Homework Club

No excuse for missed homework or assignments because "It was too hard," or "I didn't know where to start"

Come to the Homework Club!

Homework is regularly set by classroom teachers in order to develop students’ ability and extend on their skills. The Learning Support and English as an Additional Language/Dialect Teachers provide support to our students’ who may be having difficulty completing their homework or assignments. This is a service that all students can use. The Homework Club is located in classroom C4 where there is at least one teacher every Recess and Lunch to help with Homework and assignments.
Learning Support Team

Does your child require additional support to cater for their needs?

Students in regular classes who experience difficulties in learning, regardless of the cause, are supported through Learning and Support resources available at school.

Students do not need a formal disability diagnosis to access support through these resources. It includes support for students with significant learning difficulties, mild intellectual disability, language disorder or delay and behaviour needs. Students with autism spectrum disorders or mental health disorders who have lower level needs are also supported through these school based resources.

The Learning Support Team at Kingswood High School is led by the Head Teacher Welfare. Other members include Deputy Principals, Learning and Support Teachers (LaSTs), Transition/Careers Adviser and Counsellors. The Learning Support Team can assist with the identification of additional learning needs to ensure that the educational needs of your child are being met.

The team:

- meets fortnightly to evaluate referrals made by teaching staff, parents and students regarding cognitive, social/emotional, physical and sensory needs and to identify any concerns;
- determines what type of support your child may need;
- plan, implement, model, monitor and evaluate teaching programs for students with additional learning and support needs in conjunction with regular classroom teachers;
- model exemplary classroom practice when tailoring adjusted learning programs for students with additional learning needs;
- plans, implement, model, monitor and evaluate personalised adjustments for learning where required, with the classroom teacher, student and/or parent or carer; and
- reviews students' progress and adjust types of support.

If you have any concerns regarding your child's needs please contact the school on 47361201 and speak to Sue Clarke (LaST), Stacey Carroll (LaST) or Caterina Meduri (EALD) English as an Additional Language/Dialect.
It has been a busy Term 1 for the SRC. The Election was held in late February and we now have 3 members representing each Year group. The members are as follows:

Year 7: Holly Epps, Erica Hadchiti, Chloe Phillips  
Year 8: Georgia Britton, Bodhi Groves, Dorian Terry  
Year 9: Jarrod Burgess, Khodi Jackson, Michael Joson  
Year 10: Ryan Findlater, Danika Fitzpatrick-Cook, Thinushka Gajanayake  
Year 11: Holly Burcher, Brooke Coleman, Kamaljeet Kaur  
Year 12: Kaushik Ranjan, Montana Ojeda

As you may be aware, we made a video campaign for the World’s Greatest Shave, now available on Youtube and on Facebook under the Kingswood High account. During our World’s Greatest Shave assembly, we raised over $600 after the deduction of costs. It was a great effort by all. Special thanks to students and teachers who shaved or colour their hairs, with a special mention to Lyn Steptoe, our Front Office lady and ex-student Kristen O’Connor who bravely shaved their hairs for this great cause! We hope to be even bigger and better next year.

This Term our School Captain, Curtis Robinson, competed for the Youth of the Year Area Final at the Lions Club Beecroft-Cheltenham. He competed against students from top schools in the district, including James Ruse Agricultural and Normanhurst Boys, and was judged on leadership, sporting and community involvement as well as public speaking skills. Although, Curtis did not win, he did extremely well and we are so proud of his efforts and how he represented the school. It was an excellent night overall and it was great to see passionate young individuals be so involved in their communities and aspire to achieve at such high levels.

Finally, in Term 2 we will be holding our first SRC Leadership Camp. It will be a 3-day camp from the 27th-29th May at the ‘Great Aussie Bushcamp’ in Kincumber. This will be available to SRC members as well as students who would like to develop their leadership skills. We are extremely excited about this event and cannot wait to share stories from the camp.

Ms Pham  
SRC Coordinator
Support Students Go To Flip Out

As part of Term 1 Sport students from Kingswood High School Support Unit went to Penrith Flip Out. This is an indoor trampoline centre where the students can bounce around corners, bounce up walls and bounce into large foam pits.

The students all seemed to have a great time and were all thoroughly worn out by the end of the lesson. Some excellent ability was demonstrated by students such as Gary Donoghue, Jayden Eyre, Shannon Richardson, Libby Crean, Aaron Bricknell, Gabrielle Lamont and Jordahn Whitton.

The great fun was also shared by the staff with numerous teachers even getting on the trampolines. Mrs Nagpal, Mr Manna and Ms O’Keefe were seen performing great acrobatic feats and encouraging the students to try new flips. Luckily, only one staff member and 2 students got stuck in the large foam pit and needed to be fished out.

Flip Out is definitely something we will be doing again!

Karl Erickson
Support Sport Coordinator
Social Inclusion Leadership Forum-2015

On 24th of March, 2015, 6 students from Year 8 at Kingswood High School’s Social Inclusion Club attended the Regional Leadership Forum at Cranebrook High School. The students that attended were Declan Penfold, Latham Bartlett, Sandy Ashby, Riyan Jackson-Walters, Harrison Schmitt and Aaron Bricknell. These students worked with students from Cranebrook High School and Nepean School of Performing Arts.

The event was developed to celebrate student’s diversity and build leadership skills in the students. The students developed their belief that every student has the right to be understood, accepted for their abilities and to find a place where they feel they belong.

The students participated in a wide range of interesting and engaging activities including workshops on celebrating diversity, inclusion, tapping into their inner hero and using their passion to lead. This provided individuals with confidence to give back to their communities. The students were also given an opportunity to formulate a ‘School Plan’ for our Social Inclusion Club.

I would like to thank Natalie Bishop, the Social Inclusion Co-ordinator for organising the event and providing the students with snacks and lunch.

It was a great day.

R. Nagpal
Social Inc. Coordinator
On Thursday 19th March, 23 Aboriginal students and 9 parents/community members attended an event at the Penrith Stadium. The day was designed to engage students from years 8 – 12 with the idea that education is for life and commitment to self is an important initiative.

Glenn Liddiard, the Indigenous Welfare Officer for Penrith Panthers, graciously offered us the venue and provided a light lunch on the day. He also organised to have Kevin Kingston (former 1st grade Panthers player and current under-20s coach), Jamal Indris and Tyrone Peachey (current 1st grade Panthers players) address the gathering and present their own life stories of struggle and success due to their perseverance and commitment to their goals. Students were encouraged to ask questions and gain clarity about their choices.

Shayna Logan, KHS year 12 student 2014, told of her own story of challenging circumstances and her decision to get herself back on track and the effort it took to do that. She is a perfect example of how to turn around a situation for a better outcome. She is currently enrolled in a tertiary course and spoke from her heart of the need to be focused and time organised!

Two other speakers on the day were Danielle Montgomery and Joshua Mason, both from the University of Western Sydney, who presented their respective courses on offer to the ATSI student body this year.

Danielle will be running a couple of fully supervised free camps for ATSI students from Years 9 & 10 – the first to be held during the autumn break, April 14-16th inclusive. Students attending will gain insight into the benefits of higher education, be involved in academic workshops, cultural awareness activities, university information and career exploration sessions, self-development exercises and social activities plus talks with local elders and UWS ATSI students as well as other students from neighbouring schools.

Joshua is heading a programme to be run throughout the year titled “Pathways to Dreaming”. This is designed to influence the way Indigenous students think about themselves and their futures. Students are encouraged to complete year 12 and consider university or some other form of post-school education. The course is divided into junior and senior sessions both in school and on campus and students from UWS mentor the participants.

Further information/permission notes for both of these initiatives are available from the school Norta Norta tutors.

A BIG thank you to KHS staff for the day: Mrs Susan Roberts – organiser and her assistants: Ms Kellie McNamara, Mr Phil Johnston, Ms Caterina Meduri and Ms Debra Humphries.
MATHS NEWS

On 13\textsuperscript{th} March, we celebrated International Pi Day to celebrate the contributions of mathematicians across the globe. International PI day is celebrated on 14\textsuperscript{th} March every year. This year it was special day as the day represented first 10 digits of PI value (3/14/15 9:26:53).

We celebrated the day with first half of the day with Primary feeder school and then second half of the day with year 7 students of Kingswood High. The day was filled with hands on puzzle and a short movie on Great Mathematicians and application of mathematics in various fields.

Mrs Srinath
HT Mathematics

Some pictures of the day:
Year 7 EQ Program

Kingswood High School is currently running a new program with year 7 called EQ (Emotional Intelligence). A series of 9 lessons in terms 1 and 2 will cover a wide range of social and emotional skills that students can develop and improve. Some of the topics covered are self-regard, emotions, anger, conflict resolution, empathy and stress management.

Year 7 began their first lesson creating a title page for their EQ folder. Using each letter in their name, they were asked to think of positive words to describe themselves. Some students found it difficult at first to think about their positive character traits. After we handed them a list of suggestions however, they began to think about their strong points. We could see a noticeable change in the mood of students as they began to talk about themselves in more positive terms. Not only was this a fun and creative introductory lesson, but it is also aimed at changing the way our students think about themselves. Throughout this course, we will continue to include activities that improve self-esteem and resilience.

Examples of student Name pages

Conflic Escalator – a method for mapping how conflicts get worse

“I” Messages – a way to communicate feelings that avoids accusations and attacks

Active listening – a listening skill that uses paraphrasing to ensure accuracy

Anger Thermometer – a technique for gauging the degree of one’s anger

Calming Down – methods for reducing anger and coming down the Anger Thermometer

Optimism and Happiness – techniques for maintaining a positive outlook and coping with challenges

Another aim of the program is to improve confidence in social interactions and equip students with the skills to cope with conflict in positive ways. Students learn to understand their emotions and negotiate more effectively when they meet with opposition from others. Here are some examples of tools and concepts that are used in the program.
Year 7 EQ Program cont’d

Year 7 have recently completed a lesson on anger and ways of calming down. Each student has taken home a fridge poster as a reminder of the strategies learnt in class. Included here is a copy of this handout. All students may find these techniques useful as a way of dealing with anger or stress.

If you have any questions or would like more information about this program, feel free to contact me at the school. If there is enough parent interest, we can organize an information session or workshop to share more techniques and strategies that can be used at home.

Your support and reinforcement of EQ skills will ensure a greater success in students becoming emotionally strong and socially competent individuals.

---

**Calming Down**

Recognise the Anger Cues ---- your body will tell you when you’re getting angry.

- Distract Yourself
  - Count Backwards from Ten
  - Think of Peaceful Scenes or Memories
- Relax Your Body
  - Breathe Slowly and Deeply
  - Relax Your Muscles
- Talk to Yourself
  - Tell Yourself You’re in Control
  - Take Yourself Down the Anger Scale

**In Case of Emergency:**

Follow these Instructions

Counting
- Slowly count backwards from ten. Repeat until you feel yourself calm down.

Slow Your Breathing
- Take a breath in for 3 seconds (through the nose if possible)
- Hold the breath for 1 second
- Release the breath taking 4 seconds (through the nose if possible), then pause slightly before breathing in again.

Complete-breathing
- Relax and exhale as completely as possible. Begin to inhale slowly making your belly rise. Now move your rib cage. Now your chest. Hold it for a second. Now, exhale completely, all the air out of your lungs.
- Try it again. This is complete breathing. Breathe normally for a while, and in the next minute take at least one more complete breath.

As a stress management exercise, try repeating the cycle to include 10 full breaths --- practise this technique daily.

---

Robyn Bennett
EQ Program Coordinator
Public Schools NSW
Information Sessions for Parents and Care Givers

Wondering what **Schools for Specific Purposes** can provide for your child?

Come to one of our Information Sessions.

**Halinda School for Specific Purposes**
**Wednesday 6\(^{th}\) May, 2015 – 10:00am to 11:30am**
Mimika Avenue, WHALAN
Further information: Jo Milburn – Learning & Engagement Officer: 9208 7642

**The Hills School for Specific Purposes**
**Tuesday 28\(^{th}\) April, 2015 – 9:45am to 11:15am**
Mary Street, NORTHMEAD
Further information: Kay Micallef - Learning & Engagement Officer: 9208 7653
ARE YOU A SINGLE PARENT?

Every week Single with Children provides fun and exciting activities especially for single parents and their children (many activities are subsidised or even free)

It’s a great way to meet and get to know people in your area

To find out more and get a FREE copy of our social calendar, contact us today.
Call 1300 300 496
Or visit our website:

www.singlewithchildren.com.au
ADHD diagnosis—

Next steps

This information session will give you the opportunity to gain information and a better about ADHD

- What is ADHD
- How ADHD affects your child’s learning and behaviour
- Strategies that work for children with ADHD
- Early Intervention
- Information share

Wednesday 13th May 2015

10am—12 noon

At: Richmond Community Services Inc.

20 West market Street
Richmond

BOOKING ESSENTIAL!

Call 02 4588 3555

E: admin@rcsi.ngo.org.au
Autism Spectrum Diagnosis

Next steps

This information session will give you the opportunity to gain information and a better about the Autism Spectrum

- What is Autism
- How Autism affects your child’s learning and behaviour
- Strategies that work for children with Autism
- Early Intervention
- Information share

Wednesday 13th May 2015

10am—12 noon

At: Richmond Community Services Inc.

20 West market Street

Richmond

BOOKING ESSENTIAL!

Call 02 4588 3555

E: admin@rcsi.ngo.org.au