Principal’s Report

It’s been an exciting start to 2018 with increased student enrolments, new innovative staff and a strong focus on improving student achievement across the school. I would like to welcome the following new staff to our school. In Mathematics we have Ms Arcuri and Mr Sampson, we also have Ms Dunbar and Ms Remaili in CAPA, Ms Tonks and Mr Sumners in Science, Ms Harris and Mr Gorman in HSIE, Mr Luke and Mr Hoare in TAS and Mr Carlin in English. All new staff have settled into the school well and added to the consistent expectations we have at Kingswood High School.

We have increased our school maintenance program with new fencing around the basketball courts, new air-conditioning in our learning spaces, improved resources on our school farm, re-roofing the science labs, new pathways for easier student access and the refurbishment of student restrooms. The new school hall is currently up to the design phase and will be completed in 2019.

I would like to congratulate our schools P&C on their hard work and ongoing commitment to our community. Our P&C President Mr Joe Terry was re-elected at the AGM as was Mrs Gordana Nestorovic as Secretary. Our new P & C Executive members are Donna Fry as Treasurer and Leigh Gozzard has been elected into the role of Vice President. The P&C are always looking for new initiatives to support students at Kingswood High School and ways to involve the wider school community on a regular basis.

All adolescents, not just those students that attend our school, often deal with quite significant difficulties at some stage of their schooling life. Some people can handle even the most difficult of circumstances without missing a beat, while others seem to crumble at the slightest disappointment or obstacle. The way people bounce back or handle a situation is called resilience.

Resilience is the ability to successfully manage life and adapt to change and stressful events in healthy and constructive ways. A resilient person is not just born with characteristics that enable them to cope and deal with adversity. Rather resilience is affected by the quality of interactions within the family, school, and other social environments.

Resilience is something that can be taught and nurtured in young people. Most experts agree the building of resilience starts at an early age. However there is a lot that can be done during later childhood, adolescence, and adulthood to promote resilience in an individual.

Resilience Building Strategies

One of Australia’s leading experts on resilience in young people Andrew Fuller has compiled a list of 10 ways that parents can build resilience in young people.

Promote Belonging

Resilience is the happy knack of being able to bungee jump through the pitfalls of life. It is the strongest antidote we know of for self-harm, depression and drug abuse and it’s built on our sense of belonging.

Have some down time

We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson and from one organised event to another. Then we wonder why, when there is a lull that they say “I’m bored”.

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Find some time each week just to be at home without anything structured happening.

**Rediscover some family rituals**

It doesn’t matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up; rituals are highly protective. The best rituals often cost nothing. These are the activities you hope that later on your children will reminisce and say “Mum always made sure we did” or “Dad always made sure we did.”

**Spontaneity and curiosity**

Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and you can’t give it to them by getting them to read a book.

So the really hard message here is that if you want to raise your children to have mentally healthy lives you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.

**Love kids for their differences**

When families function well people are allowed to be different and to be loved for those differences. We all know that children take on different roles. Having children who are strongly individual and who have a sense of who they are is a sign of good parenting. The problem may, of course be that they will then express their independent spirit in ways that you don’t like. The ideal is someone who has their own independent nature but is comfortable enough with themselves to allow interdependence.

**Make it is clear who is in charge**

Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say.

Some parents fear that if they take charge they will lose the friendship of their children, but often the reverse is true.

**Consistency**

Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly have the best outcome in terms of children’s well-being. It is also important that parents not be open to manipulation; rather they work together as a team.

Sometimes parents have different value systems or can’t come to a consistent way to handle particular areas. In these situations, a second possibility is to for one parent to take charge of a particular area.

**Teach the skills of Self-esteem**

Families that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air. Even in these families, teenagers still shrug and say, “yeah Mum” or “yeah Dad” whenever a compliment is made.

Teaching the skills of self-praise is useful. One way of doing this is to ask questions about any achievement or accomplishments. Asking questions like “How did you do that?” “How come you did so well at that test?” and “Have you been doing homework behind my back?”

**Know how to Argue**

Families that work well know how to argue. It seems strange to say this because we all have the sense those families that work well don’t have conflicts.

The family is really where we learn to resolve disputes fairly. The way that parents teach children to resolve differences of opinion with their brothers and sisters provides the basis for sharing, negotiating and problem solving in the world beyond the family. While differences of opinion should be allowed to be expressed, children also need to learn that they will not be able to win at all costs.

**Parents are reliably unpredictable**

With young children it is important to provide consistency and predictability. This allows them to feel secure.

As they get older it is important to have structure and consistency but it is also useful to act in ways that your children wouldn’t expect. This keeps them interested in learning from you or at least wondering what you are up to.

Utilising some or any of these strategies may help our students deal with the pressures of teenage life and reach their potential.

Thank you

Adam Forbes

Principal
Ms S. McCullen  
Relieving Deputy Principal, Yrs 9 and 11

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.

If you have any second hand uniforms at home that no longer fit please bring them in so that we can continue to stock our second hand uniform room, we really appreciate the continued support of our school community with this initiative.

**Year 11** will no doubt have received their first round of assessment tasks which should have them working hard to produce the quality work that we know they are capable of. All Year 11 now have access to the Senior Study which has teacher’s who are willing to help if students are having difficulty with any of their course work. I have been impressed by many of the students who have taken up some of the organisational tips they were given at the start of the year to organise their time management for completion of work and I wish them well with their Preliminary courses.

**Update of medical details**

Please be aware that students with health conditions or medication requirements are required to update their Individual Health Care Plans on an annual basis. If you receive these forms, could you please return them to the school ASAP.

Students with anaphylaxis are required to complete Individual Healthcare Plans and provide an ASCIA plan to the front office. These students should carry an Epipen and ASCIA plan in their school bag, as well as providing an Epipen to the front office. If there are any changes to your child’s health condition or you have an enquiry, please contact the school on 4736 1202.

Thank you to the Year Advisors for their hard work during the first week back and the development of the Day 2/3 program. They were certainly overloaded in that first week and the school needs to rectify this matter. We appreciate the effort and caring that they give to the students and the school. Well done!

I would like to thank the Year Adviser’s and office staff for the hard work that they have been doing over the last few weeks. It is a very busy time for them, organising, enrolling and assisting new 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 relieving as Head Teacher Welfare and CAPA Coordinator.
Mr G Skeoch
Deputy Principal Years 8 and 12

As I write this article I reflect on the speed at which this year seems to be moving along. Year 12 will be facing their half yearly examinations in week 10 which will cover the first half of the Higher School Certificate Course.

I cannot stress how important it is for our students to use their time where they do not have timetabled classes wisely. While students are allowed to arrive to school late, if they do not have a timetabled period 1 or 2 class, or leave at the end of period 4 if they do not have any N-Award warnings; I wonder how many of them go home and study or catch up with incomplete work. Just like a dripping tap will eventually fill a bucket placed under it, an hour of study at school or at home a day will enhance all students’ potential to do well in the final exams.

Year 8 seem more settled this year however there are still a few students who are impacting on the learning of others.

I have asked all teachers to go through your child’s books and electronic files very carefully and contact any parents were the student is not making adequate effort. In very serious circumstances a meeting will occur between the parents, student, Year Adviser and the Deputy Principal to put in place an improvement plan. If this plan is not met a meeting with the principal will occur where the discussion could revolve around on the child being put back a year.

Education is the gateway to a bright future. I’m the first to admit that a formal academic education is not for all. Further that education can exist in many different forms rather than just the three R’s. However in saying this being able to read can give hours of pleasure to people, even if you are reading from an electronic device. Writing will always be a principal means of communication as our youth could testify through their extensive use of social media. “aRithmatic” is still viewed by parents and students alike as one of the most important subjects students study at school.

On the other side of the coin, students who are not motivated to learn are of concern. I do find it difficult to understand why education and all of its benefits are not valued by some. I can remember a few years ago sitting at a coffee shop in Blacktown when an ex-student came up to speak with me. He basically told me what he was currently doing and he conceded that had he tried harder at school the difficult times he had after school could have been a lot less stressful. Unfortunately you cannot put an old head on young shoulders and while he was doing quite well outside school we had a laugh about some of the things he could have done better while at school.

An unseen consequence of students misbehaving in class is how it impacts on the other students in the class. Some students find it very difficult to concentrate in a noisy classroom environment and consequently don’t perform as well as they possibly could. Initially staff try to re-engage the student in the learning process, however on occasions where the student fails to comply further consequences must be administered. Generally a recess or lunch detention is issued.

Overall the majority of our students do try to do the right thing. School is not easy. It can be tedious; it can be seen as irrelevant. Not everyone is going to be an elite sports person or a singer or a highly paid business owner but everyone has the potential to achieve their own personal best.

Education is not just about academic excellence, it is also about inspiring a true love of learning over your lifetime. W B Yeats, a famous poet, said “Education is not about filling buckets, but about lighting fires”. Our staff are passionate about instilling in your children not only the knowledge that will assist them in securing a great career where they will be financially secure, it is also about teaching them social skills that reflect society expectations. Expectations like respect for authority, empathy towards others, a tolerance of differences, being kind to others and pride in their achievements. In short we want your children to leave Kingswood High School, go out into the world and make a positive difference in what we as adults know can be at times very cold and unforgiving place.

Consequently I’m asking parents to support the school by reinforcing these expectations when talking about what has been happening at school over the dinner table. Education is a partnership between the school and the home, it is a partnership we believe is extremely important and are looking forward to building positive relationships between school and home for all our students for them to get the most benefit from their education.
The Social Inclusion Club began in 2014 at KHS with its aim to overcome the stigma that young people with disabilities face through youth engagement. This helps in fostering a culture of inclusivity within the school. We believe that developing understanding within the whole school community is a crucial first step.

The Social Inclusion Club meeting will begin in Week 8, Term 1. Meetings will be held once a fortnight and the students who volunteer will have an opportunity to enjoy their recess, play board games and socialise with students with disabilities. We all look forward to many positive Social Inclusion sessions this year.

I would like to congratulate the following students on receiving Appreciation Awards for their positive participation in ‘Say Hi’ activities in Term 4, 2017.

- Laiton Cannata,
- Callum Hollow,
- Jackson Chapman,
- Morgan Bowes,
- Montana Said and
- Corey Alliston

Mrs. Nagpal
Social Inclusion Coordinator

**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.
SRC Report End of Term 1

Welcome back to an exciting year full of events at Kingswood High School. Last week, we held the 2018 SRC Elections. We were overwhelmed with the quality of the candidates and the way they all presented themselves. It was exciting to witness the enthusiasm, school pride and positivity exuded from all our candidates. We were particularly impressed with our junior students so this year we have decided to expand our Stage 4 representatives to 6 members each. The aim is to encourage more student leaders to step up and give them opportunities to develop their leadership qualities.

Well done to all the candidates, we are so proud of you all.

So here is our 2018 Team:

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<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
<th>Year 11</th>
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<tbody>
<tr>
<td>Kurt White</td>
<td>Jessica Davies</td>
<td>Kaitlyn Fleming</td>
<td>Laine Fox</td>
<td>Gabriella Matthews</td>
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<td>Emerson White</td>
<td>Jade D’Souza</td>
<td>Shaun Ashbee</td>
<td>Ace Viray</td>
<td>Nik Nestorovic</td>
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<td>Dayna Seymonsbergen</td>
<td>Louise Waterhouse</td>
<td>Hershey Talingting</td>
<td>Lily Sammut</td>
<td>Britney Humphries</td>
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<td>Tia Tomale</td>
<td>Lily McEwen-Gillespie</td>
<td>Caitlyn Laws</td>
<td>Renrick Moreno</td>
<td>Paul Taylor</td>
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<td>Milica Zivcec</td>
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<td>Fatima Naqvi</td>
<td>Montana Said</td>
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Congratulations to everyone and I look forward to working with you all this year.

Mrs Thao Ngov
SRC and Prefect Coordinator
Werrington Cup Gala days
The girls and boys volleyball teams performed really well at the Werrington Cup Gala with the girls coming in at 2\textsuperscript{nd} place and the boys equal 5\textsuperscript{th} position.

Our girls performed well at the Werrington Cup Gala Day with 3 students making the Zone Representative team.

Congratulations to the following students for making Werrington Zone teams:

- Dorian Terry- Boys Volleyball
- Melanie Napoli- Girls soccer
- Georgia Edwards- Girls Soccer
- Kirby Fenton- Girls Soccer

Knockout Competition results:

- Open Boys Volleyball defeated by Penrith High School
- Open Girls Volleyball defeated Penrith High School
- Girls Softball defeated Rooty Hill
- Open Boys Basketball defeated by Glenmore Park High School

Well done to all teams and a special congratulations to the Girls Volleyball Team and Girls Softball team for moving forward to the next round.
Leading Edge
Rugby League Academy

“Mentoring Rugby Leagues next generation”

As a current player for the Penrith Panthers, I want to transfer the knowledge and experience I have into the next generation of Rugby League players.

Boys/Girls U/14’s-U18’s

◊ $150 Start-up pack. Includes: Training shirt, shorts, boot carry bag and drink bottle
◊ $38 per person, per session
◊ Program runs in 5 week block sections throughout the season.

To register and for more info, head to our website at:

www.lerla.com.au
At Spring Forward Family Centre we understand the power of NAPLAN on both an educational level but also the emotional and physical effect it can have on children.

NAPLAN helps you to understand your child’s academic strengths and weaknesses in literacy and numeracy; but they may not be able to achieve their best until they are emotionally and mentally prepared.

Our program will be running this April school holidays before NAPLAN testing, in May. It is coordinated by a qualified high school teacher with assistance from OT and Psychology departments to provide appropriate support for each individual.

Not sure if this is the right fit? Check out the questions below
Is your child in Year 3, 5, 7 or 9 and …
• Anxious or stressed about school work?
• Behind in Maths or English for their age?
• Not sleeping well before an exam?
• Fixated on being the best?
• Saying they aren’t smart enough or a failure?
• Not wanting to go to school on exam day?
• Feeling pressure from school to do more?
• Having trouble asking for help in class?

Enquire and Register Today
Contact us at
4722 0891 or
theteam@springfwd.com.au

If you answered ‘yes’ to any of these questions, then the NAPLAN group will be useful. It will allow your child to be provided with the best academic preparation as well as strategies to manage their fears and anxieties.
MATHEMATICS NEWS

We are excited to provide all our students with extra online mathematics support through “Mymathsonline” program again this year. Students will be receiving their login details soon. I plan to offer an Afterschool workshop to “Support your children’s mathematics education”. During the workshop, parents and caregivers will be provided with information on how to support their children, how to use “Mymathsonline” program effectively and tips and strategies to improve student’s numeracy, mathematics and problem solving skills.

More information regarding the parent workshop will be sent soon.

I would like to take this opportunity to encourage all students to bring all equipment, including a scientific calculator and mathematical set which are an integral part of their learning.

During the year our focus will be on improving students’ critical thinking and developing skills for real life. Students will be provided with an opportunity to participate at external mathematics and computing skills competition. Please encourage your child to participate in these competitions.

Looking forward to working with you all. Please do not hesitate to contact your child’s mathematics teacher or myself if there is any concerns or queries.

Mrs Vidya Srinath
Head Teacher Mathematics.
Does your child catch a school bus? Help them keep it!

As the bus operator that providing your child’s school bus services, we’re asking for your help getting your child to use their Opal card on every bus trip.

Since the introduction of the School Opal card in 2016, school bus patronage data has significantly dropped. This is not reflected in the number of students actually travelling on our buses for various reasons a large number of students are consistently not using their Opal cards as they should be.

Opal data gathered by tapping on and off is used by transport planners and service schedulers to design the bus network that best serves the community utilising the resources available.

If students don’t tap on and off then school bus services will appear underutilised and may be considered for cancellation based on low passenger numbers.

Please help us reinforce the message that tapping on and off every bus journey with an Opal card is essential to travel on the bus. This will ensure school services continue to be planned for the students that use it, providing the journey to school your children depend on.

To help us achieve this, please talk with your child:

- Ask them if they tap on and off the bus with their Opal card.
- If they do, congratulate them for doing the right thing and talk about why it’s important.
- If they sometimes don’t or never do, ask them why.
  * Are they confused about why they have to? Talk about why it’s important, and that every tap tells the bus planners that the bus is needed.
  * Do they forget? Help them find a way to remember, such as getting into the habit of getting their Opal card out as soon as they arrive at the bus stop or bus line.
  * Is their Opal card at the bottom of their bag? Help find a handier place to keep it.
  * Are they influenced by friends or peers that don’t tap? Talk about how they like to travel on the bus with their friends and how tapping is what keeps the service running.
  * Have they lost their Opal card? To order a new Opal card visit www.opal.com.au.

If there’s another reason that you’d like to discuss with Busways, please contact us at infoline@busways.com.au or call our customer service team on 9497 1878 to talk to us. We are happy to listen and do what we can to help your child feel comfortable using their Opal card.

Thank you for helping us to best serve your school community.
Dear family

We are proud to present Orchard Hills Pre School as a preschool of choice. We are open Monday to Friday from 7.30 in the morning to 5.30 in the evening.

Our friendly staff is always happy and eager to receive your child in the centre. We have put in place various developmental programmes for the children attending the school so that they progress through the years at the pre school and get ready for the transition to the big school. We also encourage the children to be socially compatible which improves their ability to progress through the school.

We provide a healthy and sumptuous Morning Tea and Afternoon Tea to every child adding variety to their day to day activities in school.

We currently have few vacancies to be filled up for this year.

If you are interested in more information, please do not hesitate to contact me

Yours sincerely, 

Ana Nadkarni
Director
Orchard Hills Pre School
Phone +61 2 4736 1350
In July 2018, we will be receiving exchange students from Denmark, Germany and Italy. Our new arrivals will live with a host family and attend a local school for 3, 5 or 10 months. As we plan for their arrival, we are keen to hear from suitable families who might be interested to host a student.

Host families come in all shapes and sizes, backgrounds and ages. To this end, we would be grateful if you would place a notice in your newsletter or mention it on your website. You can download the newsletter notice here in pdf format or as a Word doc.

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. They might even make a friend for life!

All students have at least basic levels of English, would attend a school in your local area and live the life of a local. Below is a sample of students who will be arriving.

Mathias is a Danish student who is 16 years old. He is hoping to try Australian soccer, surfing and visit some of our nature attractions. He is looking forward to living with his new family and learning to speak English fluently. Mathias really enjoys going to school each day and balancing that with his part time job in a garden shop.

Anna-Lena is a 16 year old student from Germany who hopes that Australia will become like a second home. She is curious about the Australian way of life and its educational system. Her family describes her as very helpful and honest and are grateful for your openness to accept a foreign student in your life. Anna-Lena describes herself as loyal, polite, attentive, nice and punctual.

Arianna is an Italian student who is 17 years old, and looking to improve her English, know a new culture, become more independent and open minded whilst living in Australia. She loves sports and is currently learning Slacklining, which is the act of walking along a suspended length of flat webbing and she is also doing Antigravity, which is an aerial hammock. Her parents say their daughter is selfless and helpful as well as being a sunny girl who loves studying and doing her best.

You can view more profiles of students arriving soon from our website. Please note that this is just a handful of the students who will be arriving. If families would like a selection of student profiles sent to them to review and decide which student may fit into their family best, please contact us or reply to this email.

The Stuart family were thrilled to have Danish student Simon stay with them for 8 months. As commented by host mum Victoria, "it has been a fantastic experience. Simon has been an awesome role model to our two young children, he has been like an older brother to them." Victoria continues, "the experience has benefited us too, as it has allowed us to have greater free time and flexibility as a family. I was very impressed with Simon, as within the first couple of days he was here, he asked what should his chores be?"

"Just give it a go, the benefits will surprise you. I highly recommend it", mentions Australian Host Dad Andrew, from the Stuart family. "Not only do your children benefit, but the benefits exist for the parents too." Host Dad, Andrew continues, "We are so lucky to have Simon come stay with us. He is a fantastic student, easy going and not very demanding. He has fitted into the Australian way of life so easy. He even obtained his Bronze Medallion. We are so proud of Simon."
Check out what some of our families who have hosted have to say about their experience by clicking here: host family testimonials.

Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We are the first and only secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants. You can find out more about our organisation by visiting www.studentexchange.org.au.

If your students, families or language teachers have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, they can respond to this email, call our office on 1300 135 331 or visit our website. Our staff members will be happy to discuss which student might be best suited to their family. No obligation.

Please note that the purpose of this email is to find families to host international exchange students. Thank you in advance for your assistance.

Yours sincerely,

Sandra Harders
Hosting Coordinator

Student Exchange Australia New Zealand Ltd
PO Box 1420, Mona Vale  NSW 1660 Australia
T: (02) 9997 0700  F: (02) 9997 0701
W: www.studentexchange.org.au

Suite 2590, PO Box 83000,
Wellington 6440 New Zealand
T: 0800 440079  F: 0800 440077
W: www.studentexchange.org.nz

ABN: 49 101 489 356

P & C MEETING

Wednesday 13th June
6:30pm in the School CAFE
KHS now has an online Calendar (live)

Click on the link below or copy and paste into your browser. Mobile users can save to their Home Screen and PC users can create a shortcut for easy reference.

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 email address