DEPUTY PRINCIPAL’S REPORT

Term 4 is an extremely busy one at HKHS with new and innovative programs being implemented to support our students:

**Stage 6 Preparation Program**

This is a new initiative being introduced this year to support Year 10 in the last 5 weeks of Term 4 before they move into senior study in stage 6 ie; Year 11 and 12. The program is replacing the traditional timetable for year 10 students and will offer experiences for the students to improve their skills in the following areas:

- Study Skills
- Literacy and Numeracy Skills
- Job Readiness
- Organisation for Stage 6
- Experiencing Stage 6 Taster Lessons
- Compulsory Welfare Curriculum Content Delivered Early

Staff are working extremely hard at present to see this initiative begin in week 7. The P& C endorsed the introduction of the program at last week’s meeting.

**Year 6 Mentoring**

As a part of the schools successful Partnership and Transition Program, a mentoring program has been implemented this term to support Year 6 students who may feel nervous or unsure about the move to high school in 2015. These students from GPS and PCPS have been working with trained mentors from Year 9 to orientate themselves with our high school setting. This program will be celebrated in week 6 with students from our partner schools presenting information to their peers at the primary schools. Congratulations to our STAR students both Year 6 and Year 9, Mr Jason Morris (Year 7 Adviser 2015) and Mrs Tracy Smith (Year 9 Adviser) for their fantastic efforts in making this program a success.

**Year 5 Taster Day**

In keeping with the transition program this term Year 5 students were invited from GPS and PCPS to participate in a Henry Kendall High School Taster Day on Thursday 23 October. A fantastic day was had by all students and staff with workshops being provided in Technology, Creative and Performing Arts, HSIE and PDHPE to name a few. All students also left the school with a goody bag as a reminder of their experiences. Thank you to the partner schools GPS and PCPS and our wider parent community for your ongoing support of such programs.

*Mrs Donna James - Deputy Principal*
Thanks again to all the team and those who helped with our 2014 Relay for Life. This year we were able to raise $1225.20 towards the event which has currently raised over $200,000 for the Cancer Council.

This is HKHS's 11th year at relay and during that time our running total has now reached $28,986.63.

We are already registered for the 2015 Mingara Relay for Life as team Number 1 and we should easily make the $30,000.00 mark next time.

Mr David Ardley – Relay For Life Coordinator

As Year 10 students are in the process of finalising their subjects for Year 11, we are awaiting offers from TAFE which should occur in the next few weeks. Students are advised to accept their TAFE offers initially in order to keep their options open. For many students, TAFE will commence before the first day back at school in 2015. Mark this on the calendar when you receive this information. Subject selection needs to satisfy the criteria set by BOSTES for the award of a HSC and some students will be embarking on an ATAR pattern which allows entry to University in 2017.

In careers lessons, Nicole Baird from Central Coast Group Training has enlightened students about opportunities in undertaking an apprenticeship or traineeship when leaving school. We would like to thank her for delivering this information to all classes in Year 10 which has meant five trips to our school. The process for applying for these opportunities has been explained to the students. An up to date well presented resume and an appropriate cover letter are always a distinct advantage when applying for these highly sought after positions.

Interested Year 10 and Year 11 Hospitality students have attended a Barista Course at Ourimbah TAFE on two separate occasions. These courses were excellent, and no doubt these students will consolidate on these skills in class and hopefully in the workplace in the not too distant future. Also Retail and Hospitality students were invited on a tour to supplement their studies at DFO at Homebush and the CBD in Sydney. By all accounts the behaviour of students on all three occasions was exemplary. Well done!

Mrs Lyn Hawker – Careers Adviser
A huge congratulations to Laura Kostalas in Year 12. Laura’s artwork has been selected to represent the annual Sister City Art Exchange which is held in Japan. The artwork will be printed on postcards which are used to promote and celebrate the exhibition.

We would also like to recognise the commitment and support of Ms Kim Skerritt who coordinates our participation in this wonderful opportunity for our art students.

If you would like to find out more about this international exhibition, please check out the following link:


Last Thursday, 170 Year 5 students from Gosford and Point Clare Primary Schools were invited to enjoy a day at Henry Kendall High School. The visiting Year 5’s were treated to action packed workshops that included creating teddy bear biscuits, drawing and painting landscapes, exploring the marvels of the 3 D printer, solving futuristic problems with Ipad, developing team building skills in drama, designing acrylic picture frames and experiencing our science labs in full swing.

The day was a great success and lots of fun was had by all our guests. I would like to thank the Year 9 peer support mentors, Year 10 science helpers and of course our teaching staff, who all worked tirelessly throughout the day.

Mrs Tracy Smith – Relieving Head Teacher Secondary Studies
YEAR 7 YOUNG ACHIEVER’S NEWS

Last Wednesday 22 October, our Year 7 Young Achievers were given a lesson in orienteering by Mr Harrison and ably assisted by Mrs Latta, Mr Lincoln and Mrs Wilson from our feeder schools, as well as Mrs Lill and Mr Lempert. Mr Harrison recently retired and is no longer teaching, we are most grateful that he is willing to come along and help our students.

During this orienteering lesson, each student had to measure their pace. This involved walking 100 metres and counting their steps. This process was repeated three times and the numbers were averaged. This average was then divided into 100 to calculate the length of each pace. The students were also shown how to use a land compass. This activity is then used to navigate an orienteering course.

The orienteering lesson will be used during our Maths Fun Days which are coming up next month when the Year 6 students from our feeder schools join us. We are all looking forward to these days.

Ms Tricia Muscat – Year 7 Adviser

YEAR 7 NEWS ……..

Congratulations Year 7

I would like to congratulate the 34 students who have already achieved a Principal’s Award this year. This is a wonderful effort! The next challenge for these students is a School Award.

Many Year 7 students are working very hard in class, and performing acts of community service within the school. At the end of this year, Year 7 students who behave well, co-operate and work hard in class will be invited to our positive rewards excursion to a fun place somewhere in Sydney. Invitations should be distributed in the next couple of weeks.

Ms Tricia Muscat – Year 7 Adviser

YEAR 9 NEWS ……..

Congratulations to the following Year 9 Award recipients this week:

Alicia Kostalas, Aliyah Khoshnoud-Rad, Jade McAtamney, Tahli Bruderlin, Skye Rawlings, Sarah Robinson, Caitlin Waller, Nico Falzarano, Nathaniel Arnot, Emily Boelhouwer, Tom Josephs, Finn Tolmie, Owen Butterworth, Ben Kemsley, Alec Miles and Jessica Buth

Invitations to the Wet n Wild Reward Day were distributed last week to our Year 9 students who have displayed commendable behaviour and attitude to school throughout the year. The cost is $60 and can be paid by instalments. We are looking forward to a great day!

Mrs Tracy Smith – Year 9 Adviser

FROM THE SCHOOL COUSELLOR

Useful Parenting resource:

Last newsletter I flagged the website from NSWKids+Families: Raising Children Net found via http://raisingchildren.net.au/communicating/talking_to_teens.html.

I have just been made aware of another government online resource for parents or carers of 0-18 year olds, which has all kinds of parenting resources: http://www.resourcingparents.nsw.gov.au/

Ms Liane Porter – School Counsellor
Term 4 is a busy time for all our students. Year 12 are currently sitting their HSC examinations, Year 11 are transitioning into Year 12 and will complete their first assessment for the HSC later this term. Year 10 are preparing for their RoSA examinations. Student Services offer a variety of support to students in regards to assessments and examinations. We offer assessment support before school in the homework centre, where students can come to the Student Services Hub for help with their homework and assessment tasks and have breakfast as well. Students are also able to come to the Hub during breaks as well as study periods for Year 11’s.

As well as helping with assessment tasks we can also help students prepare for their exams with writing study timetables, providing study tips, providing practice papers and writing study notes. Encourage students to take advantage of the services offered in the Hub to help them get the best results possible.

**Disability Provisions**

Another way we help students is in applying for Disability Provisions. Disability Provisions are practical arrangements designed to help students who couldn’t otherwise make a fair attempt to show what they know in an exam room. Any student who has a disability is able to apply. Under the *Disability Discrimination Act 1992* (Cth), the definition of ‘disability’ includes physical, intellectual, psychiatric, sensory, neurological, learning disabilities, physical disfigurement, and the presence in the body of disease-causing organisms.

The provisions granted are solely determined by how the student’s exam performance is affected. Provisions may be small group supervision, use of a reader and/or writer, extra time or rest breaks. Provisions are not only granted for examinations but any in-class assessment tasks.

In Years 10 and 11, the school are able to consider the applications and grant Disability Provisions to students, however for the HSC, applications are processed by BOSTES. If you think your child might benefit from Disability Provisions or would like further information, please contact Student Services.

**Effective Study Tips**

1. Plan a definite time for studying every day. This will help prevent procrastination and prevent work piling up. Be sure to prioritise – what needs to be done first? What is the most difficult?
2. Know the purpose of and understand each assignment before leaving class. Don’t be afraid to ask questions to clarify what a task requires.
3. Every time you study, spend at least ten minutes reviewing the material from your previous study session. These "refresher shots" are part of the secret for long-term memory retention. This habit of frequent review also results in less time needed for studying prior to a major exam.
4. Study during the day. You are probably less efficient at night.
5. Study for 30 to 40 minutes and then take a 5-minute break, or if your concentration and discipline will allow, study for 50 minutes and take a 10-minute break. Get up walk around, stretch, drink some water, or eat a light snack. Taking regular breaks refreshes your mind so you can concentrate better, finish faster, and retain more.
6. If you do study at night set a "stopping time" for yourself. This "time frame" will encourage hard work in anticipation of the clock going off. You may even set a goal for yourself to complete an assignment before the time limit.
7. Do not cram the night before an exam. Distribute your review in half-hour segments over a period of days.
8. Not having enough time to study means you lack organisation, so by managing your time, you have control over your life and a chance to do more of what you want to do.

**ANZ Indigenous Traineeship**

Congratulations to Year 10 students Cara Douglas, Markisha Murray and Ashleigh Fletcher in participating in the ANZ Indigenous Traineeship process. All girls progressed through Literacy and Numeracy testing and 1st to 2nd Interviews. Ashleigh Fletcher was successful at the 2nd interview and has obtained a 2 year SBAT Traineeship with the ANZ Bank Woy Woy. Well done to all girls for an excellent effort and a big thank you to Janelle Wilkinson in Student Services who supported the girls through the process.

**Gosford AECG – Annual General Meeting**

Earlier this year the Gosford AECG was re-established. Since the re-establishment, there have been a number of meetings held at Henry Kendall High School. On Monday, 3 November at 4:30pm the Annual General Meeting will be held in the Aboriginal Community Resource Room. All Aboriginal and non-Aboriginal parents, carers, families and community members are invited to attend. It would be great to see as many parents and members of our school community there as possible. These meetings provide an opportunity for families to talk, listen and have an opinion about improving Aboriginal people’s outcomes in education.
GOSFORD AECG ANNUAL GENERAL MEETING NOTICE

The Gosford Local AECG invites Aboriginal Parents, Carers and Community to come along listen, have an opinion and talk about improving Aboriginal peoples outcomes in Aboriginal Education and Training.

Date: Monday 3 November
Time: 4.30pm
Venue: Henry Kendall High School

Children and families are welcome.

For more details contact Sarah Campbell - Secretary at gosfordaecg@gmail.com

Les get organised early!

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in February 2015 for their 5 or 10 month programs.

Our international students from France, Germany, Italy, Austria Japan, the U.S.A and Canada will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover - all arranged by Southern Cross Cultural Exchange.

Call your local coordinator today on: 0429 406 126 to request some student profiles, and capture the spirit of family and friendship!