reality but on imagined scenarios that have little to no evidence. If it’s something that can’t be changed bring acceptance to it. It is what it is for now!

- **Change your focus**

Have you noticed that what we worry about we make bigger and keep closer to us by the way we think and focus. Try this...make your fears and worries SMALL in size (5 cm in height) DARK in brightness and as far away as possible in DISTANCE. When we change the size, brightness and distance of the things that upset us in our minds it reduces the intensity of the emotion.

EMOTIONS: Here are some things you can do to FEEL more positive

- **Acts of kindness**

Make a list of 5 acts of kindness you can do every day. Make them simple acts of kindness that are easy to do such as saying thank you etc. Do these 5 acts of kindness every day for 6 weeks. The research shows that people that do this and think of 3 good things in their life (as above) have a dramatic positive boost in their mood.

- **3 good things exercise**

Every day at the start and end of your day think of 3 good things that happened. Write them down. Then think about either WHY those good things happened or how it MADE YOU FEEL when those good things happened.

- **Start ticking things off your list**

Pick something small and achievable to start with that you need to do for school and get it done. You will feel much more positive when you start doing things. Do a few more easy things to get your confidence up then tackle a more challenging task.

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



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

Email your entry (not exceeding 10MB) by 4.00pm 23 September 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 5 October 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/entry 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 will not accept responsibility for any entries not received 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





OFFICE OF SPORT

CLAIM TWO \$100 ACTIVE KIDS VOUCHERS

All NSW school-enrolled children are eligible for **two \$100 Active Kids vouchers** each year. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July, the second voucher can be claimed immediately after the first voucher.

HOW TO CLAIM YOUR VOUCHERS

- 1 Visit service.nsw.gov.au and login to your MyServiceNSW Account
 - 2 Click on the Active Kids icon found in your SERVICE tab
 - 3 Fill out the requested information (you will need your current Medicare card)
 - 4 Print a copy of each voucher or email it to yourself
- 
- 
- 
- 

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

HOW TO USE YOUR VOUCHERS

- 1 Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2 Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab



creative KIDS

Claim your \$100 voucher today.

Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each school-enrolled child and young person aged 4-5-18 years.

The voucher may be used with an approved Creative Kids provider for registration, participation and tuition costs for performing arts, visual arts, coding, languages, literature, music and other eligible creative and cultural activities.

Vouchers are valid from **January until December** each year.

HOW TO CLAIM YOUR VOUCHER

- 1 Visit service.nsw.gov.au and login to your MyServiceNSW Account
 - 2 Click on the Creative Kids icon found in your SERVICE tab
 - 3 Fill out the requested information (you will need your current Medicare card)
 - 4 Print a copy of the voucher or email it to yourself*
- 
- 
- 
- 

HOW TO USE YOUR VOUCHER

- 1 Find a provider by visiting our website: service.nsw.gov.au/creativekids
 - 2 Once you have chosen an activity give the voucher number to your activity provider when you book.
- 
- 

Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab

Visit service.nsw.gov.au/creativekids for terms and conditions and FAQs





CLASS CLOWNS ARTWORK COMPETITION

THE SEARCH IS ON FOR AUSTRALIA'S SKETCH-IEST TEEN!

Class Clowns is Melbourne International Comedy Festival's national development program for teens. A competition, workshop and mentoring program, Class Clowns plays a valuable role in supporting the confidence and creativity of young Australians – a channel for self-expression, a platform for amplifying the voices and perspectives of young people, and a pathway for developing emerging Australian talent.

Each year hundreds of secondary school students from Years 9-12 participate in Class Clowns across the country – discovering and refining their skills in writing and performing comedy and taking it outside the classroom to a wider audience.

Watch previous Class Clowns alumni on the Class Clowns YouTube channel.

We're looking for a new creative artwork (icon, illustration, image) to be the face of Melbourne International Comedy Festival's Class Clowns Program – and inviting year 7-12 students (or 12-18 years olds) across Australia to submit their best illustration, design or creative artwork.

Entry is free, now open and submissions can be here by midnight AEST Tuesday 7 September 2021.

WHAT WE'RE LOOKING FOR (THE BRIEF):

The best and most creative icon/artwork/illustration that brings to life all that the Melbourne International Comedy Festival's Class Clowns Program stands for.

An image for Class Clowns should be alive and uplifting, representing young voices rising up and having a platform for speech. The artwork should be optimistic, fun, cheeky, inclusive and expressive.

WHAT DO YOU NEED TO CONSIDER (DOS):

Designs or illustrations need to be able to be used in a range of sizes, formats and applications. It should:

- Be something that we can use mono or colour
- Be easily understood, visually compact and simple, with a clear focus on one element/item/character
- Be creative, joyful and an original artwork
- Be supplied as digital artworks, scans or photos of original artworks.

If successful you will be required to provide artwork in the preferred file format of Photoshop, Illustrator or InDesign, as a scalable vector/EPS file or an image 300DPI at A3 size.

WHAT YOU SHOULD AVOID (DON'TS):

Designs or illustrations should not:

- Include the words "Melbourne International Comedy Festival" or "Class Clowns"
- Be in any particular format/proportion – we don't want it to have a defined border/edge – we're going to use it wide, tall, square, round!
- Be offensive in any way
- Use images that are not your own

HOW WILL IT BE USED?

The winning design/icon/artwork will be used for a new Class Clowns logo, as well as across the Class Clown website, marketing materials, socials, set design and more! The winner will have the opportunity to also work with our set designer and graphic designer to contribute to the final usages!

WHAT'S IN IT FOR ME?

A \$2,000 cash prize and your designs on the country's only comedy program for young people!

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



EVERY CHILD IN EVERY COMMUNITY NEEDS A FAIR GO



NATIONAL CHILD PROTECTION WEEK

5 - 11 September 2021

SUPPORTED BY: DEPARTMENT OF SOCIAL SERVICES

NAPCAN PREVENT CHILD ABUSE & NEGLECT

Find out more

www.napcan.org.au

© Copyright NAPCAN 05/2021

PARENTS

SIGN UP FOR

eSafety guide to online sexual harassment and image-based abuse

FREE WEBINAR



Register for webinar

eSafety's guide to online sexual harassment and image-based abuse

During National Child Protection Week, the eSafety Commission is running free webinars for parents and carers of young people aged 13-18 at the following times:

- Tuesday September 7 @ 12:30 pm – 1:30 pm
- Thursday September 9 @ 12:30 pm – 1:30 pm

The webinar will help parents and carers to understand online sexual harassment and image-based abuse, (non-consensual sharing of intimate images) and will cover:

- the difference between online sexual harassment and image-based abuse
- how to report online sexual harassment to social media companies
- how to report image-based abuse to eSafety and when to report to police
- where to get support if you feel upset or worried about something that has happened online.

You can choose to attend the webinar with your teen or share resources with them afterwards from the webinar package.

For more information, visit the [eSafety Commission website](https://www.esafety.gov.au).

*Kandos High School
proudly supported by*



Schools Plus