

Killarney Heights High School Newsletter



Respect Connect Aspire

Term 1 Week 2 2020

Principal's Report

Welcome students and families to an exciting year at Killarney Heights High School for 2020. Our students in Year 12 in 2019 had a fantastic year in terms of results. We are now rated the third best Comprehensive High School in NSW, with first in Course for Standard English. 100% of our students earned Band 5 or 6 in Advanced English, English Extension 1 and 2, Maths Extension 2, Music Extension, Visual Arts and Textiles. We will be celebrating the success of these students and the hard work of the parents and teachers supporting them at our High Achievers Assembly next week to recognise over 25 students achieving over 90% in their HSC.

Of course these results did not come easily. It was good routines and hard work from our students working together, and consistent feedback from our teachers that resulted in a great HSC. At this time of year it is always good for students to start or return to good habits at home such as completing homework or starting assessment tasks in the afternoon, setting out school uniform for the next day, charging laptops and packing school bags the nights before to ensure they are ready for the next day. This year, we have welcomed all our students with a variety of tools and resources to set good routines in place for the year. Years 11 & 12 have already started with sessions to prepare and plan for assessments. A parent information evening was also held to support Year 12 with strategies for the year ahead. These will be followed by sessions for Years 7 to 11 in year group meetings and also sessions for parents in coming weeks.

This year we have introduced Year 11 Careers classes which are timetabled each fortnight to cover a range of areas that will inform students and better prepare them for post school options. Students will explore the various pathways available and entry requirements needed for further education, training and other post school options. They will have available to them a range of tools to identify their interests, skills and abilities. They will also examine "The World of Work", exploring career options, interview techniques, and scholarship applications and develop an awareness of the range of employment contracts.

Again our teachers will continue with our improvement strategies; the main one is Instructional Rounds. Every term last year, teachers and students went into classrooms to observe their colleagues and students learning. From their observations and discussions, they determined where our needs lay. These observations then led to teacher professional

learning on how they could be more effective in the classroom. We have run this program for over two years now, and are moving together to improve teaching practice for our classes

In 2020, we welcome new staff and roles this year:

Maths: Karina de Commynes, Lucy Kim and Patrick Lomax (Head Teacher)

English: Tracey Fairley (relieving Head Teacher)

HSIE: John Herdman

Languages: Emiko Allum

CAPA: Nick Powning, Sam Hawkins and Marie Drougas (relieving Head Teacher)

PDHPE: Zeke Desiatnik and Elysia Atkins

TAS: Dana Hutchison, Marnie Peters and Xochitl Quintanar

Science: Jo Talwar

On Monday March 9, we will be welcoming our local community to visit us for Open Night where we can continue to show that we are focused on learning and positive relationships within our school. Please support us in sharing the good news with families in the area.

Dennielle Woskanian

Relieving Principal

Uniform Shop OPENING HOURS

Tuesdays from 7.30am to 1.30pm

Thursdays 11.30am to 3.30pm

**Dee Cleworth
Uniform Shop
9453 5000**

**If you need to access the uniform shop during
school hours please come through the front office
as the back gates will be locked.**

Upcoming Events	
11 February	Year 7 Best Start Assessment
13 February	Year 7 Best Start Assessment
17 February	P&C Meeting
18 February	Year 7 Best Start Catch-Up
19 February	Year 7 Dance & Parent Soiree
20 February	Year 7 Vaccinations
23 February	P&C Working Bee
26 February	Year 8 & Year 10 Information Night
27 February	Year 9 & Year 11 Information Night
28 February	School Swimming Carnival
9 March	Open Night
9-13 March	Year 12 Hospitality Placement
13 March	Zone Swimming Carnival
16 March	P&C Meeting
17 March	Year 6 to 7 Extension Class Test
20 March	School X-Country Carnival
31 March	Year 7 & 12 Parent/Teacher Night
9 April	Last Day of Term 1
28 April	Students Return to School for Term 2

P&C Meeting Monday 17th February 7pm

Our first Killarney Heights High School Parents and Citizens (P&C) meeting for 2020 is being held on Monday the 17th of February, 7pm, at the school. The P&C has one simple aim, that is to ensure our children have the very best educational opportunities, and experience, at KHHS.

This year we welcome a new P&C Executive team. Grant Cleary is the new P&C President, Rob Gaunt and Erica Scotter are the new Vice Presidents, Kathryn Latal joins as Secretary, and Henry Willmington as Treasurer. They are all excited with the opportunities 2020 will bring.

P&C meetings are your opportunity to hear first hand from our Principal and Deputy Principals about what is happening at the school, highlights and achievements. We also discuss ways to spend the P&C contribution funds, and ensure the school and students get maximum benefit from this investment.

Our first meeting will feature Bianca Bennett an experienced School Psychologist from our Network of schools who will speak about student wellbeing as they transition to adulthood through high school. Acting Principal Dennielle Woskanian will also give everyone a tour of the school.

We look forward to seeing you on Monday the 17th.

Grant Cleary
P&C President

Parent/Guardian Details

Parents or Guardians who have changed their Address, Phone Numbers, Email Address or Emergency Contacts please email the school.

If you are not receiving emails please check your junk mail to ensure they are not going there.

School Vaccination Program

NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2020 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV) vaccine	2-doses at least 6 months apart
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Years 10	Meningococcal ACWY vaccine	Single dose

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Please note that if a student is absent from a clinic they will be offered any missed doses at subsequent clinics during Year 7 or 8 (for HPV and dTpa vaccination) and during Year 10 (for Meningococcal ACWY vaccination). **They do not need to go to their GP for these vaccines because they are absent from a clinic.**

The following short videos have useful information about the vaccines and how the school immunisation clinics run.

HPV and dTpa- <https://www.health.gov.au/resources/videos/getting-your-hpv-dtpa-vaccinations-at-school-what-to-expect>

Meningococcal ACWY- <https://www.health.gov.au/resources/videos/getting-your-meningococcal-acwy-vaccination-at-school-what-to-expect>

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is

available on the NSW Health website at www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx.

A Record of Vaccination card will be provided to each student vaccinated at each clinic. Details about vaccinations given at school will also be uploaded to the Australian Immunisation Register (AIR) to support complete vaccination histories.

Drama

NSW Public School Drama Ensembles

Any students interested in auditioning for the NSW Public Schools Weekly Drama Ensemble program, check out all the information at The Arts Unit website. Audition dates are throughout Term 1 and all weekly ensembles run in Terms 2 and 3 on Wednesdays after school in Lewisham.

Devise an original ensemble drama piece for the State Drama Festival, improve your drama skills and make friends from all different public schools NSW. Contact The Arts Unit for more information: <https://www.artsunit.nsw.edu.au/drama/weekly-ensembles>

For any students interested in auditioning for the school holiday ensembles in September, auditions open in June and you can find out more from the website above.

Year 7 Camp

Year 7 Camp

Year 7 camp for 2020 was a resounding success, with all students demonstrating maturity, resilience and a drive to push themselves at all the presented activities. It has been encouraging to see all students supporting each other with words of encouragement, advice and congratulations, over the 3 days when faced with new and sometimes difficult challenges. Year 7 are to be commended on their excellent behaviour, as both noted by the camp and teaching staff that attended the event. Some photos from the event have been placed on Killarney Heights HS facebook page linked below:

<https://www.facebook.com/khhssydney/>





Open Night and Extension Test

Killarney Heights

High School

Open Night

Monday 9th March 2020

5.00pm – 8.00pm

Official Welcome by the Principal in Hall, 5.15pm

An excellent academic reputation – 3rd Best Comprehensive School in the State. First in Course for Standard English. 100% of Students with Band 5 or 6 in Advanced English, English Extension 1 and 2, Maths Extension 2, Music Extension, Visual Arts and Textiles in 2019

Wide extra-curricular programs – debating, science club, robotics club, chess club, Duke of Edinburgh, sports programs

A strong art/performance focus with concert bands, jazz bands chamber ensemble, choir, homework club and dance ensemble

Caring welfare structure, strong discipline and school uniform

Languages – French, Chinese and Japanese

EXTENSION CLASS PLACEMENT TEST FOR 2020

Tuesday 17th March 2020

4.00pm – 6.30pm

In the School Hall

Local Year 6 students entry tests for our academically selective class

Reserve your place by Monday 9th March 2020

For more information contact Lesley Fenn

Phone 9451 7005

Email: killarney-h.school@det.nsw.edu.au

Website: killarney-h.nsw.gov.au

**ALL LOCAL ENROLMENT ENQUIRIES WELCOME WITH SPECIAL
CIRCUMSTANCES FOR OUT OF AREA**

Canteen

Flexischools App

You can now download the Flexischools App to your phone to make ordering at the canteen even easier.

Download the app from the **App Store** or from **Google Play**.

Note: for iPhone and iPad please select 'Allow' notification.

To Register

Open the Flexischools App and click 'Like to register?', enter your email address and click 'Register'. You will be sent a registration email. Follow the instructions in the registration email to finish setting up your account. Once your account is set up, login to the Flexischools App, select the Profile icon on the grey navigation bar, select Student and 'Add a student', search for their school name, select their year level and class and enter their details.

Remember to update your student's class for this year as follows:

In the User Profile select "**Students**", select the arrow next to the relevant student to expand the details, click on the edit pencil next to Settings, change the school name, year level and class and press the green "**Save**" button.

If you need to add a student to an existing account use the new 'Add Student' option which you can find on the 'Students' link in your profile.

How to order.....

1. In the Flexischools App, swipe up and down to find the service category you are interested in, swipe left and right to find the service you are interested in and select the green 'Order' button.

2. Select the items you wish to order.

3. Select your payment option and complete payment to place your order.

To make ordering fast and simple, you can set up automatic top ups.

Online orders with Flexischools incur a 29 cents fee per order.

Use the Bank Transfer method to add funds to your Flexischools account without any additional fees. Please note Bank Transfers can take up to 5 days to be credited to your account.

Credit Card top-ups are immediate, but incur an additional transaction fee.

Canteen Menu

SNACKS

EVERYDAY

Seasonal fresh fruit	\$ 1.00
Fruit kebab	\$ 2.00
Fresh fruit salad	\$ 3.50
Fruit salad and Greek yoghurt	\$ 4.00
Health pack	
(carrot, celery, cucumber, ham cheese and crackers)	\$ 3.50
Cucumber, celery and carrot cups with Hummus	\$ 3.00
Cheese toastie	\$ 1.50
Pizza bread	\$ 2.00
Greek Yoghurt cups	\$ 2.50
Greek Yoghurt cups with berries	\$ 3.00
Koala Popcorn Plain	\$ 1.50

OCCASIONAL

Variety of homemade muffins	\$ 2.50
Oven baked hash browns	\$ 1.00
Garlic Bread	\$ 1.50
Vegie chips (GF)	\$ 1.50

DRINKS

EVERYDAY

Water	\$ 2.00
Sparling Mineral water	\$ 2.50
Mount Franklin Flavoured sparkling mineral water	\$ 2.20
Pauls milk carton 300ml	\$ 2.00
OAK Flavoured milk 300ml	\$ 2.50
OAK Flavoured milk 500ml	\$ 3.50
Soy milk	\$ 2.50
Coconut water	\$ 2.50
Lipton ice tea (sugarfree)	\$ 4.00
Glee	\$ 2.50

OCCASIONAL

Juice poppers 99% fruit juice 250ml	\$ 2.00
Kids Nudie Juice	\$ 2.50

COLD FOOD

EVERYDAY

SANDWICHES

Option of white, wholemeal, multigrain, Helgas low carb and gluten free bread available

Vegemite or honey	\$ 2.40
Vegemite and light tasty cheese	\$ 3.20
Light Tasty Cheese	\$ 3.00
Chicken, lettuce and mayo	\$ 4.00
Chicken and salad	\$ 4.80
Egg and Lettuce	\$ 3.80
Salad	\$ 4.00
Tuna and mayo	\$ 3.80
Tuna and salad	\$ 4.80
Light Tasty Cheese and tomato	\$ 3.20
Ham	\$ 3.50
Ham and tasty cheese	\$ 4.00
Ham and salad	\$ 4.80
Cheese and salad	\$ 4.80
Ham, tasty Cheese and Tomato	\$ 4.50
(extra fillings \$ 0.50, toasted \$ 0.50, roll \$ 1.00 Turkish bread \$1.00)	

WRAPS / ROLLS

Char grilled chicken breast	
with lettuce, tomato, cucumber and mayo	\$ 6.00
Falafel wrap (Falafel, hommos, tabouli)	\$ 6.00

Ham, cheese and Pineapple	\$ 6.00
Tuna, lettuce, tomato and mayo	\$ 6.00

FRESH SALADS

Fruit salad and yoghurt	\$ 4.00
Salad and dressing	\$ 4.00
Grilled chicken and salad	\$ 5.50
Tuna and salad	\$ 5.00
Greek salad	small \$ 4.00 large \$ 5.50

OCCASIONAL

Homemade chicken schnitzel WRAP	
with avocado, lettuce and mayo	\$ 6.50
Caesar salad	
(lettuce, bacon, parmesan and croutons)	\$ 5.50
(with chicken \$1.00 extra)	

(extra fillings in sandwiches, wraps, salads \$ 0.50)

HOT FOOD

EVERYDAY

Penne Bolognese (pasta with Homemade Bolognese sauce)	\$ 5.00
Penne with napoletano sauce (with or without parmesan cheese)	\$ 5.00
Spaghetti with meatballs	\$ 5.50
Chicken kebab stick	\$ 3.00
Chicken Kebab on roll with lettuce	\$ 4.50
Chicken Burger (fresh chargrilled chicken breast, lettuce, mayo)	\$ 5.00
Portuguese chicken burger (chicken burger +Portuguese and sweet chili sauce)	\$ 5.00
Beef burger (100% beef patty, lettuce, tomato and sauce)	\$ 5.00
Vegetarian Burger (potato or lentil patty+ lettuce, tomato and mayo)	\$ 5.00
<i>SOUP</i> Wonton Soup OR chicken noodle soup	\$ 4.00

OCCASIONAL

Ricotta and Spinach Rolls	\$ 3.60
Mrs Macs Light meat cruiser pie	\$ 4.00
Homemade sausage roll	\$ 3.60
Homemade beef pie	\$ 4.30
Homemade Potato Pie	\$ 4.80
Mrs Macs Halal Pies	\$ 4.00
Mrs Macs Halal Sausage rolls	\$ 3.60
Mrs Macs Gluten free pie	\$ 5.00
Mrs Macs Gluten free sausage roll	\$ 4.00

(sachets 0.30 cents extra)

FROZEN ITEMS

EVERYDAY

Juicies	\$ 1.00
Juicie Tubes	\$ 1.60
Frozen yoghurt on a stick	\$ 1.50
Ice Mony	\$ 1.50

OCCASIONAL

Paddle pop 3.5 star rating	\$ 1.60
Peters 100ml vanilla cups	\$ 1.60
Moosies	\$ 1.50

Twisted Yoghurt cups (98% fat free Greek yoghurt with live and active probiotics)	\$ 2.50
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*Our menu is based on the
Smart Choices Strategy:*

EVERYDAY (food to eat everyday)

OCCASIONAL (foods to eat sometimes)

DAILY SPECIALS

MONDAY

Pizza Margherita	\$ 4.00
Pizza Vegetarian/ham&Pineapple/meatlover	\$ 4.50

TUESDAY

Homemade Lasagna (Fresh Napolitano sauce and mozzarella cheese)	\$ 5.00
Sushi (ROLLS : vegetarian/tuna/teriyaki chicken,	\$ 3.70
Edamame Beans	\$ 3.50

WEDNESDAY

Fried rice	small \$ 3.50	\$ 5.00
Ravioli beef or vegetarian		\$ 5.00

THURSDAY

Homemade Honey Soy wings with rice	\$ 5.00
Pesto with nut free pesto	\$ 5.00

FRIDAY

Sushi (ROLLS : vegetarian/tuna/teriyaki chicken,	\$ 3.70
Edamame Beans	\$ 3.50
Homemade butter chicken with rice	\$ 5.50
Pasta salad (seasonal) with tune or chicken, pesto, fresh tomatoes, olives	\$ 5.00

WE CATER FOR SPECIAL DIETARY REQUIREMENTS:



GLUTEN FREE

Muffins	\$ 2.50
Banana bread	\$ 4.50
Twista Bolognaise	\$ 5.00
Homemade fried rice with gluten free soy sauce	\$ 5.00
Health pack with gluten free crackers and gluten free Hummus	\$ 3.50
Gluten free burgers	\$ 5.50
Gluten free wraps	\$ 6.50
Gluten free pie	\$ 5.00
Gluten free sausage roll	\$ 4.00



DAIRY FREE

Soy life yoghurt	\$ 2.50
Soy milk	\$ 2.50



HALAL

Halal Pies	\$ 4.00
Halal Sausage rolls	\$ 3.60
Falafel wrap (Falafel, tomato, lettuce, cucumber, hommos)	\$ 6.00
Chicken burger (chicken, lettuce and mayo)	\$ 5.00
Chicken kebab stick	\$ 3.00
Chicken kebab in a roll	\$ 4.50

Community

201 ARMY CADET UNIT RECRUITING NOW!

The national leading youth organisation, Australian Army Cadets, provides valuable opportunities for adolescents to grow, thrive and develop as individuals and as members of a team. The organisation has helped adolescents become school and community leaders.

The Australian Army Cadets operates using the same core values as the Australian Army, Courage, Initiative, Teamwork and Respect.

As a cadet you will gain knowledge in areas such as first aid, navigation, engineering, instructing, leadership, drill, history and survival, and many others. Learn to be a leader, have rewarding experiences, have fun and make a difference now by joining the Australian Army Cadets!

Come to our open night at 201 Army Cadet Unit in Dee Why to experience some of the amazing things we do every week. Bring some friends and have lots of fun.

OPEN NIGHT WEDNESDAY, 19th February 2020 (6:30-8:30) - Dinner will be provided 😊

Phone number: [0449 711 955](tel:0449711955)

Email: 201acu@cadetnet.gov.au

It's a new year! Where to from here?

Full training. Work locally. Great pay. Flexible hours.



Join our growing team.

Would you like to be part of a team that really makes a difference? Join us at CPA as a disability support worker and enjoy access to world-class learning and development.

Work locally with great pay and flexible working hours, with full training and support provided. Whatever your background, all you need is a driver's licence, enthusiasm, passion and care for others.

Make your move today.

Call 9975 8000

Email careers@cerebralpalsy.org.au

Visit cerebralpalsy.org.au/work-with-us/careers/

Introduction to Customer Service Skills

This course teaches the skills and knowledge required to deliver quality customer service.



RTO ID 90113

This course is
fully funded
by the
NSW government
IF YOU MEET THE
ELIGIBILITY
CRITERIA.

You are eligible if you have

- a GREEN Medicare card

and

- a Centrelink benefit

(applicable benefits are listed over the page)
Evidence of these is required.

Course Timetable

Trainer: Helen Thornton

Course Venue: NBMC Brookvale Level 1, 14 William Street, Brookvale

Class Times: 10am to 2pm, 4 sessions

Date	Subject	Room
28 February 2020	BSBCUS201 Deliver a service to customers	2
7 March 2020	<ul style="list-style-type: none">• creating a relationship with customers	2
20 March 2020	<ul style="list-style-type: none">• identifying customer needs	2
27 March 2020	<ul style="list-style-type: none">• delivering services or products• processing customer feedback.	2

Students **must** provide the following at the time of enrolment

1. Photo identification (drivers licence)
2. GREEN Medicare card
3. Evidence of Centrelink benefit
4. Unique Student Identifier (USI)

Minimum 10 students / Maximum 12 students

If you are not eligible for the funding you can enrol in the class as a fee paying student.

Please contact Susan Wilkinson for enrolment information.
9970 1000

\\KhDataServer\lesley.fenn\My Documents\Downloads\Introduction to CUSTOMER SERVICE - 28 Feb 2020 Timetable -Fridays 4 sessions (7).docx

Applicable Benefits

- Age Pension
- Austudy
- Disability Support Pension
- Farm Household Allowance
- Family Tax Benefit Part A (maximum rate)
- Newstart Allowance
- Parenting Payment (Single)
- Special Benefit
- Sickness Allowance
- Veterans' Children Education Scheme
- Veterans' Affairs Pensions
- Widow B Pension
- Widow Allowance
- Wife Pension
- Youth Allowance
- Carer Payment

(Note: The Carer Payment is a specific benefit paid by the Commonwealth; this category does not include the Carer Allowance or Carer Adjustment Payment)

CHC30113 Certificate III in Early Childhood Education and Care

https://nbmc.nsw.edu.au/course/Childcare_CHC30113

The Certificate III in Early Childhood Education and Care gives the skills and knowledge required to provide care for individuals and groups of children. It allows you to plan activities facilitating their leisure and play, allowing them to achieve their learning outcomes. Certificate III in Early Childhood Education and Care CHC30113 is the entry level qualification into the Children's Services industry and allows graduates to gain employment as Child Care Assistants, Family Day Carers, Nannies and Child Care Workers.

This qualification gives the knowledge and confidence to work in a number of early childhood settings. You will learn to provide high quality care for children as well as creating safe and effective learning environments and implement an approved learning framework to support children's wellbeing, learning and development. Further study options include the CHC50113 Diploma of Early Childhood Education and Care.

Further Information

Contact Natalie Thornberry on 9970 1001 or email natalie@nbcc.nsw.edu.au for further information.