Principal’s Report

The SRC ran their first event for the year participating in the World’s Greatest Shave charity event. A big congratulations and thank you go to the students and staff who had their heads shaved or coloured to raise money for people with blood cancer. The SRC was very impressed with the funds that were raised for this charity. Thanks to our SRC for their organisation of the event.

Our Aboriginal students participated in ‘Meet the mob’ at Penrith Panthers recently. This was a great day organised by Ms Roberts and Ms Humphries for students and their parents. The participants listened to prominent speakers from Panthers, Western Sydney University and the community. More information on the day appears later in this newsletter.

This term has passed quickly – Year 12 did their half yearly exams last week and Year 11 are completing their exams this week.

The school cross country races were held last Wednesday. Congratulations to all competitors and thanks to the organisers Mr Pearn and Mr Lang.

A reminder about our school uniform policy – as the weather gets colder students will need a navy blue sloppy joe or jumper. Students must not wear hooded or patterned clothing that is not part of the uniform. Enclosed black leather shoes must also be worn (black ballet shoes, canvas or synthetic mesh shoes are not allowed). As sport is integrated into our week, this rule applies to every day. Students must wear uniform every day and should bring a change of clothing and shoes, if required, to wear for sport and PE lessons.

We would appreciate continued parent and community help with surveillance. If you should happen to notice suspicious people/groups on the school grounds especially on weekends or evenings, could you please contact school security on 1300880021 or St Marys police 96775099.

The school holidays commence Friday, 3rd April with students returning Tuesday, 21st April. There is no public holiday scheduled for ANZAC Day this year as it falls on a Saturday, therefore school will be as normal Monday, 27th April.

Mr Rod Nesbitt
Deputy Principal’s Report 7, 9 & 11

Our Year 11 students are in the middle of their first senior examinations. For many it will bring home the realisation that senior school has much greater demands than they experienced during Years 7 – 10. Preparation for the HSC begins now.

Unfortunately, some students appear to be engaging in behaviours which are disrupting the learning environment for other students. Respecting others is a key pillar in our School Code of Conduct, as parents, we are asking you to remind your children of the value of receiving a quality education. For many it opens the door to greater career choice and opportunity.

For all parents information I draw their attention to the “Core Rules – Student Discipline in NSW Government Schools.

- Attend every school day, unless they are legally excused, and be in class on time and prepared to learn.
- Maintain a neat appearance to the requirements of the school’s uniform or dress code policy.
- Behave safely, considerately and responsibly, including when travelling to and from school.
- Show respect at all times for teachers, other staff and helpers, including the following class rules, speaking courteously and cooperating with instructions and learning activities.
- Treat one another with dignity and respect

Care for property belonging to themselves, the school and others.

Currently we are very concerned about the number of students who seem to believe that using offensive language in a classroom or directed at a teacher is acceptable. Students who behave in this way will face serious consequences which may include suspension.

I hope many families refer to the web site and the official school Facebook page. These are mediums which allow immediate communication to families about some of the information, activities and school policies and procedures. This Facebook page is for information purposes only and parents, students and parents need to follow the appropriate usage standards as advertised on the page.

The new phone app “Skoolbag” can be downloaded from the app store or play store if you have an android device. This app sends details of upcoming events and activities to your phone. Search for Kingswood High School at the store.

The mornings are starting to become very cold the school remains concerned about some students who are coming to school in short sleeved shirts and no school jacket or jumper. Could parents assist us by encouraging their children to wear warm clothing, as it is very difficult for the students to concentrate if they are feeling cold. A reminder that “hoodies and beanies” are banned as they represent a security risk to our school in that identification of students is hampered. I would encourage all parents to ensure that their children leave home in the morning appropriately dressed in full school uniform.

To all our families have a very happy Easter and enjoy the break.

Mr G Skeoch
Kingswood High School is leading a technological change in the way in which teachers teach and students learn. Staff are undertaking training and dedicating much personal time in order to develop digital units of work to enhance programs and curriculum. Staff and students are collaborating on documents and pieces of work and students are submitting their tasks by uploading them to the cloud.

How are we doing this at Kingswood High School? Our answer is Google Chromebooks. All students have their own Google account that has been created for them under Kingswood High School’s unique domain, @kingswoodhs.nsw.edu.au. This means that they have access to their own unlimited cloud storage via Google Drive as well as the power of GAFE (Google Apps for Education) to create, access and share their work. Students are able to share with their teacher, collaborate with other students in real-time, access the internet and most importantly use web 2.0 tools to generate solutions to their set work.

The process started with an extensive investigation process in 2014 in response to the phasing out of the DER (Digital Education Revolution) Program. The DER left behind infrastructure, embedding the ability and drive for learning into the 21st century. Public schools now have powerful and reliable Wi-Fi networks for all students to access. But, with no prospects for another government-funded device rollout, schools are left with the BYOD (Bring Your Own Device) option. As you could imagine there are multiple device options on the market and allowing an approach without device restrictions is going to have multiple implementation and facilitation issues, redirecting teacher focus to troubleshooting and software management as opposed to delivering a solid curriculum and content to our students. This is why we have opted for a Chromebook program, with a targeted start time of 2016.

Some schools provide families with a list of recommended devices (there are a few Chromebooks on the market, manufactured by different companies), then send them off to purchase the device on their own. Whilst this provides some choice in the device used, it creates logistical issues with managing the purchase of the device management license, tracking which students have acquired a device and their subsequent accessioning into the school system. Kingwood High School will negotiate with suppliers on behalf of our parents in order to access bulk buying power for the best possible price, which is also another positive to implementing one specific device at a school.

**Why Chromebooks?**
Google Chromebooks use the Google Chrome operating system and deliver many advantages over alternative devices. Some advantages include:

- Super fast start-up time of 8 seconds meaning no lost time in the classroom.
- Long battery life of 8.5 hours meaning that students will make it all the way through the school day.
- No need to purchase additional software. No MS Office or antivirus.
- Fast connectivity via Wi-Fi.
- Teacher and parent monitoring of device and school work.
- Teachers are able to control which apps are used in the classroom.
- Cost. Current prices are well under $400 including the Google management license which allows the device to be managed and synchronised with our school.
Deputy Principal’s Report Special Programs and Welfare Report cont’d

There are reports of salespeople at retail outlets trying to talk customers out of purchasing a Chromebook for their child’s school work due to the limited capabilities. This is not accurate and could be interpreted as retail marketing to maximise profit margins for business. Those comments are not at all related to teaching and learning in a school setting. Chromebooks, by design, are limited in their capabilities when compared to a Windows or Mac operating system but are not much different to an iPad. This is one of their benefits in regards to school settings. They have the specifications they need in order to run Google apps and do it with ease because there is no software actually stored on the device itself, it is all cloud-based. The concern about Chromebooks having limited capabilities is again, an absolute positive in terms of implementing technology into a teaching and learning setting. The two main concerns of the DER program were: students being off-task using non-related software (music, videos, games); and a start-up time in excess of five minutes. Chromebooks are ready to go in less than 10 seconds and ensure a student focus on class work.

There is always a risk that students will engage in off-task behaviour when being given access to communication technology, but this is also the case with many other classroom activities that do not involve a computer or technology.

So why do we need a device at all?
There is no intention to do away with stationery, textbooks and student workbooks. Students will still be using the school library and will still be printing out school work, but Kingswood High School is committed to ensuring its students are educated in using current technologies in the appropriate setting. Whilst many parents grew up seeing communication technologies being introduced and watched on as successive generations of devices progressed to what we have today, our students have grown up using these technologies from an early age. Why did these technologies become so commonplace and successful? Because they worked as an effective means of communication. Even used only as a basic research tool, computers add so much potential, significance and understanding to a lesson.

We’ve had further reports that a salesperson stated schools want Chromebooks in their institution because they receive hundreds of thousands of dollars in funding. To answer that concern, schools do not receive any financial reward from Google for implementing Chromebooks or any other program.

Please remember that this program is about providing students access to an educational device in order to maximise teaching and learning. A device in the hands of students opens up a great number of opportunities for creative classroom approaches to engage our 21st century students and allows a much higher degree of organisation along with preparing them for the workforce and to become life-long learners in this generation of technology.

We will be seeking further input from parents as the year progresses and will be asking families to support this exciting and worthwhile initiative to help us add to the great educational opportunities already on offer at Kingswood High School. Further information will be published next term.

Mr S Szymkow

Staff Car Park

Parents are reminded that the school car park is for staff only. Please drop off and pick up your children in Smith Street or in front of the school on Bringelly Road. Parents are not to drive into or drop off students in the school bus bay. The police have booked parents who have illegally parked. Thankyou for your cooperation.
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.
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.
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 27\textsuperscript{th}-29\textsuperscript{th} 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
Congratulations to the following students who were awarded the Player of the Fortnight Certificates for their year group over the last 4 weeks. We are pleased that so many students are receiving nominations for their positive contribution towards sport. We are due to play the finals of the second sport over the next few lessons and it is fair to say that the competition is very close at this stage.

Special mention must go to our equipment monitors who help set up the gear before the games and help with the collection of gear at the end. Without their help we wouldn’t have enough time to play multiple rounds per lesson so thank you for your hard work and maturity.

Please remember that PE/Sport shirts need to be worn to sport lessons. If you do not have your shirt you need to bring a note explaining why you do not have it and a spare shirt to change into after the lesson. Sport shirts are not to be worn to school in the mornings. Students must wear their Navy blue shirt and change into their sport shirts for PE and Sport lessons.

Well done to the teams who won the first sport this term. Your certificates are ready to be picked up from the PE staffroom as the whole school assembly has been cancelled due to the Year 11 and 12 Half Yearly Exams.

If you have any questions please feel free to ask Miss McNamara or Mrs Geyer at any stage in the PD/H/ PE staffroom.

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Boys Open Basketball

The Boys Open Basketball team played their first match against Colyton High School on Wednesday 18th March. An impressive display by the boys including some students who played their first competitive game has resulted in our first ever win and through to the next round in the NSW State Knockout competition.

Unfortunately the Girls Open Basketball team lost in a very close match to Penrith High but showed promise for a more successful competition next year.

The Boys Tennis team were defeated by a very strong Castle Hill team two weeks ago and are out of this year’s competition. A special mention must go to Matt Maley and Long Fogg who leave us after 5 years in the Tennis KO team, There is space in the team for players next year.

The Girls Open Volleyball team lost their second round match to Chifley College, Bidwell Campus but played with enthusiasm, team spirit and dedication to their sport. The Boys Volleyball played Cambridge Park High School last week and were successful, winning in 2 sets. They are now through to the next round and will play early next term.

Congratulations to the students who played in these teams. We appreciate your effort and commitment to sport at KHS.

Mrs Geyer, Miss Collins

Boys Soccer

The boys open team also competed in the Werrington Cup. They had some mixed results on the day losing 4 and winning 2 out of their 6 matches. A slow start cost the team but they definitely improved as the day went on. Both John Offeh and Ravitesh Charan performed consistently well on the day and were short listed for the Werrington Zone Team. They also played the first round of the State Knockout competition against Glenmore Park. This match was a typical tough hit out against a quality opposition with the game finishing 0-0 after extra time. There were standout performances by John Offeh, Jonathon Albert, Ravitesh Charan, Matthew Maley, Nathan Ajamian and Long Fogg.

The match resulted in a penalty shootout and Kingswood losing 5-4.

Girls Soccer

Our girls school soccer team travelled to Cook Park earlier this month to compete against all the local schools in the Werrington Cup. The girls team was a mix of enthusiastic juniors and some very experienced seniors who took to the field eager to play their best for Kingswood High.

Game one saw the girls string together a series of good passes that resulted in some very high quality goals. Bridgette and Chantelle took charge and motivated the girls to a great 2-1 win. Breanna, Maram and Mariam played well at the back to keep the opposition from scoring a second goal. For game one the girls combined really well and there was plenty to be positive about.

With the arrival of some of our year 12 girls for game 2, we fielded an even stronger side and Sarah provided some added speed up front and combined well with Tanya and Grace to score a number of well-placed goals. Monique, Desiree and Teanna brought strength and determination and the fit junior girls gave their all. Georgia combined well with Elyse and Klarissa, Shannaey and Holly played well against their older opponents and gained some valuable match time and experience. Katie was brave in goals, stopping and blocking shots with each game. The girls played extremely well for their 4 wins and a loss. They were named runners up for this year and 3 of the girls were selected in the Werrington Cup Team. Congratulations to all the girls for their enthusiasm and commitment on a very hot day. I appreciated the opportunity to work with such a keen group of girls.

Chantelle Trovato, Bridgette Potter and Tanya Nestorovic were named in the Werrington Cup Team for 2015.

The girls’ team also competed against Penrith High School in the first round of the State Knockout competition. The girls dominated the match with standout performances by Bridgette Potter, Sarah Hayes, Chantelle Trovato and Kaelin McRoberts. After missing many chances in front of goal, Tania Nestorovic finally scored in extra time to win the match. The next round is to be played against Rooty Hill High School.


Mrs Jodi Brown
Penrith Area Futsal Competition

Kingswood also entered teams in the Penrith area Football NSW Futsal Championships and came away with some mixed but promising results.

U/14 Boys: Had 3 draws and a loss and were unlucky not to advance to the quarter finals. Jai Rogers scored a fantastic 5 goals against a strong Mamre Anglican School who eventually went on to contest the final of the competition. Other strong performances throughout the day from Nathan Mitchell, Jayden Mitchell and Jack Trezise assured that this team will be serious contenders in the next competition. **Team List:** Jai Rogers, Nathan Mitchell, Jayden Mitchell, Jack Trezise, Krishi Ranjan, Alvito Hirawan, Nik Nestorovic.

U/16 Boys: Were very unlucky on the day, being very unlucky to lose to Glenmore Park 2-1 in the first match. They were beaten by very strong teams in Pacific Hills and Belmore Boys teams but did well to beat Cambridge Park in the last game. There were strong performances by Jarrod Burgess, Nathan Ajamian, John Offeh and Bayley Morriss, however the boys still struggled to find their feet for the rest of the day. After some work on specific areas of play, this team will also be serious contenders at the next championships. **Team List:** Ivan Medina, John Offeh, Tristan Potts, Lleyton Pagett, Jarrod Burgess, Bayley Morriss, Ryan Rafferty, Nathan Ajamian.

Open Girls

On Wednesday the 18th March I was given the opportunity to coach a talented and dedicated team of girls. Given that there were only a few of them that had played Futsal on a regular basis, you wouldn’t have known it. From the very first game, the girls displayed some great skills, passing and moving around the court and combining well to win their first 3 games. Bridgette displayed her skill and power in all games and Chantelle’s ability to read the game quickly and cover her opponents made her a real asset in this very fast paced game. Tanya held the middle well, tricking others with her close skills and placed some timely through balls to our attacking players. Grace and Shannaey were quick to pounce on the through balls and manged to score some beautiful goals to keep us in the match. For Georgia, Katie and Maram who were new to the game of Futsal, they quickly picked up the skills needed and supported their team mates in every game. Our last pool game saw us draw with Spyridoron College and enabled us to progress to the Semis. Our semi final saw us drawn against this same team, unfortunately, they managed to score 2 goals against us, handing us our only loss of the day. This team displayed good grace, skill and spirit and were the qualities that enabled them to perform so well on the day. I look forward to watching their futures in this sport and I was so proud to be involved with such a lovely group of players. **Mrs Jodi Brown.**

**Team List:** Katie Edwards, Georgia Edwards, Schannaey Martin-Blackett, Chantelle Trovato, Tania Nestorovic, Maram Al Jerman, Grace Rixon, Bridgette Potter, Sarah Hayes.
Open Boys

Had a tough draw coming up against very competitive teams in Gunghalin College and Liverpool Boys to lose their first two matches. They then played St Marys in the last match against some former Kingswood students which made it a competitive but fun match and were able to secure the win 4-2.

Team List: Jonathon Souripanyo, Ivan Medina, Long Fogg, Matthew Maley, Kuldeep Singh, Stuart Potts, Ravitesh Charan, Ben Gillies

Congratulations to Ashley Day who recently played in Bathurst representing NSW in the All Schools Girls Cricket Carnival. Ashley’s team were narrowly defeated on a count back in the final match of the tournament. The convenor of the carnival emailed me personally to let us know how well she played and what an outstanding level of sportsmanship Ashley displayed throughout the matches. Ashley had an amazing carnival and was awarded Bowler of the tournament and named in the NSW Honour Team. Ashley managed a hat trick in the final match with figures of 6 wickets for 9 runs. She was given the match ball that will be presented to her as a trophy early next term. Ashley is certainly a student who has the ability to achieve a high level of success in this sport. We are all very proud of you at Kingswood High School.

Student participation in school excursions is a privilege and subject fees are to be paid before students attend these activities. For students to attend the Year 12 formal and Graduation ceremony all elective fees must be paid in full. Payment plans can be made with the Principal and you can pay online anytime through the school website.

P & C MEETING

Wednesday 27th May
7.00pm in the School CAFE
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.
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:
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.

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.

Examples of student Name pages

**Conflict 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
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.

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 6th 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 28th 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
(Keep up to date with events at KHS—put this page on your fridge)

### CALENDAR EVENTS

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<td>Pupil Free Day</td>
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<td>Tuesday</td>
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<td>School Resumes for Students</td>
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<td>Tuesday</td>
<td>5th May</td>
<td>Zone X Country</td>
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<tr>
<td>Friday</td>
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<td>Athletics Carnival</td>
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<tr>
<td>Tuesday</td>
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<td>Vaccinations MMR Years 7, 11 &amp; 12</td>
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<td>Wednesday</td>
<td>27th May</td>
<td>P&amp;C Meeting 7pm</td>
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<td>Friday</td>
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<td>Welfare and Careers Formal Assembly Years 11 &amp; 12</td>
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<td>Friday</td>
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<td>Monday</td>
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<td>Wednesday</td>
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<td>Wednesday</td>
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<td>Zone Athletics Carnival</td>
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<td>Thursday</td>
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<td>Welfare &amp; Careers NAIDOC events</td>
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<td>School Resumes for Students</td>
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### UPDATING EMAIL ADDRESSES

Dear parents

We are updating our records, please enter your email addresses below and have your child return to the front office as soon as possible.

__________________________________________________________

Family Name and email address