Welcome to new students and families to your first Kingswood High School Parent Newsletter and welcome back to other KHS families. Our newsletter is sent home during the middle and end of each term. If you would prefer a paper copy of the newsletter they can be collected from the office. Can I take this opportunity to remind all parents and caregivers of the importance of keeping your contact details up to date. Please inform the office of any changes to address, phone number, email and emergency contacts.

We start the year with some staff changes. Ms McCullen has returned from maternity leave and is relieving as Deputy Principal for Mr Skeoch while he is on sick leave. Ms Cass is sharing the Deputy Principal role with Ms McCullen. We also welcome back Ms Fry and Mr Castell-Brown in PDHPE. Two new teachers begin this year in Science, Miss Barnier and Ms Geromboux, and Ms Rekha in Maths.

There were some very pleasing HSC results from Year 12 last year. We wish all our graduates the best for their future.

The school held a Year 6 to 7 (2017) Parent Evening this week where parents and Year 6 students visited the school and were given demonstrations by subject area teachers. Ms Meduri will be the Year 7 (2017) Year Adviser.

The Salvation Army Red Shield Appeal will be held on the last weekend in May. Representatives will again be at the school to ask for volunteer collectors. If students wish to volunteer their time they can give their name to the representative when at the school.

Students were reminded during week 1 of the importance of wearing full school uniform at all times. This includes black leather shoes that cover most of the foot meeting safety standards; that means no ballet flats or canvas shoes. Students should bring a change of clothing and shoes (if required) to wear for sport and PE lessons.

I would like to encourage all parents to support the school by paying school contributions promptly. Your assistance in paying these fees would further support your child’s education.

The KHS P&C meets for our first meeting this year on Wednesday 2nd March at 7pm in the school café, (next week). You are welcome to attend and contribute to your child’s education.

Please check for information coming from the school via this newsletter. Messages are also placed on the school Facebook page and on our Skoolbag app. All contact details are on our website.

Rod Nesbitt
Relieving Deputy Principal’s Report 8,10 & 12

It’s great to be back to the start of another year. I have been very impressed with the students in their full school uniforms and that is a credit to the parents for supporting our uniform policy, so thank you very much.

Year 8 must start to focus their minds and work loads on achieving the very best results that they can. An effective HSC result is achieved through the hard work that the student puts in during the junior grades. This year they will make very important decisions about elective selection for Stage 5 and their results will also help decide class placement in the core subjects next year. The building of skills is essential and this only happens with consistent application to class work and home assignments. If you, as a parent have worries about the lack of home assignments please contact me or contact the Head Teacher of that particular subject area. Some students can “forget” that work is owed.

Year 10 have a lot of work ahead of them for their ROSA and will need to focus on their work and assignments to ensure that they satisfy BOSTES requirements. If as a parent you have any concerns could you please contact me straight away, I will also be contacting you if I have concerns. We are in partnership to achieve the best possible outcomes for your child.

Year 12 are on the last lap of their schooling. They have only three terms to go and the BOSTES requirements are quite strict as to what is needed from the students to ensure they achieve the results that they are capable of. Please look at the Kingswood High School website which has the Assessment Booklet for your child’s subjects. Year 12 will be monitored closely to enable them to achieve the best from their schooling.

I would like to thank the Year Advisers and office staff for the hard work that they have been doing over the last four weeks. It is a very busy time for them, organising and enrolling and assisting new students and assisting students. They are a dedicated group of people and our school appreciates the effort that they put into their work. I would also like to thank Mrs Mora who is currently the Head Teacher Welfare as she has also been busy organising positive programs for our students to participate in that will assist in their wellbeing.

This is just a reminder that Year 7 will be having their first course of injections on Friday 17th March. Consent forms have already gone home and should be returned to the front office as soon as possible. These MUST be filled out and signed if your child is to be immunised, the Health workers will NOT accept a permission note on a piece of paper. This is a one time opportunity to have your child immunised at school. If it is missed you will have to make your own arrangements with your family doctor.

A ‘Record of Vaccination’ will be given to the child at the time of each vaccination. It is important that parents retain these records and provide their GP with the date and names of vaccinations given. Students are often asked for records of vaccinations in tertiary institutions and prior to employment.

Personalised Learning Plans (PLPs) for Aboriginal and Torres Strait Island students are currently being updated during weeks 4 and 5. These plans are seen as a way of improving your child’s results as well as forming a working partnership with parents and caregivers. I would like to thank Miss Meduri for all her hard work with the preparation that has gone into these plans.

Miss McCullen
Deputy Principal, Yrs 7, 9 and 11

School Uniform and Late to School Procedures

Last year we saw a decline in the standard of school uniform, many students deciding to wear incorrect footwear and coloured clothing. This term we are focusing both on the standard of uniform and also students who are arriving late to school.

Our school community has a firm commitment to the necessity and safety benefits of a full school uniform, hence the expectation that a school uniform is to be worn by all students attending Kingswood High School. The school staff, P&C and S.R.C. strongly supports this position. Students need to wear the correct uniform to school on a daily basis and to school events unless otherwise specified. Parents and carers are asked to support the school in this matter.

Consistently wearing the school uniform engenders a strong sense of identity in Kingswood High School students and our learning community. Wearing a uniform also reduces long term costs, reduces peer pressure and distractions, contributes to school spirit, assists in student identification and promotes a safer school environment. **Please note if you are experiencing difficulty in providing the correct school uniform for your child, assistance may be available. Please contact the Administration Office for more information.**

A reminder that the late/out of uniform procedures are as follows;

- Late students must get a late pass from the front office so they can enter the classroom.
- The official roll call for senior students is the kiosk in the library prior to 8:20am, if they attend period 1 class without signing in there, they are to be redirected to the office for a late note.
- If students are late to any other period, Teachers will check the roll to see if they have been absent for the whole day. If they have been absent, they will be redirected to the front office.
- Student’s late without an explanation note will attend a detention at recess (in the hall initially) on the same day as they are late if possible (or the next day if they arrive after recess).
- Teachers will also use the roll to mark down if a student is out of uniform.
- Students out of uniform who have a note must present themselves at the school café at 8:10am to get their notes signed.
- Students out of uniform P1 and P2 will be reminded by their teacher they have detention in the hall at recess.
- A Late and Uniform roll will be generated through Sentral for the recess detention with the Deputy Principal.
- A bell will ring 5 minutes before recess, at this time teachers need to check Sentral for late students and send them to the hall with students out of uniform.
- Students who fail to turn up to the hall will be given a “negative” and be written up in the Wellbeing module and placed on a second detention.
Students who attend school in unsafe or inappropriate clothing, including inappropriate footwear may be excluded from the playground, laboratories, workshops or kitchens and/or provided alternate learning tasks, until arrangements can be made to change into appropriate clothing or shoes. Parents will be contacted to ensure the provision of appropriate footwear and clothing.

The following items are NOT acceptable uniform:

- Non-uniform coloured shorts, trousers or any denim.
- Items of an inappropriate length
- Jeans of any type.
- Leggings
- Striped track pants,
- Excessive branding of logos on uniform items (with the exception of the school logo).
- Offensive or gang related logos and slogans
- Coloured undershirts, T-shirts or other shirts without collars that extend beyond uniform clothing.
- Non-uniform coloured jackets, jumpers or cardigans or other tops worn over the school uniform.
- Neck collars, potentially dangerous piercing rings or items, studded belts or studded bands, chains, bandanas and beanies.
- Excessive or dangerous jewellery
- Leather shoes other than black, all canvas shoes, sandals, sling-backs, thongs, clogs, platform shoes, gym boots, ugg boots, knee high boots, ‘volleys’ and mesh top sneakers, Ballet shoes

School Planning Update

Currently we are working on the annual School Report which has a new format for 2016 which aligns to the school management plan format, making it easier to collate information on student progress and school achievements. This will be published on the school website toward the end of term and provides an important source of information to the learning community on what is happening at Kingswood High School both within the classroom and extracurricular activities as we call them.

There is a new process for validation of school improvement measures, where an external panel convenes to analyse the progress toward school priorities from multiple data sources. Staff at Kingswood High School are currently reviewing the areas of the School Excellence Framework, which identifies evidence based best practice in public schools in NSW. There are 14 elements that broadly cover the three areas of learning teaching and leading.

The school action research focus groups have been extended with some new projects being undertaken. This year the teams are investigating improved practice in the areas of; Literacy, Numeracy, Google Apps for Education, Project Based Learning, Student Engagement, Community Engagement, School rebranding, Pacifica/ATSI and Building leadership networks and capacity.

Miss Thommeny and Mr Szymkow
Inner bestie, inner bully – helping my teenage daughter with her self esteem and body image

The truth is, many of us are in abusive relationships with our bodies, internally bullying ourselves every time we gain a few extra pounds and externally jeopardizing our health with fad diets. Poor body image is passed on from parents to their daughters.

Low self-esteem, sexual promiscuity, smoking, eating disorders, drug and alcohol abuse and the list goes on, are all factors in how our thought process about ourselves manifests in our day-to-day life. When you have a daughter, your own issues need to be addressed so she does not suffer.

Self-esteem and body image are often at their lowest during teenage years. Youth can feel awkward, self-conscious and isolated and need all the support from their family.

Be careful what kind of a role model you are being for your daughter

Parents the most powerful role model in a young person's life. Chances are, if you're not happy with your body or the way you look, your daughter will copy your actions. If your daughter observes you looking in the mirror saying, 'I look awful. I look fat. I need to diet,' then she is going to learn and mimic those very things. As adults we need to be aware of the impact our words have and the messages we are sending out to young people. Make sure you are modeling self-acceptance and self-confidence in your own life.

Encourage your daughter hobbies and talents

Even if you don't think your daughter will be the next Katy Perry, don't discourage her from discovering her unique talents and abilities. Instead of trying to protect her from getting disappointed, just be supportive of her and understand that she may have to explore several activities and she may fail a few times before truly finding her niche.

Inner bestie, inner bully

Your internal dialogue is the continuous conversation that you have with yourself about everything that happens to you. Your daughter may be saying to herself: "I'm over weight," "I hate my legs," "My nose is too big.". To combat this, she could adopt an internal dialogue that says, "I'm going to accept myself. I'm going to love myself as I am." You can help her to do this by buying her a beautiful journal or gratitude diary. In it, encourage her to write something positive about herself every day. Do this as a parent/daughter exercise. It will not only bring you closer together but will show your daughter that believing in yourself is okay. Recognizing and modifying negative thoughts about herself, making a positive contribution (such as volunteering), exercising regularly, and adjusting unrealistic expectations that she has set for herself are just a few strategies that may boost your daughter's self-esteem.
Educate your daughter about the media

With so much attention placed on appearance and the prevalence of photo shoot images in the media, a teenage girl trying to understand what a healthy body looks like can be a massive challenge. Its vital that young women have positive body images as this will directly impact on young girls self esteem, confidence and overall feelings about herself and her place in society.

Young girls are bombarded with media images every day. Empowering young people with skills and knowledge that enable them to challenge what they see and the underlying messages and strategies used by media, can help them to avoid taking on board these images so literally.

Beautiful Minds recently ran a session for our girls at Kingswood were our students were encouraged to challenge all the images they see in the media and students were educated about the importance of self acceptance and to stop comparing ourselves to others.

What is the most important goal for a parent?
The most important goal for a parent should be to help their daughter discover her authentic self, the part of her not defined by her looks or her achievements.

Beautiful Minds is Australia’s leading provider of self-esteem and confidence education for girls aged 11 – 17. Founded by Marina Passalaris.

www.beautifulminds.com.au

The Beautiful Minds project run by Marina Passalaris has begun at Kingswood High School! Year 9 and selected year 10 students were able to be part of the presentation given by Marina about body image and self-esteem. Photo-shopping was looked at and discussions about brave women across the globe who inspire us. We are very lucky to be working with Marina and look forward to her return to Kingswood High School next term.

Mrs. Rigney
The year has gotten off to a busy start for the SRC with the Elections for 2016 members held in Week 3. We have a strong team of 23 students and cannot wait to get started! We have some exciting projects coming up including filming a short video for the World’s Greatest Shave, Penrith Relay for Life and Multicultural Day in Term 3.

Below are a list of events we have planned so far:

**Term 1**

- 11th February: SRC Elections
- 12th March: World’s Greatest Shave
- 2nd - 3rd April: Penrith Relay for Life

**Term 2**

- 4th - 6th May: SRC Leadership Camp

(And many more to come!)

Congratulations to our new and returning SRC members:

Year 7: Balqis Rishamsulkamal, Billy Thompson, Kirsty-Lee Shearer, Kaitlyn Fleming
Year 8: Revival Mene, Erica Hadchiti, Laine Fox, Renrick Moreno
Year 9: Jacob Dimitri, Sandy Ashby, Mihajlo (Miki) Zivcec, Dorian Terry
Year 10: Jarrod Burgess, Khodi Jackson, Lauryn Murphy, Robyn Marshall
Year 11: Ashley Day, Sasha Taylor, Bali Thompson
Year 12: Moira Davies, Blake Bannister, Sarah Morrison, Kathleen Klinke

Well done to all students who did a fantastic effort in presenting in front of their Year groups during the Elections. I look forward to meeting with them every Monday at lunchtimes.

Mrs Ngov (nee Pham)
SRC Coordinator

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**EnvironMENTALS report**

What a great start to the year! So far we have been able to put plants in our outdoor learning area in preparation for its opening. The students also had their photo taken by Penrith City Council for an information flyer. Later this term, six lucky students will be able to participate in the Schools for Sustainability forum run by Western Sydney University, Penrith City Council and Kingswood High School.

The EnvironMENTALS also held a cake stall to raise funds for Clean Up Australia Day later this term. Thank you to all the students and parents who provided goods for the sale. We raised over $120 during recess. Great effort!

Mrs Rigney
**Borrowing**  Students are able to borrow up to three Fiction and three Non-Fiction books at any one time. Borrowing has been available since day 1 this year. Students do not require a library card, however students may purchase a barcoded ID and these may be used as borrowing cards. Years 7, 9 and 11 will get new ID’s from our school photographers.

**Access**  The library is available for student use from very early before school, during recess and lunches. Senior students are encouraged to use the facilities for private study and research only during their study periods. Students are permitted to play chess, cards and board games during recess and lunch times. The library is also available very early each morning for assignment, study and research work. Senior students especially are encouraged to use this time as needed. We have a big screen TV playing breakfast children's television in an audio-visual room, with access to Netflix for children's programs. This will also be used at other times for a Movie Club and our Books to Movies program.

**Computers**  The Library can provide access to a laptop for homework, assignments, research and any other school endorsed activities. Online games, chat sites etc are not permitted at any time. Students may use their personal devices for school related activities.

**Services**  We offer laminating for keycard, A4 and A3 sizes. Small fees apply. Many students have taken advantage of our laminating for their timetables and concession cards. This helps prevent damage and future replacement costs. We are also happy to laminate certificates and important documents. We also offer printing and photocopying at 20 cents per page. Colour printing is also available for 50 cents.

**Lockers**  Students can hire the use of a locker for the year for a one-off payment of $15. This can be helpful for students who have lots of books, sports gear, lunch items etc. The lockers can be accessed before school, recess, lunch and after school – or during class time with teacher permission.

**Reading Competition**  We are again running our reading competition throughout the year with numerous prizes and certificates to be awarded each semester. The Kingswood High School Reading Challenge was introduced several years ago and our borrowing rates have soared by over 100%! Students should register with any of the library staff. Prizes are drawn from all students who read a book each term. Each book or magazine returned will earn you a sticker – some novels are worth up to 5 stickers. Each sticker entitles the reader an entry into the draw for free book prizes. Hundreds of dollars in book prizes will be allocated throughout the year.

**Other Competitions**  We run many, many competitions throughout the year with lots of book prizes available. We have done everything from Air Guitar Championships, Where’s Mrs Walley?, Manga Art, Hide & Seek Championships, Guess the Book, Golden Ticket, Guess the Movie – too numerous to mention and we keep coming up with more to suit our students interests.
**New Books**  We have purchased over 50 new books over the holidays. All of our new books can be found on the shelves at the front of the library. New books include the latest manga volumes from several series. The two latest issues of Dolly magazine have been very popular also. Many new books from popular teenage series are due throughout the year - check out the lists in the library which get updated every term.

**Reluctant Readers**  For those students who may struggle with the thought of reading an entire novel, don’t be afraid!!! You will love the shorter graphic (comic like) versions of some of the most popular series around.

**Suggestions**  We are always looking for suggestions to help improve our collection and the facilities and services we provide. If there are particular books or genres you are keen on then let us know. If you feel as though there are not enough appropriate resources for a particular assignment we will try and purchase some. A box for all of your appropriate suggestions can be found on the circulation desk.

**What’s Hot?**  One of the most popular genres at present is Zombies (Vampires had their run over the past few years, as well as dystopian novels). By far the most popular books have been the *Walking Dead* graphic novels. But the latest sensation has been the *Zom-B* series by Darren Shan. It is a clever mix of horror, fantasy and realism with many, many twists in the plot. It suits moderate readers. The first ten books in the series are available.

Another very popular series is *The Enemy* by Charlie Higson. It follows the story of several groups of teens living in London after some incident turns most of the population over 16yrs into zombie-like creatures. This is one of the best teen series in recent years and readers have trouble putting the books down!

James Phelan's *Alone* series is another Zombie-like apocalypse centred on an Australian boy in New York.

Mr Holburn
On Thursday, the 3rd of December, 2015, 7-8N went on an excursion to the Powerhouse Museum. The museum’s transport galleries, have all kinds of vehicles that have shaped our way of life.

The education program offered a tour of the transport exhibition led by an entertaining guide. Everyone enjoyed having a turn operating a lever which controlled a toy train. Different types of vehicles were seen including an old fashioned pram, a penny farthing bicycle, boats, a bus with horses tied at the front, locomotives, aeroplanes and many more.

The students took great interest in getting on the accessible vehicles and having a feel of the historical times. Everyone enjoyed the ride in a glass lift and appreciated the precious collection of vehicles. Almost all the students in the class expressed an interest in attending the excursion again with their parents.

We all had a fantastic lunch time in the children’s play area which is part of the museum. I would like to appreciate Mr. Long for driving the bus and supporting the students throughout the trip.

Mrs. Nagpal
Firstly, welcome to new and existing parents to the new school year 2016. This year the mathematics faculty will provide extra support to students by providing FREE access to online tutoring through the websites MYMATHSONLINE - students will be given a note from their teacher with parent info in the coming week. Please keep the note safe as it will provide all the information on how to access the application, information for parents on how to monitor usage, username and password.

Your child’s teacher will regularly be setting work to cater to their needs. I would like you to encourage your child to login to the site: www.mymathsonline.com to access their work.

Secondly your child can also access www.sunshinemaths.com themselves and register for free online tests to test their knowledge.

I am pleased with the majority of students coming prepared to the lessons. Unfortunately there are lots of students who are still unprepared for lessons without a scientific calculator which is the integral part of their Mathematics education. I encourage parents to remind their child to bring a calculator every day.

We as a faculty have decided not to lend calculators during tests and in class, unless there is a genuine reason. If there is any problem that your child isn’t prepared with all necessary equipment for a Maths class, don’t hesitate to contact me.

If you need any information, please contact Mrs Srinath, HT Mathematics.

Equipment for Mathematics class:
Grid book and a ruled book (for writing notes)
Pens (Blue/black and red)
Ruler
Mathematical set for Geometry.
Scientific Calculator.
Thanks for your continual support and look forward to working with you all.
Mrs Srinath
Head of Mathematics.
Swimming Carnival

On a hot February Monday 300 students and 75 staff took over Penrith Pools for our annual Swimming Carnival. A great day was had by all and the majority of the students took advantage of the warm weather to cool off with their involvement in the novelty events as well as the traditional races. The newly elected House Captains led their teams with pride and lots of enthusiasm. The war cries and house chants could be heard throughout the day with Wyamba taking out first place in the chant section. The teachers were ripped off in the Milo Cup with the students cheating their way to a very shallow victory. This annual staff vs students race always gets the biggest cheer of the day and is an event we all look forward to.

The overall results of the carnival indicated that Bohra was the champion house so congratulations to all of those house members for your involvement on the day. A big thanks must also go to the parents, grandparents, neighbours and friends of the students who came and supported them on the day. We really appreciate any support we can get from the community and you are welcome at our sporting events. Congratulations to the following students who were crowned age champions this year. They will be receiving their medallion at a formal Sports Assembly in Term 4.

Age Champions 2016 - Swimming

<table>
<thead>
<tr>
<th>Girls</th>
<th>Boys</th>
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<tr>
<td>12 Emma Epps</td>
<td>Ellukah Thomas</td>
</tr>
<tr>
<td>13 Bridgette Street</td>
<td>Adam Seymonsbergen</td>
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<td>14</td>
<td>Jacob Dimitri</td>
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<tr>
<td>15 Shariyah Platt</td>
<td>Latham Brunt</td>
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<tr>
<td>16 Lavinia Brunt</td>
<td>Jarrod Burgess</td>
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<tr>
<td>17 Shaylea Delph</td>
<td>Lachlan Montgomery</td>
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The Zone Swimming carnival is on Friday 4th March 2016 at Penrith pools. Students who came first or second in an event should have received their notes by now. Please return the permission note to the PE staffroom as soon as possible.

Congratulations to the following students who have been elected House Captains for 2016

**Bohra**

<table>
<thead>
<tr>
<th>Captains</th>
<th>Vice Captains</th>
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<tr>
<td>Pearl Alvis</td>
<td>Tanya Nestorovic</td>
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<td>Braydon Hollard</td>
<td>Cameron Laws</td>
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**Dinewan**

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<tr>
<th>Captains</th>
<th>Vice Captains</th>
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<tr>
<td>Nicole O’Haire</td>
<td>Ben Gillies</td>
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<tr>
<td>Emily Constable</td>
<td>Liam Banguis</td>
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**Gaya Dari**

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<tr>
<th>Captains</th>
<th>Vice Captains</th>
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<tr>
<td>Naomi Zammit</td>
<td>Chayah Fonoti</td>
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<tr>
<td>Lachlan Montgomery</td>
<td>Dominic McDonough</td>
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**Wyamba**

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<tr>
<th>Captains</th>
<th>Vice Captains</th>
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<tbody>
<tr>
<td>Mikhala Smith-Kaivelata</td>
<td>Elyse Sene-Lefao</td>
</tr>
<tr>
<td>Holly Burcher</td>
<td>Moira Davies</td>
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Werrington Zone Sport

**Softball** trials were washed out early on in the term and unfortunately the backup date fell on the swimming carnival day. Our students chose to represent their house with pride and will try again for softball next year.

**Volleyball** trials were held in early February for Werrington Zone. Successful students included Owen Maalo and Kuini Vaegaau in year 12. As a result Kuini has now been chosen. We wish them all the best. We were lucky enough to have 2 teams trialling in the girls competition with one team coming equal first overall. Congratulations. The Boys team came a very close second.

**Tennis** - Daniel Mezedi was chosen to represent Werrington Zone for tennis and as I write, he is playing at the Sydney West trials in Parramatta at a gala day. Good luck Daniel.

**Netball** – Trials were help at the Indoor Stadium last week and we had 4 girls chosen in the possible/probable team. Unfortunately the selectors did not recognise the talent we see every day at Kingswood High.

**Baseball Trials** are being held on Monday 22\(^{nd}\) Feb at Richmond. We have 3 boys hoping to make it through to the next level.

**Basketball** trials are on Thursday 25\(^{th}\) Feb at the Indoor Stadium. We have 2 teams representing us and wish them all the best at selection at the next level.

**Soccer** – trials are Tuesday 23\(^{rd}\) Feb for Boys and Thursday 3\(^{rd}\) March for girls. Good luck to all students attending those carnivals.

Rugby League/Rugby Union – trials are on in the next 2 weeks and any interested student has been asked to come and put their name down for possible selection. We wish these boys the best of luck.

Ivor Burge & U20’s NSW National Basketball Championships—Jayden Eyre and Joseph Filikitonga attended in Ipswich on the weekend, their team came 4th.

**Sydney West Lawn Bowls Team**—John Dunn, Kane Shorter and Aaron Keen made this team.

**Girls Combined High School**—Ashley Day made the team.

Girls CHS Cricket carnival was held in Bathurst from 15\(^{th}\) Feb – 19\(^{th}\) Feb. Congratulations to Ashley Day who has been selected in the girls CHS Team.– Year 11 and Tazma Miles – Year 9 for their involvement in the carnival. A fantastic achievement. We look forward to hearing about the girls’ results during this carnival.

Justin O’Reilly from Penrith Valley Little Athletics has made it to the State U13’s for triple jump with a jump of 9.91m. Well done Justin.

As you can see, we have been extremely busy in the first 5 weeks of school with lots of sport for everyone. Just a reminder that all students representing the school need to wear their sports uniform when outside the school, bring appropriate sun safe clothing and equipment and bring a drink bottle at all times. This is also of benefit for the Integrated Sport program we have running throughout the regular term. Please ensure your child wears a hat, sunscreen and PE shirt and brings a water bottle and asthma puffer if required.

We look forward to sharing more success stories in the next bulletin.

Mrs Geyer
Aquatics and Lifesaving Program

During week 8 Term 4 last year, the school held an aquatics program for students in Years 7 and 8. The program was held over 3 days at Penrith Pools and focused on improving skills in water safety, lifesaving and rescue. The students had a lot of fun and the PE faculty looks forward to offering the program again this year.
What’s happening in Science?!?

Term 1 has been busy for all our students in Science, Agriculture and our Senior Students.

**Year 7** are busy getting to know the laboratory’s and equipment and soon will be able to get their Bunsen Burner licences and learning about our the wonderful world of Science.

**Year 8** has been busy learning about Physics and Forces! Electrostatics and magnets and lots of Science games! Soon they will be learning to be budding scientists’ in the future, designing experiments.

**Year 9** had fun dissecting the brain and learning all about the advanced systems of the body including the nervous, hormonal and immune systems.

**Year 10** started off their year with a taste of Chemistry studying fuels. They will soon have their own research project to complete. This is a compulsory project for all students in Stage 5 Science.

**Agriculture** students have been busy with the enthusiastic Ms. Marita with the new planned out Agriculture farm. Her classes are excited about the management of the farm and the care of the animals. It’s great to see so much interest in the show teams. Well Done!

Talk to your children about what they have been doing in Science and share the wonderful world we live in.

Years 7 and 10 have already had their first assessment task issued. Year 8 and 9 will be issued in week 7.
All Science students have fortnightly homework to complete in their Science Homework Book. Please see Science Homework Policy either in the student’s homework book or on the KHS website.

Students who come to class prepared with their book, pens, ruler and pencil are awarded equipment reward points. These are tallied throughout the term. Students can then trade these points for Science Dollars which can then be used to purchase prizes at the end of the term.

A reminder that for Year 7, 8 and Year 9 in 2016, it is compulsory that students have their own safety googles. These are available for purchase from the Science Department for $5. Other years are also welcome to purchase.

![Safety Goggles]

Please note that mesh shoes are not acceptable in the laboratories and full black leather shoes (as per the school uniform policy) are required for all practical work.

Please do not hesitate to contact myself or any of the Science teachers should you have a question.

Elaine Sadler
Head Teacher Science

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**ATSI PAYMENTS**

Students who are eligible for ATSI payments from Centrelink can arrange for payments to be made directly to the school to cover your child/children’s school fees.

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**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 and rangers patrol this area and issue fines in excess of $300 for not following signage. Thankyou for your cooperation with this important safety regulation.
Veterans 4 Youth (V4Y) is a NEW school holiday program run by Veterans for youth aged 11 to 16 years to correct their negative attitudes and to teach them to handle the challenges of life so they can grow to integrate with society and become responsible young adults.

We use trained military veterans to run our courses. We have found that children seem to show veterans a level of respect that they don’t normally show to parents, teachers, or even the law. This gives us a unique advantage to get through to them. Perhaps it’s the ‘warrior ethos’, or maybe it’s just the down to earth and practical approach we take.

The V4Y Life Ammo Course is a 12-day residential camp based on the military ethos of self-discipline; teamwork; moral and physical courage; and self-worth. V4Y camps are designed to provide a challenging, fun, and educational environment whereby adolescents can connect to, or reconnect with:

1. A structured value system.
2. A respect for themselves and others.
3. A sense of self-worth and confidence.
4. An ability to participate fully as part of a team.
5. An attitude of resilience.
6. An attitude of personal responsibility based in an understanding of consequence.
7. An understanding of, and desire for physical health and well-being.

An ability to maintain and care for their personal effects and possessions and contribute to the care of communal environments.

The V4Y camp experience will bring positive change - graduates will become more confident in acting as individuals and part of a team, and be better able to make values based decisions which allow them to contribute as members of their families, peer-groups, schools and wider community.

In order to achieve these objectives, the camp consists of learning and experiences that fall under six key learning areas (KLA).

1. Values and Ethics
2. Self Worth and Confidence
3. Teamwork
4. Responsibility
5. Resilience

Health and Well-Being

Our camps are designed for the “average” 11-16yo who might lack self-confidence; be disobedient, disrespectful, or rude; or prioritise computer games or social media above their homework or jobs around home.

They are NOT suitable for highly troubled teens who might be addicted, involved with the Juvenile Justice system, have a history of violence, or who have any form of mental issues. We will also have to restrict entry to any youth who requires large volumes of drugs to control their behaviour. This is a ‘very’ early intervention course only.

Can you please help us get the message out to families that this course is available.

Next Course Dates:
Course 2-16 (QLD/VIC/NT holidays): Tues 29 Mar 16 to Sat 9 Apr 16
Course 3-16 (NSW/ACT/WA/TAS/SA holidays): Tues 12 Apr 16 to Sat 23 Apr 16

Frequently Asked Questions (FAQs)


www.v4y.com.au

Testimonial

“We sent our son on the January 2016 “Life Ammo” course. We’ve done plenty of other things before to try and help calm his behaviour – including bringing a behaviour management specialist into the home for intense therapy for a three-month period – but nothing worked as well as this has. For my son, it was the whole structure and routine which worked well for him. Knowing that he would have to get up in the morning, exercise and get into that repetitive routine was really important. The camp built his confidence too. This is a child who would live with his Xbox 24/7. The fact he went two weeks without it showed him that he doesn’t need it to survive. I’m so impressed with the impact that two weeks made.” - Teresa Irvine

Contact details:
1300 874 034 or email: info@v4y.com.au

Thank you for your support. Together we WILL make a difference!

Daimien Patterson Founder
Looking for great value for money, friendly, non-intimidating atmosphere to workout? Looking for a gym that caters for kids? We are a locally owned and operated family Fitness Centre.

- Fully Equipped Gym & Group Exercise Classes included.
- Personal Training sessions and Program assessment available.
- Fit 4 Kids Fitness classes (5-10yrs old).
- Fully Equipped Ladies Only Weights section.
- Child Minding facilities available.

Take advantage of our new family deal, 2 adults & 2 kids under 18 for $50 per month on direct debit.

Hurry, Limited time!

Unit 5C, 16-24 Borec Road, Penrith
www.fit4all.com.au
4732 1233

ST MARY CONVENT FOOTBALL CLUB
2016 REGISTRATIONS
ONLINE REGISTRATIONS NOW AVAILABLE OR COME DOWN AND REGISTER IN PERSON

WHERE: Myrtle Rd Fields, Claremont Meadows
WHEN: Saturday 30/1, 6/2 & Sunday 31/1. From 10am to 2pm each day
Boys & Girls wanted from U/5 to All Age. All new players require copy of Birth Certificate

For more information please ring
Mark Bennett 0412 466 646
Or email stmarysconvent@iprimus.com.au

Use this link for online registration instructions:
Tutoring Available
for Primary and Secondary Students

Tutoring in:
- Maths
- English
- Sport Science
- Beginner’s French
- Public Speaking/Effective Presentations
- Effective Study Techniques
- General homework assistance

About me:
- Graduated Year 12 in 2015
- I achieved an ATAR of 98.3 (3rd highest score in Penrith Anglican College)
- Achieved Band 7 out of 7 in Maths, Sports Science and French
- Achieved Band 6 out of 7 in English
- Won David Thompson Memorial Prize for Senior Public Speaker of the Year

Offering:
- FREE initial assessment of your child
- Fees from $30 per hour
- Tutoring conducted at your home in Penrith and the surrounding areas

Please call Joshua Dardaneliotis (“Dardo”) on 0488 421 951 for more information.

Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

TIME & DATE:
Wednesday 24 February 2016
6:00PM - 8:00PM

VENUE:
Library Theatrette
Penrith City Library
Civic Centre
601 High St Penrith

BOOK NOW ON:
(02) 4732 7556 or Email catherine.wexner.penrith.city@nsw.gov.au
*BOOKINGS ESSENTIAL

Helping learner drivers become safe drivers

P & C
MEETING
Wednesday 2nd March
7.00pm in the School CAFE
EXPERIENCE JAPAN
JOIN OUR STUDENT EXCHANGE

If you are aged between 15 and 19 and live in and/or attend school within Penrith City you are eligible to be an ambassador for Penrith and have the experience of a lifetime.

The program includes:
- Hosting a Japanese student in July 2016
- Spending 3 weeks in Fujieda during September and October 2016
- Staying with a Japanese family and experiencing the Japanese lifestyle
- Visit shrines and temples
- See Mt Fuji and take an excursion to Hiroshima

Applications for the 2016 Penrith Student Ambassador Program close 4pm on 22 April 2016.

penrithcity.nsw.gov.au
FAQs

PENRITH AMBASSADOR PROGRAM 2016
The following are frequently asked questions about the exchange program:

DO I HOST A STUDENT FROM FUJIEDA, JAPAN?
Yes, as part of the cultural exchange program you will host a student in your home, usually in July. You will have the opportunity to communicate with your host brother or sister prior to their arrival.

FUJIEDA - WHERE IS IT?
Fujieda City is located in Shizuoka Prefecture approximately 180km southwest of Tokyo and has been Penrith’s sister city since 1984.

ACCOMMODATION - WHERE DO I STAY?
Fujieda will organise homestay accommodation for you with your host brother or sister.

LANGUAGE - HOW WILL I COMMUNICATE?
You don’t need to be able to speak Japanese. Your host brother or sister will have some understanding of the English language. Many students return from Japan with stories of the fun they had communicating or trying to communicate!

PROUDLY SUPPORTED BY
Penrith International Friendship Committee

Like us on Facebook!
Penrith (PIFC) Student Exchange

Contact: Penrith City Council
Phone: 4732 7736
Email: kate.hardman@penrith.city
Website: penrithcity.nsw.gov.au
Enjoy a night of entertainment & dancing while helping your community raise funds for the Penrith Dawn Service.

Friday 15th April
St Marys Band Club
Doors open 6.30pm for 7pm start

Tickets $90 each or $850 for table of ten
Includes 2 course meal, beer, wine, soft drink and dessert bar

For further information or to purchase tickets phone 4722 5556 or email gai@penrithcbdcorp.com.au

ANZAC DAWN SERVICE FUNDRAISER

“A NIGHT TO REMEMBER”

Entertainment all night! Buy a ticket or table NOW!
**STUDENT MEDICAL FORMS**

During Terms 3 and 4 we will be updating our medical records systems to ensure we have the most up-to-date information on your child’s health.

If you have a child with a medical condition you will receive a copy of the new forms in the mail and will need to fill them out and return them to us as soon as you can.

The good news is we have already started collecting some of this information, which means less for you to do.

The new forms will help us collect your child’s important medical information and the introduction of new systems will mean we'll be able to better manage the daily and emergency health needs of your child.

We appreciate your support as we start collecting the information, and if you have any questions please call.

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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.

<table>
<thead>
<tr>
<th>Family email address</th>
<th>Family Name</th>
</tr>
</thead>
</table>

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