



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 4 Week 11 2021



HOLIDAY EDITION

Welcome to the final edition of the Newsletter for 2021. In what has been another challenging year for education, as I look back and reflect, it has been a year of learning opportunities and we have recognised the success of individuals and teams. While COVID did create disruption, however, as a school community, the teaching and learning continued – albeit in kitchens and lounge rooms of our staff and students. The perseverance and commitment to learning that students showed during this period was recognised at the annual Presentation Day Ceremony. Well done to all students who had their effort and talents recognised.

As is often the case at this time of year, we must say goodbye to some of our valued staff members. Jennifer Seach will be missed from the English faculty and will be heading to Mudgee High School in 2022. Dearne Morgan, who has been working with students as a Student Support Learning Officer is having a sea change literally and will be moving north to sail a catamaran into the sunset. Dayna Murphy, who has been our Communications Officer retired and is looking forward to travelling and visiting her family. Finally, Toni Newitt who is our Head Teacher of Support has accepted a position at Passfield Park School for 2022. We all wish you good luck on your new adventures.

It was a pleasure to attend the viral ABCN Foundation Scholarship Ceremony with Caitlin Healey and her family and friends as she accepted her position in this mentoring program. From 250 applications from 100 schools across Australia, Caitlin was one of 42 recipients. Congratulations to Caitlin on this achievement. Her mentoring will commence in February of 2022.

Year 12 had their final celebration at their Formal and while COVID had cast a cloud over this event, it was a well deserved celebration for students who genuinely have completed their final years under the most challenging of circumstances. The Kandos High School community wish you all well as you prepare for the journey that awaits.



What's on?

2022

Friday, 29 January 2022

Staff Development Day

Office open 11:30am to 1:00pm

Monday, 31 January 2022

Staff Development Day

Office open 11:30am to 1:00pm

Tuesday, 1 February 2022

Years 7, 11 and 12 return to school

Wednesday, 2 February 2022

Years 8, 9 and 10 return to school

Thursday, 3 February 2022

Friday, 4 February 2022

Monday, 7 February 2022

Tuesday, 8 February 2022

Wednesday, 9 February 2022

Thursday, 10 February 2022

Friday, 11 February 2022

Swimming Carnival

Monday, 14 February 2022

University of Wollongong -

Discovery Days

Tuesday, 15 February 2022

University of Wollongong -

Discovery Days

Wednesday, 16 February 2022

Year 7 and parents BBQ

Thursday, 17 February 2022

Friday, 18 February 2022

The final week of Term 4 has been spent with students participating in a range of activities based around the development of transferrable skills and knowledge. Thank you to all the staff and community members who contributed to the success of this week.

On behalf of all the staff, I wish students and their families a safe and relaxing holiday filled with warm summer days and I know all staff look forward to seeing students return in the New Year refreshed and ready to learn.

Take care and see you all again soon...

Deb Johnston
Deputy Principal



CONGRATULATIONS!

On behalf of the staff and students, we would like to formally congratulate Mrs Deb Johnston on her appointment as our new Deputy Principal. What a way to finish the year and celebrate with the staff and students, we appreciate your efforts whilst relieving in this position and look forward to 2022.





2021 PRESENTATION DAY

What a way to finish our school year, paying tribute to those students who have excelled in academic, cultural, sporting and citizenship roles within and beyond the school. Congratulations to all of the award recipients on their achievements. Thank you to our guest speaker Mr James Johnson, a former student for your speech and to our 2021 School Captains Raynor Pearce and Raymond Sack and Vice Captains Miah Currie and Oden Osgood.

Due to COVID-19, it was unfortunate that we were unable to host our whole school community to celebrate the hard work, conscientiousness and diligence of our students, as we have often done in the past. We would like to thank the parents and the community for supporting our activities throughout the very trying year. We know that you were all there with us in spirit.

Our school would like to thank everyone from the community for supporting these student's and give a shout out to all of our sponsors that contributed towards the students awards: Bowdens Silver; Dr Ali, Kandos Family Medical Practice; Volunteers at Kandos Community Charity Shop; Members of the Rotary Club of Rylstone Kandos; the family of Amanda & David Roach; Centennial Coal; Bunnings Mudgee; Mr & Mrs Mark Cafe; Cudgegong Valley Veterinary Services; DLH Solicitors Rylstone; Federal Member for Calare Hon. Andrew Gee MP; Mr Ahmedi, IGA Supermarket; Kandos Hotel - Mr & Mrs Odgers, Kandos Hotel; Kandos RSL Sub Branch; Kandos Rylstone Teachers Federation; Lithgow Buslines; Moolarben Coal Operations; Mrs Kim Clarke; Mudgee Veterinary Hospital; R & K Engineering; Reliance Credit Union; Mr & Mrs Johnston; Rylstone Ag Supplies Pty Ltd; Deputy Premier of NSW Hon. Paul Toole MP; Community Charity Shop; Golden Mile Café; Rylstone Club Limited; Trounson Realty; and Yengarie Timbers; your generosity and support for this event is very much appreciated.

More photos can be found on our school's website: <https://kandos-h.schools.nsw.gov.au/gallery/presentation-day-2021.html>

CITIZENSHIP PRIZE AWARD

Recipients of the Citizenship Prize were:

- Year 7 - Mitchell Moore
- Year 8 - Willow Connellan
- Year 9 - Kirilee Besant
- Year 10 - Blainey Heath
- Year 11 - Clare Chadwick
- Year 12 - Raynor Pearce



DIRECTOR, EDUCATIONAL LEADERSHIP AWARDS

Recipients of Director, Educational Leadership Awards for 2021 were:

- YEAR 7 - Emily Gallaher, Jan Maw, Mitchell Moore & Mia Reddish
- YEAR 8 - Lleyton Boyd, Willow Connellan, Alexis Farrugia, Shania Norris & Teegan Reynolds
- YEAR 9 - Jasmin Abrahams
- YEAR 10 - Christopher Edwards, Vivienne George, Ella Quarmby, Ky Reddish & Jaiden Rutter
- YEAR 11- Clare Chadwick, Lainey Fuller, Latara Hammond, Annalise Healey, Gina McDonald, Jessica Reynolds & Ty Stone
- YEAR 12 - Laandi Buckland, Charlotte Hoetink, Peter Keeley, Oden Osgood, Ava Vidler & Emma Wisser

100% ATTENDANCE AWARDS

Congratulations to the following recipients:

- Year 7 - Emily Gallaher, Mitchell Moore & Oskar Sander
- Year 8 - Alexis Farrugia
- Year 11 - Clare Chadwick
- Year 12 - Benjamin Abrahams & Gnomoss Roberts



MOOLARBEN SPIRIT AWARDS

The recipient of the Junior Moolarben Spirit Award for 2021 was Halli O'Brien.

The recipient of the Senior Moolarben Spirit Award for 2021 was Jessica Reynolds.

AUSTRALIAN DEFENCE FORCE LONG TAN LEADERSHIP AND TEAMWORK AWARDS

Recipients of the Long Tan awards were:

- Year 10 - Amelia Burlington
- Year 12 - Oden Osgood

ROTARY CLUB OF RYLSTONE KANDOS SCHOLARSHIPS

These scholarships were presented to students in recognition of outstanding academic excellence. Congratulations to the following recipients of these prestigious scholarships:

- Year 9 - Kirilee Besant
- Year 10 - Ella Quarmby
- Year 11 - Annalise Healey, Latara Hammond & Jessica Reynolds
- Year 12 - Raynor Pearce, Mackensy Farrar & Charlotte Hoetink

KANDOS HIGH SCHOOL P & C AWARDS

These awards were presented to junior students who show diligence and consistent effort.

The Year 8 student who has shown the greatest improvement from Year 7 to Year 8 was Nicholas Ellery

The award for Year 7 recognises the student who has been the most consistent worker in 2021. The recipient of the award for 2021 was Mitchell Moore.

YEZFIDAR FUTURE FOCUS AWARDS

The recipients of these very special awards were:

- Year 10 - Jaiden Rutter
- Year 11 - Daisy Bufete
- Year 12 - Peter Keeley

PBL PRIZE WINNERS

Laandi Buckland
Logan Perry
Halli O'Brien
Jaiden Rutter
Brienna Fuller

Each won a prize to
the value of \$50.00



AMPOL BEST ALL ROUNDER AWARD - Oden Osgood

R & K ENGINEERING METAL TECHNOLOGY AWARD - Seth Robinson

R & K ENGINEERING TIMBER TECHNOLOGY AWARD - Gnomoss Roberts

R & K ENGINEERING ICT TECHNOLOGY AWARD - Nicholas Walker

BUNNINGS JUNIOR TECHNOLOGY AWARD - Chloe Farrugia

ROBMAR JUNIOR AGRICULTURE AWARD - Blainey Heath & Gabrielle Moore

IGA INCLUSIVE EDUCATION AWARD - Shane Reid

JESS ALLERTON MEMORIAL TROPHY - Alexis Farrugia

DAVID VAN DUIN MEMORIAL TROPHY - Monty Smith

CSU FUTURE MOVES AWARD - Ava Vidler

VET AWARD - Oden Osgood

SENIOR SCIENCE/STEM AWARD - Mackensy Farrar

KANDOS RYLSTONE TEACHERS ASSOCIATION - Peter Keeley

CLIVE CAFE AGRICULTURAL TROPHY - Miah Currie

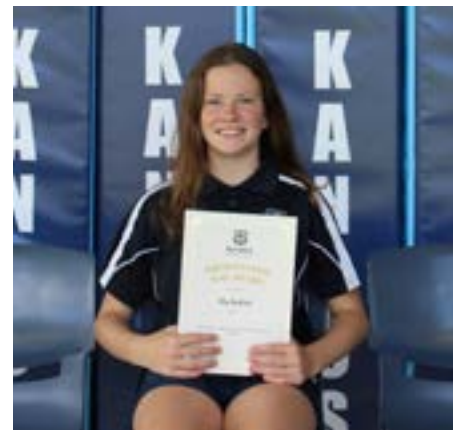
MARGARET BUCKLEY MEMORIAL PRIZE - Mackensy Farrar

JIM & MARGARET BUCKLEY MEMORIAL SHIELD - Raynor Pearce

REUBEN F. SCARF AWARD - Benjamin Abrahams

YEAR 7 ACADEMIC AWARDS

STUDENT	AWARDS
Luke Brooks-Lloyd	Consistent Effort, Outstanding application & engagement 7H English
Alexander Edwards	Consistent application to all areas of learning – 7/12N
Tansy Fisher	Outstanding application & engagement 7H Technology Mandatory
Emily Gallaher	Consistent Effort, Outstanding application & engagement 7H LOTE
Lilliarna George	Consistent Effort
Jan Maw	Consistent Effort, Outstanding application & engagement in 7H Science, PDHPE, Music, ICT & Visual Arts
Mitchell Moore	Consistent Effort, Outstanding application & engagement 7K Music, Mathematics, HSIE, Technology Mandatory & PDHPE
Mia Reddish	Outstanding application & engagement in 7H HSIE
Ryley Sack	Outstanding application & engagement 7K ICT
Chloe Ripley	Outstanding application & engagement 7K Visual Arts



YEAR 8 ACADEMIC AWARDS

STUDENT	AWARDS
Campbell Bulmer	Outstanding application & engagement 8K Science
Haidee Burlington	Outstanding application & engagement 8H Literacy and Numeracy
Willow Connellan	Consistent Effort, Outstanding application & engagement 8H English, HSIE, Science, Mathematics, STEM, Visual Arts, ICT & PDHPE
Jack Desreaux	Consistent Effort & outstanding application engagement 8H Music
Nicholas Ellery	Outstanding application & engagement 8K Mathematics
Alexis Farrugia	Consistent Effort, 8K PDHPE, STEM, Music & Technology Mandatory
Alexandra Grimshaw	Outstanding application & engagement 8K Literacy & Numeracy
Summa Miles	Outstanding application & engagement 8K HSIE
Teegan Reynolds	Consistent Effort, 8K English, Technology Mandatory, ICT & Visual Arts



YEAR 9 ACADEMIC AWARDS

STUDENT	AWARDS
Jasmin Abrahams	Consistent application to all areas of learning in 8/10H
Kirilee Besant	Outstanding application & engagement 9 English, Science, Commerce & Drama 100 hours
Matthew Elkins	Outstanding application & engagement 9 Music
Chloe Farrugia	Consistent Effort, Outstanding application & engagement 9 Mathematics & Industrial Technology Metal
Ryan Fuller	Outstanding application & engagement 9 Mathematics
Isabelle Furner	Outstanding application & engagement 9 Food Technology
Lachlan Mason	Outstanding application & engagement 9 CLIP HSIE and CLIP English
Halli O'Brien	Outstanding application & engagement 9 Industrial Technology Timber
Felikss Sander	Consistent Effort, Outstanding application & engagement 9 HSIE, 9 Information Communication Technology, and PDHPE
Jorja Witcher	Consistent Effort, Outstanding application & engagement 9 Textiles and Design



YEAR 10 ACADEMIC AWARDS

STUDENT	AWARDS
Reine Annovazzi-Palme	Outstanding application & engagement 10 Music 200 hours
Ryan Attwood	Outstanding application & engagement 10 Mathematics
Amelia Burlington	Outstanding application & engagement 10 English, HSIE, Textiles & Design, & Work Education
Vivienne George	Consistent Effort
Alexander Harris	Outstanding application & engagement 10 Drama 100 hours
Caitlin Healey	Outstanding application & engagement 10 Mathematics & 10 Physical Activity and Sport Science
Blainey Heath	Consistent Effort, Outstanding application & engagement 10 Science, Commerce, PDHPE & Agriculture 200 hours
Noah Kernaghan	Outstanding application & engagement 10 Physical Activity & Sport Studies 200 hours
Laura Kubbere	Consistent Effort



YEAR 10 ACADEMIC AWARDS

STUDENT	AWARDS
Brayden Moore	Outstanding application & engagement 10 Industrial Technology Timber
Ella Quarmby	Outstanding application & engagement 10 Visual Arts 100 Hrs, Food Technology, CLIP English, CLIP Science, CLIP HSIE & CLIP ICT
Ky Reddish	Outstanding application & engagement 10 Industrial Technology Metal
Jaiden Rutter	Outstanding application & engagement 10 CLIP Mathematics
Finn Standfield	Outstanding application & engagement 10 Drama 200hrs



YEAR 11 ACADEMIC AWARDS

STUDENT	AWARDS
Daisy Bufete	Outstanding application & engagement 11 Hospitality
Clare Chadwick	Outstanding application & engagement 11 Visual Arts & Hospitality
Lainey Fuller	Outstanding application & engagement 11 Hospitality & Textiles & Design
Latara Hammond	Consistent Effort, Outstanding application & engagement 11 Agriculture, Biology & Industrial Technology Timber
Annalise Healey	Consistent Effort, Outstanding application & engagement 11 Ancient History, English Advanced, English Extension 1, Mathematics Advanced & PDHPE
Tyler Jupp	Outstanding application & engagement 11 Sport, Lifestyle & Recreation
Gina McDonald	Outstanding application & engagement 11 Music
Jessica Reynolds	Consistent Effort, Outstanding application & engagement 11 English Standard
Ty Stone	Outstanding application & engagement 11 Mathematics Standard

YEAR 12 ACADEMIC AWARDS

STUDENT	AWARDS
Benjamin Abrahams	Consistent Effort, First in 12 Standard 1 Mathematics
Laandi Buckland	Consistent application to all areas of learning 10/12V
Miah Currie	First in 12 Agriculture
Mackensy Farrar	First in 12 Biology, First in 12 Community & Family Studies
Charlotte Hoetink	First in 12 English Standard
Peter Keeley	First in 12 Industrial Technology Timber
Oden Osgood	Consistent Effort, First in 12 Industrial Technology Metal, Standard 2 Mathematics & Outstanding application & engagement in VET Construction
Raynor Pearce	First in 12 Modern History & Extension History
Montgomery Smith	First in 12 Music
Emma Turner	First in 12 English Studies
Ava Vidler	Consistent Effort, First in 12 English Advanced & Visual Arts
Emma Wisser	First in 12 Chemistry

AG BRAG

The Ag Plot has continued to be a hive of activity. With the bees continuing to chase the flow provided by the many flowers that are currently in blossom, students checked the hives and with the number of swarm sightings in the local area, have split a hive and created a new nuc.

Students have also been putting their fencing skills to use and are currently replacing part of the boundary fence. Numerous students have been involved and have been working with team work to manage the completion of the project before the holidays start.

Finally, just this week our incubator sprang to life with cheeps and the waiting was finally over as chicks hatched.

Deb Johnston
Deputy Principal



*We wish you a
Merry
Christmas*



YEAR 6 ORIENTATION

In 24th of November, Kandos High School welcomed Year 6 students from our local area to participate in their second Orientation Day. Students experienced hands on lessons in Art and Food Technology. After a Sausage Sizzle for lunch, they headed down to Kandos Pool for water activities. A great day was had by all. Kandos High School is looking forward to seeing our new Year 7 students next year!

Natasha Vidler
Year 7 Year Advisor 2022



YEAR 11 SPIRIT OF CHRISTMAS

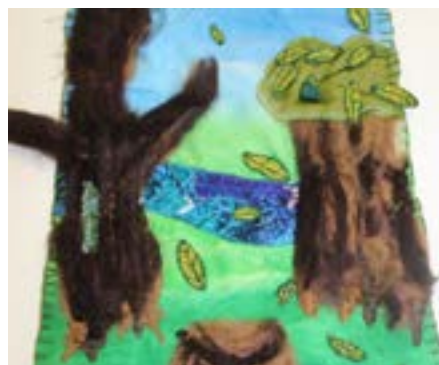


STAGE 5 TEXTILES & DESIGN

Stage 5 Textiles and Design students have been experimenting with different creative skills to complete a Textiles Art project. These have included creative machine embroidery, cording, applique, direct digital printing, needle felting and fabric layering. The results, for their first attempt at these skills, have been outstanding.

They have also enjoyed dressing in costumes from different eras to gauge how clothing has changed through the years in terms of styles and comfort.

Cheryl Murray
TAS Teacher



CHRISTMAS CHEMISTRY - YEAR 8 & 9

Elephant toothpaste (foamy one): using hydrogen peroxide, liquid soap and a few other materials students created a reaction that produced a LOT of oxygen and heat. The oxygen produced forces the mixture out of the cylinder used which made a Chemistry Tree shape.

Chemistry Tree: using a variety of chemical solutions and universal indicator to achieve the colours. The reaction relies on the pH of the different substances.

Emma Kelson
**Head Teacher
Science**



FAREWELL JEN

English teacher, Jennifer Seach, departs Kandos High School at the end of the 2021 school year. Jen came to us from Mudgee High School at the beginning of 2020 as a permanent appointment, however, the burden of continual travel over such a distance to and from Mudgee has taken its toll and Jen has been fortunate to have found a permanent position at Mudgee High School, which is closer to home for her.

Jennifer has worked hard for the students of our school, stepping in to teach English, HSIE and Drama. She took up a Bell Shakespeare mentorship program on the school's behalf early in her tenure, in order to build her capacity to teach our Drama students. She has implemented a range of creative and engaging teaching and learning activities, and some of her students' work was recently selected to be publicly displayed for the community at the Rylstone Markets.

She has been a high-quality, professional teacher who is valuable to public education in New South Wales.

It is with heavy hearts that the English faculty says farewell to Jennifer. We wish her well in all that she chooses to do.

Roderick San Martin
**Head Teacher
English / HSIE / CAPA**



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



We are looking for people who

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

What you will get

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



APPLY NOW at Lithgow Buslines

Ph: 6352 3888 or careers@buslinesgroup.com.au



FOR AGES 12-25

YELLOW

PHOTOGRAPHY COMPETITION

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

Email your entry (not exceeding 10MB) by 4pm 27 January 2022 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 3 February 2022)
\$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 30 June 2022 will be forfeited by the winner.

Privacy Policy: To read the privacy policy visit: midwestern.nsw.gov.au/Privacy-Statement

Proudly funded by





SUMMER SCHOOL HOLIDAYS

17 December 2021 – 28 January 2022

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

Cup Cosies

Can't make it to one of our in person activities these holidays? We'll organise to mail you everything you need to make your very own travel cup cosy – personalise your cup, keep your hot chocolate warmer, and keep your fingers safe. Get in fast – kits are limited.

WHEN Friday 17 December 2021 – Friday 28 January 2022

AGES 12–25 years

WHERE At your home – mail out kit

Candle Making Workshop

Learn how to make your own natural beeswax candles, in this interactive workshop.

WHEN Tuesday 11 January 2022, 11.00am – 12.00pm

AGES 12–25 years

WHERE Rylstone Memorial Hall, 73 Louee Street, Rylstone

Neon Signs

Light up your afternoon by learning how to create a neon-look sign using your bright ideas and EL wire.

WHEN Thursday 6 January 2022, 2.00pm – 3.30pm

AGES 12–25 years

WHERE Mudgee Library, 64 Market Street, Mudgee

Tenpin Bowling at Dubbo

We've booked a bus to go bowling at Dubbo. Join us for laughs, pizza, and bowling.

WHEN Wednesday 12 January 2022, 9.00am – 4.00pm

AGES 12–18 years

WHERE The Stables, 84 Market Street, Mudgee
(pick-up from Gulgong also available)

Film Making Workshop

Join expert award-winning film makers from *Project Zone*, and learn all the tips you need to create your own short film in this hands-on workshop. Lunch and snacks will be provided.

WHEN Monday 10 January 2022, 10.00am – 4.00pm

AGES 12–18 years

WHERE Mudgee Library, 64 Market Street, Mudgee

Neon Signs

Light up your morning by learning how to create a neon-look sign using your bright ideas and EL wire.

WHEN Thursday 13 January 2022, 11:00am – 12:30pm

AGES 12–25 years

WHERE Gulgong Memorial Hall, 112 Herbert Street, Gulgong

> MORE EVENTS OVER THE PAGE



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 17 January 2022 2.00pm – 4.00pm	Tuesday 18 January 2022 2.00pm – 4.00pm
AGES	12–20 years	12–20 years
WHERE	Mudgee Library 64 Market Street, Mudgee	Gulgong Memorial Hall 112 Herbert Street, Gulgong

Kayaking at Ganguddy

Explore some of our region's most stunning waterways at Ganguddy (formerly Dunns Swamp) via kayak. See the beauty of our surrounds, connect with the local history, and gain some insight into the roles these waterways have in our ecosystem, recreation and future.

WHEN	Wednesday 19 January 2022, 9.15am – 3.30pm
AGES	12–18 years
WHERE	The Stables, 84 Market Street, Mudgee (pick-up from Lue, Rylstone, and Kandos also available)

Neon Signs

Light up your afternoon by learning how to create a neon-look sign using your bright ideas and EL wire.

WHEN	Thursday 20 January 2022, 2.00pm – 3.30pm
AGES	12–25 years
WHERE	Kandos Community Hall, Angus Avenue, Kandos

Animation Workshop - Introduction

Learn about the history of animation with a film expert then get hands on making your own early animation device, a 19th C optical toy called a 'thaumatrope'. This workshop is suitable for beginners to expert animators.

WHEN	Monday 24 January 2022, 2.00pm – 4.00pm
AGES	12–20 years
WHERE	Mudgee Arts Precinct, 90 Market Street, Mudgee

Candle Making Workshop

Learn how to make your own natural beeswax candles in this interactive workshop.

WHEN	Tuesday 25 January 2022, 3.00pm – 4.00pm
AGES	12–25 years
WHERE	Mudgee Library, 64 Market Street, Mudgee

Summer Photo Competition

Today's the last day to enter your YELLOW-themed photo into the competition, for your chance to win up to \$50 in Mudgee Money. See the competition flyer for more details.

CLOSES	Thursday 27 January 2022, 4.00pm
AGES	12–25 years
SUBMIT	Email entries to youth.services@midwestern.nsw.gov.au

Proudly funded by



NOTE: ALL EVENTS ARE FREE. BOOKINGS ESSENTIAL DUE TO COVID-19.

To book, visit mwrceventbrite.com



Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and undisturbed bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Supporting your young person during the holidays



Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – ehheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1800 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace School Support Suicide Postvention Toolkit – A Guide for Secondary Schools** for further guidance.

Fact sheets are for general information only. They are not intended to be used and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranty that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense, whatsoever, in the event of reliance upon this information.



THANK YOU FOR SUPPORTING OUR STUDENTS!

We would like to acknowledge the very generous support that we have received throughout the year from our school community - all of the parents, carers, businesses, organisations and individuals from within the Kandos Rylstone region - sincerely thank you to you all.

Those that have donated towards our Presentation Assembly, we appreciate your contributions as we recognise the impact that COVID has had on business' turn overs. Your hard work and generosity has had a significant impact on our students. To our major sponsors: Bowdens Silver; Dr Ali, Kandos Family Medical Practice; Volunteers at Kandos Community Charity Shop; Members of the Rotary Club of Rylstone Kandos; and the family of Amanda & David Roach; we say thanks.

Thank you to: Centennial Coal; Bunnings Mudgee; Mr & Mrs Mark Cafe; Cudgegong Valley Veterinary Services; DLH Solicitors Rylstone; Federal Member for Calare Hon. Andrew Gee MP; Mr Ahmed, IGA Supermarket; Kandos Hotel - Mr & Mrs Odgers, Kandos Hotel; Kandos RSL Sub Branch; Kandos Rylstone Teachers Federation; Lithgow Buslines; Moolarben Coal Operations; Mrs Kim Clarke; Mudgee Veterinary Hospital; R & K Engineering; Reliance Credit Union; Mr & Mrs Johnston; Rylstone Ag Supplies Pty Ltd; Deputy Premier of NSW Hon. Paul Toole MP; Community Charity Shop; Golden Mile Café; Rylstone Club Limited; Trounson Realty; and Yengarie Timbers.

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