



HENRY KENDALL HIGH SCHOOL



# HKHS Highlights

17 November 2017

ISSUE TWELVE



Upcoming Events



CAPA News



Advertisements



Deputy Principal's Report



Remembrance Day



School News



Wellbeing Corner



# Upcoming Events

20 November 2017	Year 10 Senior Preparation Program Commences
20 November 2017	Year 12 Formal
20 Nov - 1 Dec 2017	Special Education Swim School
21 November 2017	Aboriginal Numeracy Day
21 November 2017	Year 12 Business Studies Excursion
21 November 2017	P&C Meeting - 7pm
24 November 2017	Brisbane Water Zone Gala Day - Years 7 & 8
24 November 2017	Stage 6 Program - Discovery Day Macquarie University
27 November 2017	Society & Culture PIP Day - Year 11
5 December 2017	Year 10 Elevate Education
5 December 2017	Orientation Day
6 December 2017	Year 8 and 9 Rewards Day
7 December 2017	Presentation Evening
8 December 2017	Year 7 Rewards Day
11 December 2017	Stage 6 Program - Avoca Lake Kayaking
14 December 2017	Year 10 Dinner Dance
14 December 2017	Special Education Rewards Day
14 December 2017	HSC Results Released
15 December 2017	Year 12 BBQ
15 December 2017	End of Term 4



## ATTENDANCE

Regular attendance at school is essential to gain maximum benefit from schooling. Parents and students should ensure days or partial school days are not missed unnecessarily and that all school activities organised during school hours; eg, sports carnivals, gala days, excursions, special theme days etc, are attended. All students should strive to have no more than 5 days absent per year.

If a child is absent without an explanation, a text message will be sent advising the Parent/Caregiver that their child is absent from school. The parent/caregiver can reply via text or phone the school on 4325 2110. To avoid being sent a text, you may phone the front office that morning to advise of your child's absence. If you do phone or text the front office a written note is not required.

Alternatively in the event of an absence an explanation, written and signed by the Parent/Caregiver should accompany the student on their return to school. The note must contain:

- Student name
- Year and Roll Call group
- Date/s of absence
- Reason/s for absence
- Signature of Parent/Caregiver

**(Please Print Clearly)**

For example:

<p><b>TO WHOM IT MAY CONCERN</b></p> <p>ALICE BROWN of Year 7 Roll Group A11 was absent on (date/s of absence)          due to:          ..... (reason).          Signed: ..... (Parent/Caregiver)</p>
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Where absences remain unexplained, parents will be notified to remedy the situation, otherwise they will be recorded as "unexplained" on the student's report. The Home/School Liaison Officer at the school may be informed if absences remain unexplained.

**Prolonged Absence:** If a student is going to be absent for an extended period of time, the school office should be contacted. The office will advise you to either provide a note explaining the extended absence (i.e holidays, elite sporting commitments or illness) or request an extended leave application be completed for lengths of absence exceeding 10 school days.

For further information please contact Mrs Mary Gillard, Attendance Coordinator.





Term 4 has started positively and fast paced as I'm sure will be maintained as the term progresses.

## Year 12 HSC is Completed

Congratulations to Year 12 upon completing your final examinations. All students are to be commended on their application and conduct during the examination process. The school would also like to acknowledge Mrs Lyn Emery and her team of supervisors for their support during the examinations.

The Year 12 Formal is on Monday 20 November. We look forward to this final celebration with Year 12. Other dates to consider:

- release of HSC results on Thursday 14 December
- Year 12 BBQ breakfast Friday 15 December.

## Stage 6 Preparation Program

This term Year 10 will engage in the Stage 6 Preparation Program in readiness for their transition into Stage 6 next year. Students have been issued the four week program and staff are busy preparing the program ahead. Thank you to parents and carers for your support of the program.

## Year 7, 2018 Transition

The transition of Year 7 is in full swing with a number of programs currently underway, combined with Year Adviser visits to each of our Partner Schools. I would like to acknowledge the ongoing commitment of both our Partner Schools, Gosford Public School and Point Claire Public School, in fully supporting the Transition Program resulting in a positive transition experiences for all students. I would also

like to acknowledge the work of Mr Reece, Mr Morris and Year 9 Mentors in their work with our STAR students.

## TAS Fees 2018

A draft policy is currently being written to implement fee payment support in the TAS subject area. Once approved parents of students in elective subjects for 2018 will be receiving a letter outlining the policy that will be followed.



*Mrs Donna James*  
*Deputy Principal Years 8, 10 & 12*



# School News

## Special Education Gardens



Special Education have done an amazing job of their gardens with a lot of hard work. Spring has certainly sprung and they are producing lots of fruit and vegies as a result of that hard work.



## Congratulations Mason and Marley!

Two of our wonderful Year 10 students, Mason Colwell and Marley Irvine received Good Citizenship Awards this morning at the Probus Club Award Ceremony. Their ongoing contribution to Henry Kendall High School and the wider community was admired by all members of the Probus club. Congratulations Mason and Marley!



## English Extension 2 at Sydney University



English Extension 2 day at Sydney University. We're here collaborating with other schools and students during English Extension 2 day. It's a conceptual day where the girls are brainstorming their concepts

and forms for their Extension 2 Major Works. *Pictured are Grace Oldfield, Madelyn Lane and Hannah Yeadon with Ms Lisa Selsby*

Thank You!!!!



A big thank you to Gary and Phil, Henry Kendall's General Assistants for the

wonderful job they have done making our gardens look fantastic!

## Illuminate Education

This week some of our Year 9 and 10 students are taking part in the [Illuminate Education](#) Next-Gen Challenge at [The University of Newcastle, Australia](#) (Ourimbah Campus). More information about this program can be found here:

<http://illuminate.education/programs/#nextgenhigh>





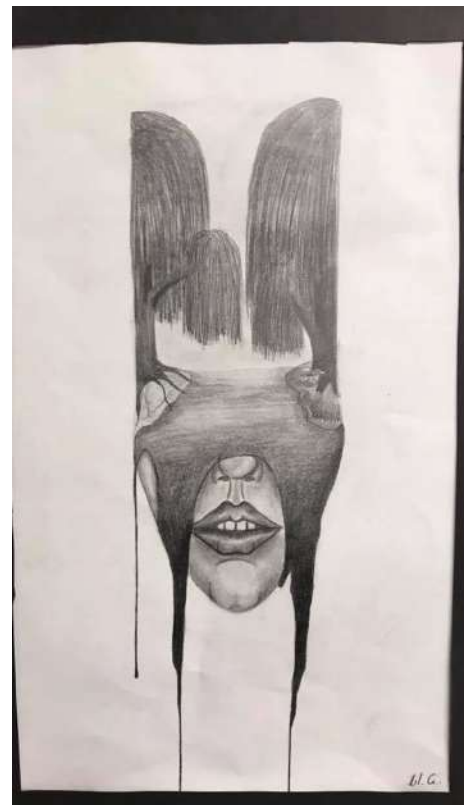
# CAPA News

## Congratulations to our two ARTEXPRESS Nominees

Two of our Year 12 Visual Arts students have received nominations for consideration in ARTEXPRESS 2018. The annual celebration of the top achieving Visual Arts Body of Works from the 2017 HSC. Danielle Guyot studied Visual Arts through Distance Education and made a series of sculptures from styrofoam cups, with amazing sculpting of botanical species. Mikhail Volkov illustrated a children's book with about 22 amazingly detailed watercolour images. Both of these students are to be congratulated on their efforts .

Successful nominations will be announced in late November. Stay tuned to see if Danielle and Mikhail make it through! We wish them all the best.

## Congratulations a Fabulous Year in Visual Art Year 10.





## Congratulations Kirsty Abigail

Congratulations Kirsty Abigail on a fabulous Year10 Body of Works featuring Dave Grohl.



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## Stage 5 Drama

There was a lot of clowning around at Henry Kendall High School today with Stage 5 Drama performing for Kindergarten, Year 1 and Year 2 at Gosford Public School.

Congratulations on an entertaining and enjoyable show, and a big thank you to Zach Walsh in Year 10 for being our Master of Ceremonies.



# Remembrance Day

On Saturday 11 November Grace Oldfield represented Henry Kendall High School at the Gosford Cenotaph as one of the 2017 Kokoda Youth Challenge Scholarship recipients.

She and another scholar had the honour of laying a wreath on behalf of the Kokoda scholars who have been able to walk in the footsteps of Anzacs.

It also proved to be a particularly proud moment as Joshua Meyer and Dean Khoshnoud-Rad were also at the service. This made it possible to have a photo taken with three of the five Henry Kendall High School students who have received this significant honour.

Lest We Forget

# Remembrance Day

11th November 2017



## Gosford RSL Sub-Branch

**President:** Greg Mawson

**Officiating Clergy:** The Venerable Rod Bower,

**Catafalque Party:** 311 Squadron, Aust Air Force Cadets

**Flag Orderlies:** 311 Squadron, Aust Air Force Cadets







# Wellbeing Corner

## Stress and Teenagers (ReachOut.com)



It's very common for young people to feel stressed out from time to time. Stress is a normal part of life and can even be beneficial in some situations. However, if you're worried that your child is under a lot of stress and it's been going on for a while or is affecting their everyday life, there are things you can do to help them.

### ***This article can help if you want to:***

- learn about the causes of stress and how it can affect your teenager
- be able to spot the signs of stress in your child
- help your child manage stress more effectively.

### ***Young People and Stress***

Stress is a serious health concern for young Australians. In 2015, a research study by Mission Australia found that almost 40 per cent of 15- to 19-year-olds are very concerned about their ability to cope with stress.

Stress is a normal part of life for teenagers and can be caused by many different things. The more we learn about stress, the better able we will be as parents to model the behaviours that can help our children learn to cope better with stress. Learning about why we get stressed and how to manage it more effectively is a great skill for life.

### ***Causes of Stress for Teenagers***

Common things that teenagers say cause them stress include:

- homework and school (especially exams)
- expectations and pressure to do well at school from parents and family
- their social relationships with friends and boyfriends/girlfriends

and the issue of sex

- life challenges, such as leaving school or getting into tertiary studies or employment
- lack of time - having too much to do, feeling unprepared or overwhelmed
- lack of sleep.

If you suspect your child is stressed, talk to them to try and determine if these or other things are going on. If you can identify why they're feeling stressed, it will be easier to help them address the cause and manage their stress appropriately.

### ***Seek Support if Necessary***

Stress that hangs around for a long period of time can be harmful to your child's health and wellbeing. If your child has been showing signs of stress, try our suggested strategies to support them. However, if your child has been stressed for a long period of time, or if nothing seems to be helping, it's a good idea to seek some outside help. Have a chat to your family doctor, or consider giving your child an opportunity to talk things over with a counsellor.

To watch a video of Dr Bill Kefalas explaining the warning signs and effects of stress please go to the following link;

<https://youtu.be/NMV8emLXZtY>

ReachOut Parents have many resources and videos to help you

[Find things to try to help your child with stress.](#)

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