DEPUTY PRINCIPAL’S REPORT

Year 11 students have now rolled over into their Year 12 courses. Many parents want to help but don’t want to takeover. Here’s some practical advice on everything from writing an essay to helping the rest of the family stay supportive (and sane) while your teen works towards their final exams next year. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/tips-for-surviving-the-hsc

Current Year 12

Congratulations on the way all students presented and worked during their HSC exams that finished on November 5, and much earlier for some. The anxious wait until results are released on 17 December, and the ATAR on the next day will be worthwhile for the vast majority of students. All however, need to keep the HSC in perspective, as it is only one step in developing a future career. Most people take several years to find their true path in life. There are various agencies to assist in making good, informed choices. Henry Kendall High remains one avenue to give students advice and guidance.

Year 10 RoSA

Other recent events include the Year 10 End of Year Exams held between 7 and 10 November. Students and parents should note that their performance in those exams is only one part of their RoSA grades. Assessment tasks throughout the year, in combination with the exam result, form the final grade submitted to BOSTES. Virtually all our Year 10 students progress into the senior school, and hence, the Preliminary Certificate and HSC will supersede any Year 10 RoSA result.

Year 10 students should be credited with the excellent way they have approached their studies this year and should be an extremely fine Year 11 cohort next year.

Mr Bob Cox - Deputy Principal

UPCOMING EXCURSIONS

<table>
<thead>
<tr>
<th>Date</th>
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<td>Maths Fun Day</td>
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YEAK 7 YOUNG ACHIEVERS NEWS

Recently Year 7 Technology Mandatory have had the opportunity to apply their numeracy skills to real world situations. The class has been refining their effective use of area and measurement skills during the construction of Chenille cushions.

Students have been required to determine the most effective use of area as applied to fabric and to ensure they use accurate measurement through practising the ‘measure twice cut once’ principle.
During the construction process students were able to practise the increasingly important 21 Century learning skill of peer teaching. Students consolidated their understanding of construction processes by assist each other in piecing together their cushions.

The process has had very positive outcomes for the students evidenced by high levels of student engagement in their learning.

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YEAR 8 NEWS

Year 8 Technology Mandatory students have been busy again this term designing, making and decorating cupcakes in their food unit. This term the students drew inspiration from a variety of sources including favourite television programs and movie characters. The students embraced the design problem with great creativity and enthusiasm and produced impressive results.

Jack Josephs and Flynn Harrison

Emily Chung (front), Riley Borthwick and Sterling Keft (rear)

Mark Wells

Blake Hoerl

Michelle Kan

Ella Brooke

Jaid White

James Holwell
YEAR 9 NEWS

In the last fortnight Year 9/10 Food Technology has been engaged in a fact finding mission about Halloween and having a lot of fun with a Halloween party along the way. As part of their unit on Food for Special Needs students have been exploring the impact of culture and cultural celebrations and as such have been finding out about the truth of Halloween. Students have been very excited about the party and eagerly engaged in the preparation and serving of foods for the Halloween party. The menu includes such delights as brain cakes, witches fingers, chocolate mice and sludge spiders. Students also had the opportunity to observe how emerging technology is impacting on Halloween with Mrs Anderson wearing an interactive Halloween T-shirt which was developed by former NASA scientist Mark Rober. Students dressed up for the occasion and had a lot of fun taking “selfies”.

Kate Wedderburn, Lara Gordon, Georgia Davis, Karissa Pedavoli, Carina Minyanish, Chloe Richards, Aliyah Khoshnoud-Rad, Olivia Hull, Caelynn Ryan, Jack Flynn

YEAR 12 EXPLORING EARLY CHILDHOOD GET HANDS ON EXPERIENCE

One of the last highlights of the Year 12 Exploring Early Childhood class this year was a visit from Caitlin Holland and her one and a half month old daughter, Delta. Students were able to observe the process of bathing and bottle feeding a newborn baby. They also had the opportunity to ask a range of questions about giving birth, caring for a newborn and coping with a newborn baby. Students were keen to have some hands-on experience having a turn at nursing the baby.

The visit stimulated a great deal of classroom discussion in the days following.

Kaitlyn Doughty, Shannen Baker, Lara Collin, Layla Leccas, Rebecca Walker, Caitlin Holland and Delta Matthews
It’s Psychology Week this week so I thought I would share some tips on… Everyday Stress

Learning to handle stress in healthy ways is very important. Fortunately, it is easy to learn simple techniques that help. These include recognising and changing the behaviours that contribute to stress, as well as techniques for reducing stress once it has occurred. The following tips from the APS can help you look after your mind and body, and reduce stress and its impact on your health.

- **Identify warning signs**
  These vary from person to person, but might include things like tensing your jaw, grinding your teeth, getting headaches, or feeling irritable and short tempered.

- **Identify triggers**
  There are often known triggers which raise our stress levels and make it more difficult for us to manage. If you know what the likely triggers are, you can aim to anticipate them and practise calming yourself down beforehand, or even find ways of removing the trigger. Triggers might include late nights, deadlines, seeing particular people, hunger or over-tired children.

- **Establish routines**
  Having predictable rhythms and routines in your day, or over a week, such as regular times for exercise and relaxation, meal times, waking and bedtimes, can be very calming and reassuring, and can help you to manage your stress.

- **Look after your health**
  Make sure you are eating healthy food and getting regular exercise. Take time to do activities you find calming or uplifting, such as listening to music, walking or dancing. Avoid using alcohol, tobacco or other drugs to cope.

- **Notice your ‘self-talk’**
  When we are stressed we sometimes say things in our head, over and over, that just add to our stress. This unhelpful self-talk might include things like: ‘I can’t cope’, or ‘I’m too busy’, or ‘I’m so tired’, or ‘It’s not fair’. Try more helpful self-talk like ‘I’m coping well given what’s on my plate’, or ‘Calm down’, or ‘Breathe easy’.

- **Spend time with people who care**
  Spending time with people you care about, and who care about you, is an important part of managing ongoing stress in your life. Share your thoughts and feelings with others when opportunities arise. Don’t ‘bottle up’ your feelings.

- **Practise relaxation**
  Make time to practise relaxation. This will help your body and nervous system to settle and readjust. Consider learning a formal relaxation technique such as progressive muscle relaxation, meditation or yoga; or make time to absorb yourself in a relaxing activity such as gardening or listening to music.

If high levels of stress continue for a long period of time, or are interfering with you enjoying a healthy life, it is worth seeking professional help. A mental health professional, like a psychologist, can help you identify behaviours and situations that are contributing to high stress, and help you to make changes to the things that are within your control. Seeking help can be one way to manage your stress effectively. Area Health or your GP can assist.

Ms Liane Porter - School Counsellor

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**STUDENT SERVICES HUB**

Healthcare for Our Students

With severe allergies on the rise, no school can afford to be uninformed about the risks to children in their care. They need to arm themselves with information on food allergy and anaphylaxis and create environments that are safer for all. That's why it is really important for parents and carers to keep schools informed about their children's health care needs and changes. Student Services are reviewing all our Individual Health Care Plans for Severe Asthma and Anaphylaxis. We are also checking that students are in fact carrying their medical kits, epipens and spacers - even their medical alert bracelets.

Mrs Rebecca Cooper - Head Teacher Student Services, Strategic Communications Manager
These personalised Christmas gift tags are printed on high quality photo paper in mat finish. They come in four styles (you may choose a mix bag) and your personal greeting (names) will be printed next to the “from” section on each card. So all you will have to write on each Christmas tag is the present recipient’s name. The orders will be processed as they are sent in. Please place payment and order sheet in the envelope provided. If you would like additional order forms for friends, family members or colleagues please feel free to print off/forward the forms attached or ask for additional forms from the unit.

Henry Kendall High School Special Education Unit thank you in advance for your support.

Personalised Christmas Gift Tags

Set of 12 - $2

Order a set of one design or a mixed dozen personalised gift tags with your message.

Orders close 12 December
Delivered to HKHS students or posted to you.

A Henry Kendall HS Special Education Unit fund raising event
Order Form

Personalised Christmas Gift Tags
Henry Kendall HS Special Education Unit Fundraiser

Name:________________________________________
Phone Number:________________________________
Address:_____________________________________

☐ deliver to student at HKHS  ☐ Post (add 70c)

Name & Class
Your personal greeting (please print clearly)
From

Set of 12 - $2

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Postage (optional) $ .70
Total: $__________

Orders close Friday 12 December 2014.
Payment required with order to Henry Kendall HS.
Enquiries to parent coordinator Dawn Lewis 0421 321449
or email enquiries@dawnlewis.com.au
Thank you for supporting the Special Education Unit.
LOWES

SPECIAL PROMOTION FOR

HENRY KENDALL HIGH SCHOOL.

SPECIAL SALES

WEEK

LOWES GOSFORD
Shop 36, Stockland Mall, Mann st, Gosford.

Thursday 4th December – Thursday 11th December, 2014.

RECEIVE 15% DISCOUNT
Off the regular price on ALL store and school uniform items for ALL Henry Kendall.H.S. students.

PLUS

BONUS EZY-WAY 5% DISCOUNT
additional for Lowes Ezy-Way customers

OR 5% REWARDS
Lowes Rewards Card holders receive in-store Gift Vouchers to the value of 5% of their purchase

PLUS

Lowes will pay your school annual 5% rebate on every uniform purchased in-store.