Kingsgrove North High School
The Way North
Our Community Newsletter No. 6, 2014

Principals Report

As 2014 draws to a close we have much to reflect on and much to look forward to in 2015.

It has been an interesting year as Relieving Principal. I have enjoyed the professional collegiality and support of my staff throughout the year especially Ms Bilali (DP) and Ms Harbon (Relieving DP)

We do have a significant staff change in 2015. Mr Kennedy has been appointed to Homebush Boys High School effective from the start of Term 1, 2015. Until such time as a new Principal is appointed (either directly or through a merit selection process,) I will continue to be Relieving Principal. Mr Kennedy will be posting a message on the school website. He will be missed by staff and students and we all wish him well in his new position.

We also say goodbye to Ms Iosifidis who has gained a much deserved promotion as Head Teacher Maths to St George Girls HS. Ms Iosifidis will be missed and we wish her the very best in her new role. Please watch the website for further announcements of staff changes before the 2015 school year kicks off.

We have now an officially accredited White Ribbon school. We had around 70 students and staff join the Drumming Out Violence March through Lakemba on November 25th as part of the 900+ strong crowd. We even had our own drumming group along the way. The White Ribbon message – NO violence against women - is part of our daily conversations at Kingsgrove North. At KNHS we are really looking forward to increasing the size of our marching contingent in 2015.

During 2014 we also developed a much closer working relationship with GWS Giants through their community officers Ali and Eman. As a result we have had numerous excursions to GWS Headquarters and 15 students and staff also helped with an Iftar Dinner at GWS during Multicultural week. Ali and Eman will also be working closely with our new Year 7 cohort in 2015.

We now have a message board in the canteen area and the front foyer- the large flatscreen TVs loop through daily messages and have photos and information of students and the many activities that they are involved in . By mid next year we will have two more installed – one in the Eastern Quad and the other in the senior Quad. The main quad now also boasts a huge school logo behind the assembly dais. It adds a dash of class to the quad as well as providing an excellent backdrop for any assembly award photos.

Over the holiday period a new Bunnings will “pop-up” directly south of the school. We have been working closely with Bunnings management to mitigate the impact that the construction process has on the school. They have even offered to help develop a playground area between the Hall and our Industrial Arts block – the area will be known as Bunnings Vista. Can’t wait until we officially open the area.

In the last few days of school four Year 9 students Janet A, Meriem Z, Elysia R and Wyanita T approached me with an idea to donate some Christmas presents to young patients at Sydney Children’s Hospital. They organised a mad hair / mad hat day and raised over $450. A quick call to Kmart at Hurstville and they organised a 10% discount on all goods purchased. On Tuesday, Ms Conidaris drives the four girls to Hurstville and then off to the hospital with their generous gifts. Very much a special, unselfish and important Christmas gesture for which the girls will be recognised in early 2015.

Before I sign off for 2014 I would like to publicly acknowledge and celebrate the commitment and professionalism of our teaching and office staff throughout 2014. I am proud to be not only be their colleague and workmate but also their Relieving Principal. Our challenges at times are considerable but the staff at Kingsgrove North really do have the students at the centre of their work.

On behalf of the staff at KNHS I would like to wish you all a happy and safe holiday break and the happiest of Christmas times. Please keep safe and we will see you all healthy, hearty and ready to learn in 2015.

Mr Ffrench
Relieving Principal
We walked down by the water where Captain Cook landed and heard about the two brave young men who fearlessly faced them on the rocks of Kurnell. We also walked through the park where Aboriginal and European monuments stand side by side before heading off to the BBQ area for sausages slowly cooked to perfection by Mr Spero whilst we all impatiently munched on lamingtons and chips! It was a glorious day; we were so lucky to have this experience and learn from someone so knowledgeable and wise. Thanks to our volunteer photographer Don Smith, we also have some fabulous photos to help keep the memories alive.

My sincere thanks go to Tim and Dean for their knowledge and their passion, Mr Spero for his fabulous driving and cooking skills and Don for the stunning photos. Mostly I would like to thank the students, Wyanita, Toa and Lira who were wonderful to spend the day with. I am very proud of them and congratulate them on their participation, attitude and appreciation.

Ms Catherine Baker
Behaviour Support Teacher
Girls’ Supervisor
"The library was a hive of activity last week. Students packed every corner studying for their Yearly Mathematics exams and any teacher who walking past was pounced upon by students wanting help. There should be more of this activity all year in preparation for exams."

It was with immense pride and excitement that we announce that one of our Year 9 students will be attending UTS on Friday 14 November to receive a 2014 Deadly Kids Doing Well Award. Wyanita Trantor will be joining her family, winners from other NSW State schools, Aboriginal Education staff and special guests to participate in this annual event.

Wyanita is an exceptional young woman who is developing into an inspiring role model and ambassador for our Indigenous students. Her level of participation and engagement in Kingsgrove North school life is exemplary and she has much to be proud of. Congratulations Wyanita – you thoroughly deserve this award and recognition!

Ms Catherine Baker
Girls’ Supervisor
Support Teacher- Behaviour

BANKSTOWN KOORI YOUTH FORUM

Our indigenous students have been invited to take part in the Bankstown Koori Youth Forum; an annual event organised and presented by our Indigenous community teacher, Tim Bishop. Tim has been coming to our school on a weekly basis to engage with our Indigenous students through art, dance, history and culture.

The forum promises to be a day of cultural learning for Aboriginal and Torres Strait Islander young people in the Bankstown region to inform their cultural identity.

It is being held on Wednesday 12th November at the Bankstown Arts Centre. The activities on the day will be inclusive of Art, Traditional Dance and Traditional Language, all being facilitated by Aboriginal professionals. The students are additionally lucky as both morning tea and lunch will be provided!

I am very grateful to Tim and the Bankstown Youth Development Services for their continued support and professional contributions to the education and wellbeing of our students.

Ms Catherine Baker
Girls’ Supervisor
Support Teacher- Behaviour
It’s all happening at KNHS in Legal Studies.

Students have been fortunate in being able to participate in excursions and having guest speakers attend our school. Earlier in the semester, the class visited the Supreme Court of NSW and the Downing Centre Courts as part of the Year 11 course. This was a valuable, as well as a confronting experience, as students sat in on various court cases. One case, involved students listening to family members read out their Victim Impact Statements, which was quite an emotional experience.

In addition, law students from the University of NSW visited the school and presented talks on various issues such as police powers and your rights as a citizen. The class was also provided with valuable information about preparing for the HSC and life as a university student.

In November, students attended lectures at the Lend Lease Theatre at Daring Harbour. These focused on the criminal law topic and involved expert presenters. At the conclusion, there was also an opportunity to ask questions, which students found valuable.

These extra-curricula activities are very helpful in reinforcing classroom learning. I wish to also commend the presentation and behaviour of the Year 11 Legal Studies class during these activities.

Mrs Tsitsos
HSIE Teacher

News from the English Faculty

In 2014 the English Faculty welcomed Ms Boyce and Ms Faros. Both experienced teachers, they have settled into KNHS and we are delighted that they are to continue with us in 2015. This has been a busy year in the English Faculty as we have been steadily working on the Australian National Curriculum rewriting and updating programmes, organising the purchase of new texts for study and collaborating on new units of work. We are excited to be including a variety of new texts to encourage the interest and engagement of our students. We have introduced a number of graphic novels such as Stormbreaker, Coraline and a graphic appropriation of Macbeth. These texts have invigorated reading and are suited to a wide range of readers, in particular students with a preference for visual learning. The new Curriculum is focused on broadening students’ contact with literature from around the world. Our new selection of nonfiction texts, including Anh Do’s The Happiest Refugee, give our students access to a broad range of contemporary issues. We have also purchased a number of anthologies of international texts that explore global societal concerns. Trialling of our new texts and units of study has been received with enthusiasm and increased motivation to achieve course outcomes.

English Faculty Report

As a faculty, English has been the beneficiary of a number of professional development days where we have focused on strategic areas of the Australian National Curriculum, Literacy and Identifying Learning Difficulties in Students. We have also been working together with Sarah Barton (Speech Pathologist) to devise strategies to assist students with the development of language mechanics relevant to the whole curriculum.

This year Ms Ayoubi led the Kingsgrove North Debating teams in Years 7 and 8 to participate in the Year 7 and 8 Premier’s Debating challenge. The students involved were Julie and Suzie Zeini, Zoe Hassiotis and Allana Hamad. The team debated against Kingsgrove and Blakehurst High in our zone and made it to the regional semi-finals where we had to compete against Caringbah High. It was a very close debate which made it hard for the adjudicator to make a decision; however, we lost and our team was very honourable in defeat. Our team was very dedicated and spent lunch times on workshops designed to extend their knowledge of debating (already studied as part of the English faculty teaching programme in Year 7). The team has achieved great results this year and has placed our school as first in our zone.

The English faculty has been pleased with the achievements of our students this year and look forward to another year of quality teaching and learning.

Ms Dunston.
HT English

Thank You

Just a short note to say thank you to all the staff and students who have congratulated me on 30 years of teaching at Kingsgrove North High School. (Yes, I know I don’t look that old!)
A big thank you to the SRC and Ms Papadopoulos for presenting me with the lovely pot plant to mark the occasion.
Have a safe and fun holiday, and I’ll see you all again next year.

Mrs Tsitsos
HSIE Teacher
The White Ribbon Campaign aims to end violence against women and girls, through public education and culture change. White Ribbon is the first international campaign to end violence against women in the world. On the 25th November all men were asked to swear that they will

“never commit, condone or remain silent about violence against women”.

Although most men will never commit acts of violence towards women, by remaining silent about this issue we are allowing it to continue. The White Ribbon Campaign is a call to all men of all ages to take action.

The 25th November was White Ribbon Day. It was also the first day of the internationally recognised 16 Days of Activism which was a period of global campaigning during which thousands of people and organisations all over the world took a stand against gender based violence. Full details, the history, the purpose, the values and aims of the White Ribbon Campaign can be found on the White Ribbon Australia website:

http://www.whiteribbon.org.au

Kingsgrove North High School participated in a local White Ribbon event in conjunction with Campsie Police. A march took place through the streets of Lakemba. The gathering began at 5:30pm. The march was from 6:00 pm to 6:30 pm and was followed by a few speeches and student performances, finishing with a huge BBQ.

Our Relieving Principal, Mr Ffrench is our own White Ribbon Ambassador and he proudly lead our marchers and drumming groups to help “drum out violence”.

Our school community was warmly invited to march with us to make our voices heard on behalf of those who have none.

Ms Catherine Baker
Girls’ Supervisor
Support Teacher-Behaviour
SPECIAL EDUCATION DEPARTMENT

In-School Work Experience Program
As a part of this on-going award winning program, many of our students attend work-tailored initiatives as varied as, for example, horticulture and hospitality. These activities guided by our accomplished staff ensure the students are immersed in multiple skill and positive attitude development, essential for their future employability. This attainment has admirably equipped many of our past Special Education students not only to be both sought after in the work place but to be successful employees who have excelled in a number of various occupations.

Pupils Who Propagate (The Garden Crew): Enhancing our School’s Environment
The PWP team of motivated enthusiastic gardeners, led by our energetic teachers, has achieved a new clean green look to a number of areas around the school. In one such area (the desolate unkempt eastern car-park) the planting of agave succulents in attractive wood-chipped long beds has so upgraded the area that not only are the plants thriving but also our team from the positive feed-back!
The team has also worked on the gardens at the front of the school. Our crew has recently focused on the memorial garden and the school entrance - reinvigorating the rose beds and establishing a fragrant Murraya mass planting which will become a future hedge. Reclamation and beautification of the environment has at its core strong eco-science and biological foundations, thus while skills of tending a garden are based in skills of practical application students also benefit in a multitude of educational ways. All while providing a vibrant new look for the schools gardens and a better healthier environment for all. A win-win for both our students and our school!

Fridays Café

A Café culture of Kids in the Kitchen Fun since 1999

Our showcased and highly awarded café initiative, Fridays has been the loci of many important and significant school celebrations, so in keeping with tradition it was with pride that once again our Special Education Senior Leavers had their Graduation ceremony at the café on 7th November 2014. This was an emotional but highly enjoyable day for all our graduates, parents, friends and school staff who attended. A warm and intimate ceremony was presided over by Ms Vourdousi [HT], Ms Biloli [DP] and our Principal, Mr Kennedy who took special leave from his secondment [Local Schools Local Decisions] to award the graduates with the presentation of their academic portfolio and token gift from K.N.H.S.

The graduates then enjoyed their frothy ice-cold milkshakes and hot yummy jaffles (on-the-house) as did our Fridays Café guests their coffees and home-made cakes etc. The speeches were warm and genuine and there was not a dry eye in the house after one of our students, Leticia, made an impromptu heartfelt speech to her fellow students of her bitter-sweet feelings upon realisation of this being her last day of school and her “treasured” café. All in all, a cheerful, optimistic and memorable observance of one of life’s “milestone-moments” was enjoyed by the leaver’s cohort, our junior café crew, the Staff of K.N.H.S. and the parents/guardians and citizens who attended on the day.
TAS Faculty

2014 has marked a very successful year in the TAS Faculty. Ms Todd, our Acting Head Teacher, worked very hard in providing students with a curriculum that was dynamic, student-centred and very rewarding.

The teaching staff worked very closely with Ms Todd in creating and delivering the junior curriculum (7-10) both in Food Technology and Textiles in order to provide an enriched curriculum incorporating projects and experiences that were meaningful and engaging for their students.

As well as the amazing projects completed by students, there was additional content delivered which had a strong literacy component to it, as part of our National Partnership Program, and a strong ICT component, which involved creating a Beachside Café Logo in Adobe Illustrator which is today’s industry standard software.

In addition to the curriculum that was successfully delivered, the teaching staff organised the following excursions and workshops which provided students with enriched hands-on hospitality experiences. See list below.

- KNHS YEAR 10 FOOD TECHNOLOGY EXCURSION to Centre Point Tower
- Year 9 Food Technology Excursion at the RAS EASTER SHOW
- Year 10 Food Technology Workshop in class ‘Cake Toppers Workshop’ with Professional Chef Handi Mulyana, proprietor of Handi Cakes during Term 2.
- Yr 8 Food Technology Chocolate Workshop with Professional Chocolatier Marc Pier-aard the proprietor of KIKI & KUKU
- Yr 9 Food Technology Excursion to GWS Giants Woolworths Nutrition
- The International Women’s Breakfast

Finally, other stimulating subjects offered by the TAS Faculty this year were the Computing Studies Subjects.

Information Software and Technology and Information Processes and Technology

Mrs Cazouris has worked very closely with Ms Todd and Mr Trumble, the Head Teacher of Industrial Arts, to upgrade the computers in our three Computer Labs in order to meet the current and emerging needs of Technology in Society and provide equal access and opportunities for all students at KNHS.

In addition to our new computers, we have Interactive Whiteboards and new class set graphics tablets where students can really refine their animation and graphic skills using industry standard software such as Adobe Flash, Illustrator, Photoshop and In-design. Adobe Premier Pro is also used for students to create their short films and add their own music with features offered within this software.

The IST and IPT curriculum is very strong and highly student-centred, offering animation, graphics, e-commerce website projects and learning experiences which students can instantly use to create their own online businesses and make a part-time living while studying and full time when they finish their studies.

This is the first year we have 22 year 11 students going into year 12 and finding Information Processes and Technology a dynamic subject for their future.

On Behalf of the TAS Faculty, we would like to thank our community, parents and teachers for your great support and efforts in assisting us in developing such a strong curriculum and providing such rewarding skills, knowledge and experience to our students.

Ms Cazouris
Assistant Relieving Head Teacher
Computing Studies/ICT and Design and Technology Teacher
HOME ECONOMICS FACULTY TERM 4 ACTIVITIES

YES – YOUTH ECO SUMMIT 2014 7 TM 1
Industrial Arts 2015 Overview

This has been an amazing year for Industrial Arts students and staff. We have had success in student outcomes and achievements in Industrial Technology from stages 5 and 6. Year 10 students completed a small coffee table, Year 11 students built dart board cabinet and Year 12 designed and constructed a variety of projects including a wine cabinet, hall tables and benches. Our Stage 4 students studying Technology Mandatory designed and built toys based off transport and had exposure to jewellery making and nickel plating with Mr Spero.

We have complemented our already extensive array of machinery through the installation of new hardware and software and are awaiting delivery of an industrial table sander to help support students complete large scale projects. Stage 6 VET construction students successfully built a concrete podium in the main quad to assist in the promotion of the school during assemblies.

All staff have been trained in CREO (3 dimensional design software) and student engagement in this new technology has blossomed across all years. Part of staff training included the ability to distribute the software free of charge for students to have at home.

Technology advancements

- Installation of 12 computers into G1D to support all classes in becoming 21st Century learners
- Installation of the Autodesk suite, with a focus on REVIT for architecture
- Installation of CREO, 3 dimensional design software capable of producing orthographic drawings with measurements
- Awaiting installation of Industrial Table Sander

Future

2015 sees the national curriculum move into phase 3. This means Industrial Arts staff will be reinventing their curriculum. We anticipate continued growth in all our subjects and need to emphasise that literacy and numeracy play a large part of the portfolio expectation and course work of the subjects we have on offer.

In term 1 2015 KNHS will be interviewing for merit selection of an Industrial Arts Teacher. This is due to the fact that we say goodbye to Mr Robinson who has taken up a position at Heathcote High School.

In 2014 we received the highest number of band 4s and 5s in Industrial Arts in the last 10 years and look forward to seeing this years results.

Mr A Trumble
HT Industrial Arts
Prac teaching at Kingsgrove North

Since the start of Term 4 I have been working at Kingsgrove North as an Intern in the Mathematics department. I have thoroughly enjoyed myself so far and have learnt a great deal from not only my wonderful mentor teachers, Helen Sarlas and Belinda Rogers, but also from my wonderful students in years 7, 8 and 9.

It has been a jam-packed term so far, especially with the lead up to yearly exams. I have enjoyed teaching my year 7 class percentages. We did some great learning activities to increase the student engagement and also cement the information that they had already learnt in class. One such activity was percentage Bingo – the student’s are still begging me to play it again. Another was the ordering percentages posters - the student’s broke up into small groups and made some wonderfully colourful and informative posters. Some photos from this lesson are below.

In Year 8 we have been looking at Linear equations, probability and graphs, these concepts are the basis for the next two stages in mathematics and my class seems to be doing very well. We have also been looking at more literacy based questioning and my student’s (most of whom do not speak English as their first language) have done particularly well and I am very impressed.

Year 11 has just finished looking at a topic called Mathematics and Driving, where they learn about all of the real life situations where mathematics applies in driving. This is a great course as a lot of the student’s are about to or already have their license, so they can relate to the information they are learning. We look at safety, speed, braking distances and blood alcohol concentration, as well as the costs of buying and running a car. Hopefully the student’s will be able to take what they have learnt and apply to their future circumstances.

I would like to say thank you to everyone at Kingsgrove North for making my time here such an enjoyable and enriching learning experience and I hope that I get to see more of you in the future.

Emma Murphy
Mathematics Challenge for Young Australians
For the first time at KNHS, nine students from years 7, 8, and 9 participated in the Mathematics Challenge for Young Australians. This competition ran for 3 weeks during March this year. Students were issued with 6 Challenging problems to solve and they submitted their solutions on a weekly basis. The results were very encouraging. For the Intermediate Competition, Jack Huang received a Distinction Award and Chris Li achieved a Credit Award. For the Junior Competition, Karen Trinh and Brandon Foo both achieved a Credit Award. I would like to congratulate these students for their achievements and also acknowledge the other students who participated and worked diligently to find solutions to the problems in the Challenge Zoe Hassiotis, Jenney Le, JieLin Ding and Haley Sawalha.

Australian Mathematics Competition
On Thursday 7th August 2014, 72 students from Year 7 through to Year 12 participated in this year’s Australian Mathematics Competition. Our students’ achievements were encouraging and are listed below:
The Prudence Award is given to the student who has answered the most consecutive number of correct answers and this year’s award winner was Kunyao (Ken) Liang from Year 12. Four students received the Distinction Award (Top 15%) were:
- Kunyao Liang of Year 12
- Avani Bhojwani of Year 11
- Rohail Abdullah of Year 11
- Chris Li of Year 9

We had a record number of Credit achievers (Top 50%). 26 students received the Credit Award from years 7 to 12. Congratulations to all the students and thank you for participating and next year we hope that more students participate in this rewarding and challenging competition.
Mrs T Iosifidis
Mathematics Teacher
Gifted and Talented Students Coordinator

Being an SRC Member @ KNHS 2014
I think this year has been the best SRC year by far for two reasons: One, I made new friends with people from other years and two; I volunteered in more things in comparison to last year.
This year, I participated in the 40 Hour Famine. I saw it as a personal challenge to inform my peers of the importance of helping to fight global poverty amongst young people. I formed a group where we gave up something we like for 40 hours and raised funds for World Vision.
Also, I further developed confidence in talking to others by explaining the worthy cause to people from other years. I made speeches on the school assembly which was great because it gave me the chance to communicate my passion as to why people should donate to this worthy cause.

With William, Ebba and Sang we were also involved in organising a peer presentation in our Geography class, organising a discussion and showing the class videos sharing children’s experiences from war torn developing countries, helping to educate our peers about global poverty and how we can make a difference.
Furthermore, I was part of a group of 4 that addressed issues and concerns to Ms Bilali. We discussed a number of topics like how the students wanted to change the material and style of the PE shorts, how we wanted to fix the toilets and many other topics. What I liked about this was its one on one nature that made it straightforward.

As an SRC leader I had the honour of welcoming visiting Principals from other schools. It entailed waiting for their arrival near the gates, greeting them which made me nervous as I’ve never spoken to them before, answering questions about our school and then leading them to the common room for their Principal’s meeting with Mr. Ffrench. All in all, the SRC left me open to opportunities that improved my leadership skills and confidence when speaking. It taught me to grab opportunities that I thought were interesting, writing speeches, being notified about issues happening around the school, allowing me to try to bring out the best in our school and representing my peers to the best of my ability.
By Charlotte Camer Year 9

12
From the Science Staff

As this year comes to an end, on behalf of the staff in the Science Faculty, I would like to take the opportunity to congratulate many of our students for their great effort in Science over terms 3 and 4.

Firstly, our charming year 7 students visited the Zoo in August and used this experience to create a PowerPoint presentation based on an animal observed. The students created content filled presentations and developed their public speaking skills as they delivered their work to the teacher and fellow students.

The year 8 students studied Astronomy and they strived to touch the stars. Many students were rewarded with an excursion to the IMAX theatre and the Sydney Observatory.

Our year 9 students this semester were able to bring the world around them into the classroom by compiling a pamphlet on a recent Natural Disaster that has taken place anywhere around the world. Students were able to use their creative imagination, research and comprehension skills to produce outstanding work that was shared with other students in the class. Some examples below:

Our year 10 students completed their final assessments for their junior years in Science to the best of their ability. We wish them every success in their senior years.

Our current year 11 (new year 12 students) started their 2015 HSC course with a bang. The Chemistry and Physics students were able to demonstrate their research skills in their first assessment task for the HSC year. The Biology students conducted their Opened Ended Investigation; where they researched and conducted the knowledge on how to dissect a sheep’s kidney.

Not forgetting, our current year 12 students are finally resting after an exhausting year as they anxiously wait for their HSC assessments. We would like to, once again, wish them well in their future endeavours.

Finally to the parents, carers, students and extended school community of KNHS, Ms Ellis (Head Teacher) and all the Science staff, we would like to congratulate the students on another successful Science year, wishing everyone a safe and happy holiday filled with good health. Happy returns 2015.

Mrs Varvaressos
News from CAPA

It has been a wonderful and positive year of learning for the students within the Creative and Performing Arts subjects.

George, Year 9 PDM student example

This year gave an opportunity to all students in Visual Arts, Visual Design, Ceramics, Photography and Digital Media, Music and Dance to engage and excel in their given learning areas.

Rebecca, Year 12 major work

Jeyda, Year 9 Visual Arts student example

Mariam, Year 10 Visual Arts student example

Ranita, Year 12 major work

Danielle, Year 12 major work

Huge congratulations to the year twelve students who completed Visual Arts, Visual Design and Music for their HSC electives. These students worked to complete a practical Body of Work or Performance piece as well as preparing and sitting for the written HSC paper for their selected course. We have had some wonderful and highly accomplished works produced this year and all students should feel proud of their achievements within the creative arts.

Thank you to all the CAPA staff who worked collaboratively and extensively to ensure our students remained successfully engaged in their creative learning this year.

Ms Noulas Rel-HT CAPA
Sports Report
2014 Term 4

It’s Summer Finals time once again and KNHS are in a very good position with many teams looking to
once again make the Summer Sport Finals. We wish all of our teams the best of luck as they continue the
Winning Wednesday spirit in all competitions.

PASS & SLR Rock climbing excursion

2014 also saw the PDHPE faculty organize a fun and active excursion to the Sydney Climbing Gym in Syd-

enham. Everyone had an immense amount of fun and challenged themselves to tackle some tough ob-

stacles

2014 Zone Presentation Day

Congratulations to Lira Mcarthy who has received an award for 12 yrs Athletics Age Champion at the St
George Secondary Schools Sport Association’s Presentation Day.

2014 Summer Grade Sport

Congratulations to the following senior teams and their coaches that have competed in the Summer
Sport Finals for this year.
Ms Andreou and her 3rd Grade Table Tennis team- Grand Final Runners Up
Mr Peros’ 2nd Grade Touch Football Team- Grand Final Winners!!!
Both teams played extremely well to make it all the way to the Senior Grand Finals representing our school
with pride and prestige.
Best of luck for our Junior teams who will be competing in the up-coming Summer Sport Finals.

Sports Person of the Month

<table>
<thead>
<tr>
<th>MONTH</th>
<th>PERSON</th>
<th>SPORT</th>
</tr>
</thead>
<tbody>
<tr>
<td>February</td>
<td>Nicholas Allanson</td>
<td>Swimming</td>
</tr>
<tr>
<td>March</td>
<td>Jason Liang</td>
<td>Table Tennis</td>
</tr>
<tr>
<td>April</td>
<td>Sahara Rafai</td>
<td>Bring it On (Dance)</td>
</tr>
<tr>
<td>May</td>
<td>Ali Charara</td>
<td>Soccer</td>
</tr>
<tr>
<td></td>
<td>Ricky Tzoumagatos</td>
<td></td>
</tr>
<tr>
<td>June</td>
<td>Marietta Tselika</td>
<td>Volleyball</td>
</tr>
<tr>
<td>July</td>
<td>Lolita Nguyen</td>
<td>Basketball</td>
</tr>
<tr>
<td>August</td>
<td>Lira McCarthy</td>
<td>Athletics</td>
</tr>
<tr>
<td>September</td>
<td>Peggie Li</td>
<td>Basketball</td>
</tr>
<tr>
<td>October</td>
<td>Zac Mahmoud</td>
<td>Rugby League</td>
</tr>
<tr>
<td>November</td>
<td>Christopher Li</td>
<td>Basketball</td>
</tr>
</tbody>
</table>

Mr Costa D’Addona
Sports Co-ordinator
At headspace you can get help for mental health and other health issues. headspace has services online, by telephone and face to face.

headspace centres across Australia provide information, support and services to young people, aged 12 to 25 years, and their families. headspace can help with general health, mental health and wellbeing and with alcohol and other drugs. Information and support to assist with employment and education is also available. Online and telephone mental health support is also available through headspace.

**Aged between 12–25 years?**

headspace can help if you:
- are feeling down, stressed or can’t stop worrying
- can’t feel like yourself anymore
- can’t deal with school/uni/work or are finding it difficult to concentrate
- are feeling sick or worried about your health
- want to cut down on your drinking or other drug use
- want to talk about sexuality, identity or relationships
- are having difficulties with friendships or parents/carers
- have sexual health issues or want information about contraception
- are being bullied, hurt or harassed
- are worried about work or study or if you’re having money trouble
- need someone to talk to

**headspace centres**

headspace centres are located across Australia and help you to access the right type of health worker for your needs. This could be a doctor, psychologist, social worker, alcohol and drug worker, counsellor, vocational worker or youth worker. A number of centres also have Aboriginal and Torres Strait Islander health workers, welfare workers and family therapists.

You can visit a headspace centre no matter how big or small your problem may seem. Getting help early makes a significant difference to how quickly and how well you can get your life back on track.

To find your nearest headspace centre and their contact details visit headspace.org.au/headspace-centres

**Making an appointment**

Making an appointment at your local headspace centre is simple; just phone or email your nearest headspace centre to find a time that suits you. You can also ask a friend, teacher, parent, other family member, health worker or community agency to contact headspace for you.

Your local headspace centre might also have a ‘drop in’ service where you can visit anytime in their visiting hours. Call your nearest headspace centre or check out headspace.org.au to find out more about what services are available.

**Your first appointment**

Appointments at a headspace centre can vary in length but are usually 50 minutes to an hour. Sessions with a doctor might be shorter.

You’ll probably be asked a lot of questions on your first visit. This is to make sure that all the important issues are covered, and to help develop the best solution for you.

Depending on the reason for your visit you might discuss how you are feeling, and how things are at work, school or home. You might also talk about how you are sleeping, how you are eating, and how you are getting on with your family and friends.

The appointment is your time. Feel free to ask questions about anything that’s on your mind so that the headspace worker understands what is worrying you. They can then help you find the best solution, or find the information that you need.

headspace National Youth Mental Health Foundation Ltd is funded by the Australian Government Department of Health and Ageing under the Youth Mental Health Initiative Program.
headspace

If you’re going through a tough time and you don’t have a headspace centre nearby, or you don’t feel ready to visit a centre, headspace provides confidential online and telephone mental health support 7 days a week. To access headspace for the first time all you need to do is register at headspace.org.au or phone 1800 650 890. You will need to provide some information like your email address, postcode and age. headspace sessions are generally for 30-60 minutes and in that time you can talk about whatever you need to. If you are receiving support from a headspace centre or other service headspace will ask your permission to speak with your worker to ensure headspace is providing the best possible support.

headspace help – what to expect

It’s not unusual to feel nervous about getting help for the first time. Talking to someone new about what’s on your mind can take some time to get used to. If you’re visiting a headspace centre it can be helpful to bring along a friend or a family member for support.

The first appointment is usually the hardest because you don’t know what to expect. Over time it gets easier to talk, as you get to know and trust your headspace worker. You can visit headspace just once, or you can return for further support. This may be every week, or every few weeks, or just when you feel the need.

The headspace worker might also suggest that there are other people who could help you. headspace will help you to connect with these other supports, some of which may be available at the headspace centre.

Visit headspace.org.au to read about other young people’s experiences with mental health problems and how getting help can make a difference.

Cost

Services at a headspace centre are either free, or have a low cost. You can ask if there is a cost when you make your appointment. Some services require you to have a referral from a doctor. But don’t worry; headspace can help you with this as well.

All headspace online services are free, if you call 1800 650 890 from your mobile your usual call charges apply.

Getting the help that’s right for you

When you talk with a headspace worker it’s important that you feel safe and comfortable. Some people prefer to speak to a male, while others want to talk to a female. Some prefer to speak to someone who understands your cultural background. headspace will do its best to make sure you see someone you are comfortable with.

If you do not think your headspace visits are working out, it is important to ask yourself why. There could be a few reasons: it might be because it is hard to talk about what’s on your mind, or it might be that you and your worker are not the right fit. Either way, don’t give up. Talk to your worker about how you are feeling and together you can find a way forward.

Confidentiality

When you talk to a headspace worker what you say is kept confidential. This means nothing you say can be passed on to anyone else without your permission however there are a few exceptions.

If headspace is seriously worried about your safety, or the safety of someone else they must – by law – try to keep everyone safe. This means they might have to share their concerns with someone else. Talk to your headspace worker about confidentiality to ensure you understand how it works.

For more information, to find your nearest headspace centre or for online and telephone support visit headspace.org.au

If you require immediate support or medical assistance contact Emergency Services on 000 or call Lifeline on 13 11 14 or Kids Helpline on 1800 55 1800
Getting the help that’s right for you

When you see a headspace worker, it’s important that you feel safe and comfortable. headspace will do its best to make sure you see someone you are comfortable with.

Confidentiality

When you talk to headspace worker(s), nothing you say can be passed on to anyone else without your consent. However, there are a few exceptions. For example, if safety is an issue in some circumstances it is required by law to notify. Talk to your headspace worker about your privacy to ensure you understand how it works.

headspace can help if you:

- are feeling down, stressed or can’t stop worrying
- haven’t felt like yourself for a long time
- can’t deal with school or finding it difficult to concentrate
- are feeling sick or worried about your health
- want to cut down on your drinking or drug use
- want to talk about sexuality, identity or relationships
- are having difficulty with friendships
- have sexual health issues or want to find out about contraception
- are being bullied, hurt or harassed
- are worried about work or study or if you’re having money trouble

headspace is a free service and is a place you can go to talk to someone about any of these issues.

headspace National Youth Mental Health Foundation Ltd is supported by the Australian Government Department of Health under the Youth Mental Health Initiative Program.

headspace Hurstville
41 Dorn Street
Hurstville NSW 2220

ph 8048 3350

feedback@headspace.org.au

We’ve got your back!

headspace.org.au/hurstville

Making an appointment

Making an appointment is simple, just phone headspace Hurstville on 8048 3350 to find a time that suits you. You can also ask a teacher, parent, other family member, health worker or community agency to contact headspace for you.

What happens next?

You can visit headspace to talk about your problems just once, or you can come back for more visits. The headspace worker might suggest you come back every week, or every few weeks, or just when you feel the need.

Rights and Responsibilities

You have a number of rights and responsibilities including the right to be safe and be treated with respect.

Feedback

We welcome compliments and feedback about our services and activities. We respond to complaints quickly and try to resolve them.

headspace Hurstville

41 Dorn Street
Hurstville NSW 2220

ph 8048 3350

Email: feedback.hurstville@ssnli.org.au

www.headspace.org.au/hurstville

headspace.org.au/hurstville

Looking for someone to talk to?

headspace Hurstville

41 Dorn Street
Hurstville NSW 2220

ph 8048 3350

Email: feedback.hurstville@ssnli.org.au

www.headspace.org.au/hurstville

headspace.org.au/hurstville
Term 4 Uniform and lateness
Two of our target areas for Term 3 continue to be students who are persistently late for school and students who do not follow our school uniform guidelines. Students who fit into these categories will be looking at after school detentions once they have been given an initial warning. When students are enrolled they all sign an agreement that they will comply with the school rules. So if your child does not have an alarm clock or a school jumper or proper black leather shoes maybe they can have a trip to Yeronga uniform shop to ensure that they are properly attired for school in Term 4. Otherwise the inevitability of detention awaits.

KNHS SECOND HAND UNIFORM SHOP
PRICE LIST
Beside is a price list of available pre loved clothing. All clothing available has been donated by the students and parents of Kingsgrove North High school. All garments have been washed and ironed. They can be purchased from the second hand uniform shop located next to DF7.
Students can see Ms Papadopoulos near DF7 every Monday and Tuesday at recess.

JUNIOR SCHOOL UNIFORM
SCHOOL SHIRT $15
SCHOOL PANTS $15
JUNIOR SCHOOL SKIRT $20
JUNIOR SCHOOL SHORTS $15
SCHOOL JUMPER $20

SPORTS UNIFORM
SPORT SHORTS $10
SPORT TOP $10
CAP $5
SCHOOL JACKET $25

SENIOR SCHOOL UNIFORM
SCHOOL SHIRT $15
SCHOOL SKIRT $20
SCHOOL PANTS $15
SENIOR PANTS $5
PLAIN SHIRTS $5

Second Hand Uniform Shop
The Uniform Shop is OPEN every Monday and Tuesday recess. It is located next to DF7. It is operated by Retail Service students. They merchandise the store, process transactions and carry out housekeeping. This will help them in meeting the competencies in Retail Services and provide a needed service within our school.
Uniforms are sold at affordable prices to student in the convenience of their own school. Students can also donate any school uniform they have which they don’t need. Please ensure it is washed and ironed if needed.
The school will present a certificate of contribution, to the students, school and community of Kingsgrove North High School and an achievement card will also be given. Uniforms can be donated to Ms Papadopoulos in the Social Science Staffroom.

Thank you to the students and parents for your support of the uniform shop. In particular I would like to acknowledge and thank the wonderful Year 12 students for their generous donations.

Thank you to: Khalid Abdallah, Haidar Hammad, Kim Doan, Maria Couvardis, Kunyao Liang, Andrew Demos, Marianna Magdalino and Feras Sefian in Year 11. We wish all students safe and happy school holidays.
Kingsgrove North High School Uniform

**Junior Girls’ Dress Code**
Maroon/Grey/Blue overcheck school skirt or navy blue UNIFORM tailored slacks or navy blue tailored shorts
Light blue shirt with school crest (with option of school tie in winter)
White ankle socks.
Black enclosed leather shoes - not sneakers for safety requirements in practical lessons.
Maroon jumper with the school crest.
Blue School jacket
White hijab where appropriate.
White or navy neck scarf in winter

**Senior Girls Dress Code**
Grey tailored UNIFORM slacks, or skirt
White blouse with school crest (with school tie in winter)
White ankle socks or black stockings.
Maroon jumper with the school crest.
Black Leather shoes – not sneakers for safety requirements in practical lessons.
Blue School jacket
Maroon school blazer (optional) or Special Jacket for Year 12 only.
White hijab where appropriate.
White or navy neck scarf in winter

**Junior Boys’ Dress Code**
Navy blue UNIFORM shorts or trousers
Light blue shirt with the school crest (with school tie in winter)
Navy blue long/short socks.
Black leather shoes – not sneakers for safety requirement in practical lessons.
Maroon jumper – jumper with school crest.
Blue School jacket
White or navy neck scarf in winter

**Senior Boys’ Dress Code**
Grey UNIFORM shorts or trousers
White shirt with school crest (with option of school tie in winter).
Grey long/short socks.
Black leather shoes – not sneakers for safety requirement in practical lessons.
Maroon jumper with school crest.
School jacket
Maroon school blazer (optional) or Special Jacket for Year 12 only.
White or navy neck scarf in winter.

**On Monday, Wednesday, Thursday and Friday:**
You must wear fully enclosed, laced up, leather shoes. If you don’t wear fully enclosed leather shoes you will not be able to participate in some Science and Mandatory Technology activities.

**On Wednesdays and PE lessons:** You must wear fully enclosed sport shoes that cover the ankles. Canvas shoes are not sport shoes.