

Killarney Heights High School Newsletter



Respect Connect Aspire

Term 1 Week 9 2020

Principal's Report

What a terrible start to the year: fires, storms, floods and Novel Coronavirus. It seems that the training we have been doing on resilience for students and staff has truly been put to the test. Despite the countless disappointments and challenges that have come our way, our students and staff have worked together.

I would like to thank families for their rapid response this week to supporting the health of our school community by self-isolating. In turn, our staff have responded by ensuring we meet the learning needs of our students almost overnight. The rate of teacher learning and adaptability has been phenomenal. They have learnt a range of new software, joined online communities, shared and developed new resources, taken up document sharing, web conferencing and video demonstrations. As our teachers settle into their new teaching strategies, I look forward to seeing in the coming weeks (and maybe months) what Killarney students and staff achieve.

For many people working from home it has given parents an opportunity to see what their children do at school. This is a great opportunity to learn new things with your children. Please do ask them about what they have learnt each day and ask them to show you what they are doing. But can I please ask that you don't join the class, it is important that although proximity at home is closer that we still maintain our boundaries as individuals.

Now that we are moving into a greater state of restrictions; how our students develop a learning routine and how they maintain their own wellbeing is due for consideration. I encourage you to explore the School TV resource funded by our P&C, particularly the article on [Preparing for remote learning](#) and the range of concise wellbeing articles that you can also find [here](#).

To our senior students, I would like you to know that as teachers, we continue to raise your concerns about equity and fairness for your HSC and continue to monitor communication from NESA. If you have questions or concerns, please contact your teacher for advice.

Wishing you all health, happiness and good wellbeing.

Dennielle Woskanian
Relieving Principal

Deputy Principals Reports

Changes to Formal Assessment Tasks:

Throughout the past week, teachers and students alike have been busy engaging in a range of remote lessons and activities designed to ensure that students are provided with a quality education through this uncertain period.

In order to maintain continuity of learning during this time, it is essential that students continue to complete the range of formal assessment tasks set by their teachers. However, some changes to the nature, format and submission of these assessment tasks may be required.

This will mean that in class and exam style tasks are altered to enable online completion or submission. Teachers are currently working on making these changes in a manner that best supports student learning while preserving the integrity, validity and authenticity of the assessment process.

NESA policy requires that students receive two weeks' notice of any changes to the nature, format or submission of all formal assessment tasks. In the coming days and weeks, students can expect to receive revised assessment notifications, communicating any changes to existing assessment tasks. This information will also be updated in the assessment schedules on the school website.

We would like to thank you again for your continued support as we work through any required changes to formal assessments – it is much appreciated.

Illness and Misadventure:

Our existing procedures remain in place for students who are unable to submit assessments on the due date as a result of illness or misadventure. This requires students to complete a misadventure form for any assessment task that is not submitted by the due date. These forms can be accessed online or in students' assessment booklets.

However, for the remainder of term 1, 2020 we will NOT require students to provide a medical certificate as supporting evidence. Instead, we will be accepting a letter from a parent/guardian with a specified date range which indicates when the student was sick. This decision has been made in the interest of supporting social distancing requirements and reducing the burden on our medical system.

Advice to HSC Students:

NESA has confirmed that the HSC is going ahead in 2020 so it is particularly important that our senior students continue to engage with the assessments and learning activities set by their teachers. We are aware of the worry many of our year 12 students are experiencing and our teachers are working hard to ensure that students are fully prepared for the rigours of the HSC. We encourage our HSC students to continue working together, sharing resources, study notes and collaborating in online study groups - academic achievement is always enhanced when there is a shared purpose and commitment to success.

NESA has committed to provide further advice issues relating to work placement, drama, dance and music performances and the completion of projects and major works. We will communicate this advice to students and parents as soon as we have it. In the meantime, please be assured that we will continue to provide students with quality resources, feedback and learning experiences that best support success in the HSC.

Katie Rose
Relieving Deputy

Working Together Apart

"Alone we can do so little; together we can do so much."

– Helen Keller

We know that academic achievement is always enhanced where there is a strong sense of community and shared commitment to a vision. Over the past week, teachers and students have been working to build online learning communities where we can continue to connect with one another, share resources, discuss and debate key ideas, provide feedback and challenge each other with critical questions.

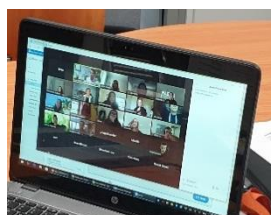
During this uncertain period, it has been heartening to witness students supporting each other and working towards a shared purpose. Now more than ever it is vital that students continue to collaborate as they develop the critical thinking and problem-solving skills required to tackle the challenges of the day. As always, it is important to remember that, whether online or in person, we are stronger together.



Ms Vela using Zoom with her Year 12 Advanced English class to discuss John Keats and the transience of the human condition



Mr Gardiner signing out from Zoom after chatting to Year 9 Multimedia about website development



Year 12 English students collaborating while social distancing



Mr Wilson creating a range of online physical activities for year 7 to do at home



Ms Freeman with her year 9 Commerce Class



Mr Willard on Google Classroom answering questions about Year 11 coordinate geometry



Ms Lisle setting up Google Classroom activities



Mr Riley Preparing online resources for engineering students

Remember that students have access to a wide range of free software to help with their online learning.

Adobe Creative Cloud is a suite of professional digital media applications including Photoshop, Premiere Pro, Illustrator, Muse and InDesign. The process can be a little complicated, as students need to register on the site before purchasing. Students **MUST** remember to use their DET provided email and a new product key is required each year. The link to the software is:

<https://nsw-students.onthehub.com/WebStore/Welcome.aspx>

The instructions to register and install are:

<https://sydneyh-d.schools.nsw.gov.au/supporting-our-students/technical-support/free-software/adobe-software.html>

Students can access **Office 365** and **G Suite** through their department portal. Again when signing into these platforms it is essential students use their DET email as their user name

Students can also download desktop versions of all Microsoft products onto their PC or Mac computer.

Sabina Walters
Relieving Deputy

Upcoming Events	
31 March	Year 7 & 12 Parent/Teacher Night POSTPONED
9 April	Last Day of Term 1
28 April	Students Return to School for Term 2
30 April	Year 11 Parent/Teacher Night
1 May	School X-Country
8 May	School Athletics Carnival
12/13/14 May	Year 7 & 9 NAPLAN CANCELLED
14 May	Year 10 Vaccinations
18 May	P&C Meeting
25 May	Zone X-Country
5 June	Zone Athletics Carnival
8 June	Queen's Birthday Weekend
15 June	P&C Meeting
23 June	Year 10 Parent/Teacher Night Year 10 Subject Information Evening
29 June	Group Photo Day
3 July	Last Day of Term 2
21 July	Students Return to School for Term 3

Uniform Shop Closed Temporarily

The Uniform shop will **not** be open for the remainder of term 1.

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.**

Wellbeing

Wellbeing Support Online

During this challenging and uncertain time the wellbeing team continue to support all our students at KHHS. One way to we are doing this is through setting up whole year group google classrooms. The Year Advisers have invited or informed all students via email. Please ensure all students have signed up for their year group. This platform will be used in various ways including;

- Provide guidance and support for students to aid in monitoring and supporting student wellbeing.
- Administer wellness surveys to gather data on student well-being.
- Conduct advisory check-ins with student
- Provide up to date and important information
- Provide information about support services

Feeling stressed and anxious during this time is completely normal and understandable, students and parents are encouraged to practice self-care every day to help cope. In order support students at home below are some daily strategies that can be implemented at home to promote wellbeing.

- Spending time outside each day where possible, including break times
- Be physically active each day- go for a walk, daily fitness activities etc.
- Getting a good night's sleep, which includes turning off screens in the evening and having a regular pre-bedtime routine.
- Eating regular meals
- Engage in hobbies, activities or start a project that makes you happy- art
- Setting routines, getting up at the same time every day and taking breaks
- Maintain communication and interaction with peers- Facetime, calls, social media etc.
- Meditation exercises to calm students minds, focus on the here and now and identify thoughts as being thoughts and not reality. Some useful meditation resources can be found here at [Smiling Mind](#) and the [Headspace app](#).

Counsellor Support

Our school counsellors are still onsite and ready to respond via phone to provide support. If a student or parent wishes to contact the School Counsellor during this period, it can be done in one of the following ways;

1. Email **killarney-h.school@det.nsw.edu.au** (subject line "Counsellor Support") and provide information on the concern or issue.
2. Alternatively, students can contact their Year Adviser on google classroom and request the counsellors support.

Please note that students do not need to disclose information about their concern to their Year Adviser. Students must also identify a preferred way to communicate with the school counsellor. The school counsellor will then contact the student.

Please be advised that our counsellors will be working to set up video conferencing so they can meet with students and parents when needed to support them through platforms such as Skype or Zoom. We will update you when we are ready to launch

If students need to talk to someone urgently and outside of school hours, you can access the following supports:

- Lifeline (24/7) - Ph: 13 11 14
- Kids Helpline (24/7) - Ph: 1800 55 1800
- Suicide Callback Service - Ph: 1300 659 467
- Mental Health Access Line - Ph: 1800 011 511
- Youth Beyond Blue - Ph: 1300 22 4636

Students can also continue to access text and/or e-support through:

- Lifeline TEXT (from 6pm to midnight) - Text: 0477 13 11 14
- eHeadspace online chat (9am-1am): <https://headspace.org.au/eheadspace/connect-with-a...>
- Kids Helpline Webchat Counselling (24/7): <https://kidshelpline.com.au/get-help/webchat-couns...>
- Lifeline Crisis Support Chat (7pm-midnight): <https://www.lifeline.org.au/get-help/online-servic...>
- Youth Beyond Blue (3pm-12am): <https://online.beyondblue.org.au/WebModules/Chat/l...>

Further information

If your child is very distressed, experiencing anxiety or finding it difficult to cope during this time there are many ways parents and students can access additional information to support online.

Black Dog Institute | <https://www.blackdoginstitute.org.au>

Smiling Mind | <https://www.smilingmind.com.au>

Head Space | <https://www.headspace.com/headspace-meditation-app>

Brave online | free online anxiety program | <https://www.brave-online.com/>

Mood Gym | <https://moodgym.com.au/>

Reach Out | <https://au.reachout.com>



Self-Care Challenge

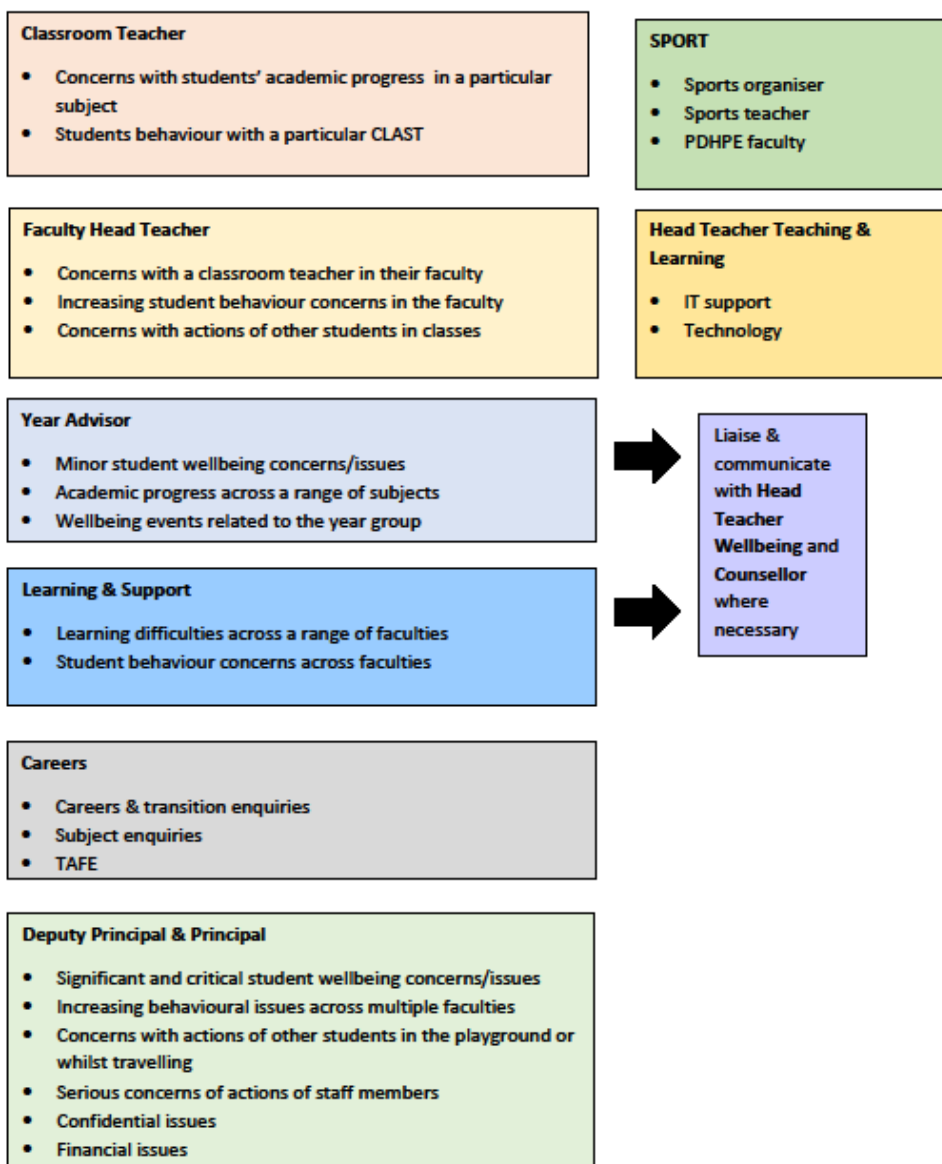
Day 1 Wear something that you love	Day 2 Read	Day 3 Be honest - this is hard	Day 4 Write in your journal
Day 5 Walk	Day 6 Treat your feet	Day 7 Delegate one task	Day 8 Remember you
Day 9 Watch your fav show or movie	Day 10 Appreciate your body	Day 11 Set up self-care stations	Day 12 Go to bed early tonight

Communication

When communicating with the school please refer to the communication flowchart. When emailing or calling the school use this flowchart to identify the specific teacher or staff member. The email or phone call will then forwarded on to the correct staff member.

Communication Procedure

Communication from parents via phone, email or in person.



PE lessons, physical activity and staying well – From the PDHPE faculty

The PDHPE faculty has created and gathered a range of resources to keep you and your family active, healthy and well over this difficult time. The amazing Ms Atkins has created a website and the rest of the faculty will be adding to it over the coming days and weeks. The website is <https://sites.google.com/education.nsw.gov.au/khhspeathome/home>. The idea is that this is a resource you can use for ideas on being physically active, maintaining good mental health and promoting your overall wellbeing in this new COVID-19 era. PE teacher's will either set students tasks from the website or give you a choice of activities each practical lesson. Students will be asked to fill in a quick exit ticket/survey for their weekly PE lesson as evidence of your learning.

Our obligation as teachers is to give students every opportunity to participate in your timetabled lessons each day. However, we feel in the PDHPE faculty that like to go beyond that and encourage all people to use the website for ideas on being active and maintaining good mental health throughout this difficult time. We want to encourage everyone in the KHHS community to live their best life and promote health and overall well-being, no matter what your circumstances.

Using the website to complete at least 60 minutes of moderate to vigorous intensity activity each day and participate in mindfulness, meditation and motivational activities will hopefully help everyone in your household with their well-being during these difficult times.



Knockout Football



Killarney Girls Football team wins local derby prior to State-wide sport closure

Thursday the 5th of March was the local derby between Killarney and Forest High at Melwood oval. Coach Desnik with Hannah Greenland rounded up the troops a week prior to the game. Many teams of Killarney were losing round 1 fixtures, but the newly-formed girls soccer team had motivation, as Mr Desnik had promised the girls training if they got through the first round.

After Mr Desnik learnt the names of the players, he said some motivational words, which assisted the focus, as the weather was horrible with constant heavy rain throughout the game. The ball was heavy, and conditions were bad, but Ruby Leschanz used her speed in the first 15 minutes to pull Killarney ahead as she slotted 2 past the keeper. Forest were not giving up, and they replied prior to Captain Greenland scoring on the left side. The game was being controlled by our strong midfield, but 30 seconds before the break, Forest made it 3-2 with the girls coming off the field with their heads down.

The girls started strong in the 2nd half with Leschanz bagging her hat trick, Abi Finch and Brooke Chaloner cementing our victory 7-4. Ayano Motoyama was voted best on field, but unfortunately, the season is halted for these promising young athletes of Killarney Heights High.

Swimming Carnival

Best Carnival in 2020

A new era began at Killarney Heights in 2020. On the 28th of February, Killarney Heights High travelled up the road to Warringah Aquatic Centre. Mr Aguilera started the carnival off in a new role, one that he'd dreamt about as a child. This role of commentator not only increased engagement but also made some students concerned as many thought he was a natural and could easily fill the role at FOX sports commentating about his beloved Eagles. The 12-year age group records continued to tumble throughout the day. Some usual suspects also broke records such as Seiya Saito, Laetitia Everingham, Toby Dreyer, Elizabeth Solomon, Nova Kutlutan, and Cameron Laytham.

The interval was exciting with Year 12 competing with the teachers in chin-ups. The year 12s started and set the benchmark but Mr Rodd, Mr Morey and Paul taught them all a lesson. In addition to this, Ms Rose gave all students a message to not end up in her office for disciplinary reasons, as she was able to put the year 12s to shame.

The carnival continued after the break with the Kito family, both Skye and Sydney, smashing more records. Below are the overall results of another successful Killarney Heights High school day.

Overall House Points

1st Conaire- 1320

2nd Kerry- 655

3rd Tara- 620

4th Ross- 548

Age Champions

12 Years Girls

Skye Kito

13 Years Girls

Elizabeth Solomon

14 Years Girls

Niah Minshall

15 Years Girls

Tara Laytham

16 Years Girls

Laetitia Everingham

17-19 Years Girls

Sidney Breth-Petersen

12 Years Boys

Sydney Kito

13 Years Boys

Andre Rios

14 Years Boys

Joshua Nam

15 Years Boys

Gauthier Sanchez

16 Years Boys

Seiya Saito

17-19 Years Boys

Toby Dreyer

2020 New Records

Sydney Kito 12 Years Boys

200m Free 2.37.55 old record 2.39.01
100m Breast 1.33.19 old record 1.57.43
100m Back 1.18.91 old record 1.44.17
100m Fly 1.18.94 old record NA
100m Free 1.08.45 old record 1.09.37

Skye Kito 12 Years Girls

200m Free 2.37.55 old record 2.39.01
100m Breast 1.32.55 old record 1.59
100m Back 1.24.55 old record 1.49.90
100m Fly 1.21.71 old record 1.35.96
100m Free 1.10.84 old record 1.10.98

Seiya Saito 16 Years Boys

200m Free 2.13.93 old record 2.23.17
100 Breast 1.28.20 old record 1.28.66
100 Fly 1.07.57 old record 1.52.12

Laetitia Everingham 16 Years Boys

100m Breast 1.23.20 old record 1.32.24
100m Back 1.20.32 old record 1.33.60
100m Fly 1.13.16 old record 1.14.70

Elizabeth Solomon 13 Years Girls

100M Breast 1.37.48 old record 1.44.50
100m Back 1.26.47 old record 1.41.11
100m Fly 1.28.84 old record 1.56.71

Anton Stepanov 13 Years Boys

100 Breast 1.44.14 old record 1.45.14

Toby Dreyer 17-19 Years Boys

100 Breast 1.26.71 old record 1.30.17

Nova Kutlutan 16 Years Boys

100m Back 1.13.66 old record 1.17.40

Cameron Laytham 17-19 Boys

100m Fly 1.55.06 Old Record NA





Library News

The Library Lowdown



The 2020 Premier's Reading challenge is underway and we are encouraging all Killarney students in Years 7, 8 and 9 to participate.

Special congratulations to Amy Reddacliffe (pictured) who completed the challenge from Year 3 through to Year 9 and earned a Premier's Reading Challenge Medal in 2019. Amy has been able to use her PRC achievement to support her goals with the Duke of Edinburgh Award.

All students are able to login and record the books they are reading via the PRC student site:

<https://online.det.nsw.edu.au/prc/studentExperience.html#/>

Here at Killarney we foster a culture of reading amongst staff and students of all ages. We have an extensive collection of fiction and nonfiction books. Students can also access our digital library via the Wheelers platform. This allows the school community to read a book anywhere, anytime on a device. <https://khhs.wheelers.com/>

The school library provides a relaxing study and reading space within the school and students can access help from information, technology and learning support professionals. In 2019 we invested in new furniture and created a more flexible space to accommodate group work and encourage collaborative learning. During the summer holidays local artist Miguel Gonzalez painted a mural enhancing the E Block courtyard and creating a unique entrance for this special place within the school. Some of you may be familiar with his amazing makeover of Manly Library.



"Flying Through The Forest" M-Lon @ Kayapa Creative Studio

Kate Thompson
Teacher Librarian

P&C News

P&C News

Working Bee

Thank you to all the families (25 volunteers!) who came along to the first grounds working bee for 2020. We did a big tidy up of the gardens at the entrance to the school and down both sides of A-Block, weeding, trimming and replanting. Many hands made light work and we are looking forward to seeing you all at our next working bee in term 2... Save the date now, Sunday 24th May.

P&C Meeting - Monday 16th March

We had another great turn out at our second P&C meeting this term. Thank you to our Relieving Principal Denielle Woskanian who gave us an update on school enrolments, staffing, the Science Lab upgrades and COVID-19. It was abundantly clear that KHHS Staff are all working hard to prepare for a possible school closure and that our children's continuing education will be catered for. The P&C would like to officially acknowledge and thank all the KHHS staff for their dedication and hard work.

P&C Volunteers Needed

Every year one or two parents put up their hands to be year coordinators. The role is very simple - all you have to do is organise a get-together for your year group. This can be a simple bring a plate affair or a catch up at the local RSL. This is a great way for you to meet other parents in your year, share your experiences and feel involved in your child's high schooling. If you would like to take on this role please come along to the next meeting or email the P&C - killarneyheightspandc@gmail.com

Dates for Your Diary

Monday 18th May - P&C Meeting 7pm upstairs in A-Block entry via front office

Sunday 24th May - Grounds Working Bee - 9am - 12noon morning tea and lunch provided

Monday 15th June - P&C Meeting 7pm upstairs in A-Block entry via front office

Kind regards,
KHHS P&C

P&C Message

Message from the P&C Committee

Thank you to all of those who have kindly paid the 2020 P&C contributions, which have been gratefully received.

We do appreciate that in these uncertain times any financial outlay always needs to be carefully considered, but nonetheless, we would urge that if you haven't had time to pay yet, that you please do. We have to date received \$46k, and whilst it represents a substantial amount, it is only just over a third of the total amount we would typically hope to receive.

The funds which the P&C receive are all directed towards the improving the quality of the school; this helps both our children and the teachers on a day to day basis. A great example of our support is that we have recently been able to contribute \$300k towards the new science laboratories, which will make a fantastic improvement the school.

To put it into context - 1 child is \$250 a year, which equates to \$1 a school day. The coffee analogy is a crude one, but that's just over one a week - which is something almost all of us do.

**Thank you,
The P&C committee**

Vaccinations

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	DATE
Year 7	Human papillomavirus (HPV) vaccine	2-doses at least 6 months apart	20 Feb and 11 Sept
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose	20 Feb
Years 10	Meningococcal ACWY vaccine	Single dose	14 May

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.

New School Updates App

New School Updates app

The Department of Education's first ever app – the 'School Updates' app for parents – was launched last week by the Minister for Education and is now available for download.

The free, opt-in app is another way for parents and carers to receive information about their child's school (or schools).

Users can download the app and sign up to receive an alert if the school they have pre-selected is non-operational (and another when the school is operational again).

When the user interacts with the notification, it opens the app and provides a link both to the school's website – where they may be able to get more information – and to the Department of Education's school safety page.

The development of the new app comes in the wake of the 2019-2020 bushfire crisis and, more recently, flood impacts. The app complements existing efforts by schools and the Department of Education to ensure families are provided with timely, accurate information in a crisis.

At the peak of the bushfire crisis, in November, there were up to 20,000 people accessing the [school safety page](#) each minute – and there have been more than 1.35 million visitors to that page alone in the last four months.

The School Updates app simply replicates information already provided on the school safety page but with the advantage of providing immediate push notifications for schools selected by users.

At this stage the app provides only basic information about public schools, but there is potential for the functionality to be expanded over time.

The app is available for both iOS and Android users at:

<https://apps.apple.com/au/app/nsw-school-updates/id1494658146>

<https://play.google.com/store/apps/details?id=au.gov.nsw.education.nswschoolsafetyupdates>

Tips for Parents of Gamers

Tips for Parents of Gamers

While we might be cooped up and isolated for a while any day now, plenty of gamers are going to see this as a free for all, which is concerning.

The other side of the coin is that this is a way to connect with others when they can't do it in real life because of self-isolation.

Here are some tips parents can use to help their gamers play a little more intelligently while we are isolating.

- 1) Parents, try to invest some time into their gaming, either as a cheerleader / fan, or a player. The benefits of being coached in their favourite game are very important. One reason is understanding the information on the screen, and another reason would be connecting with your kid. The tone of the conversation changes when they see you as a teammate and not an opponent.
- 2) Try to promote quality over quantity. In this case, suggest that they prioritise real life friends rather than their online friends for the next little while. Don't worry, they'll know how to connect with friends from school online.
- 3) Try to take a couple of days off gaming per week where you spend a little more time as a family being productive or planning something that can be done when you're out. In this case, even if it's watching movies on another screen, it's a different activity.
- 4) Help them understand that overplaying will take them beyond the benefits they think they are going to get from playing. Expect more frustration, less concentration and ultimately less fun.

Check out the intelligent gaming guide here: www.gameaware.com.au/gamers

Limit gaming sessions based on these criteria:

A 3 hour session is plenty and beyond that they will start to feel the effects of overplaying.

Stick to 3 hours as a max, take a day or 2 off, and they will find themselves enjoying their gaming time a lot more than if they were to over indulge during this tough time.

GameAware offers an online family weekend workshop you can find details here:
<http://www.gameaware.com.au/online-group-workshop/>

GameAware is offering a discount for online professional learning using the code "sosgameaware" see below for details.

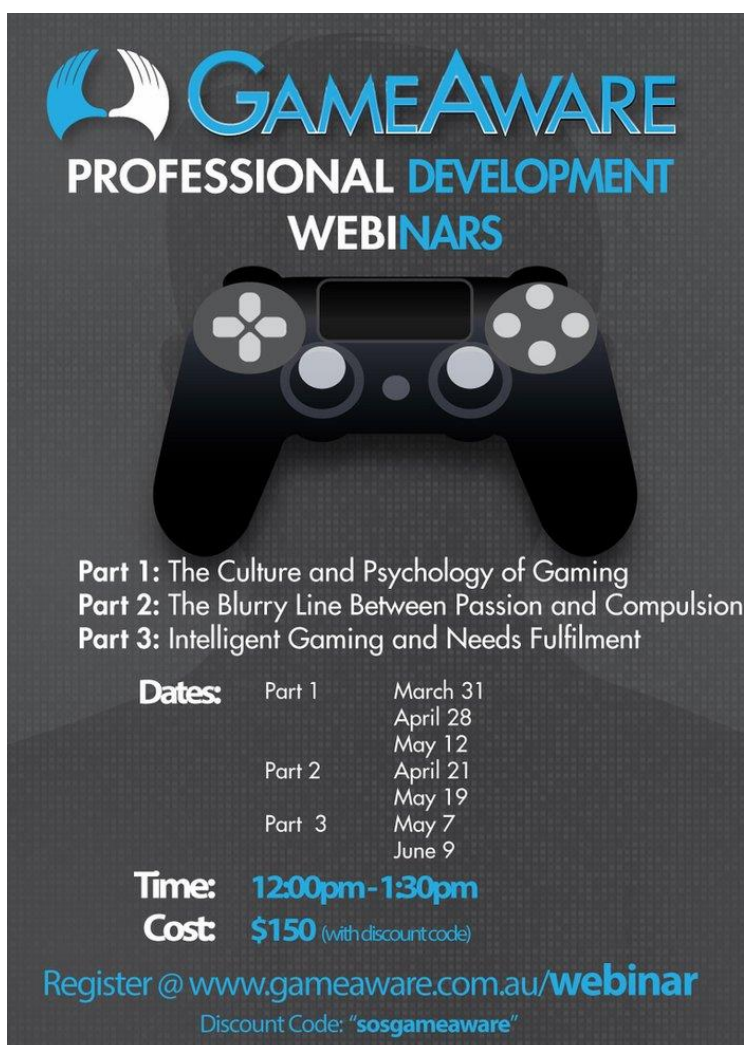
Cyber Safety education for parents:

The Safe on Social Toolkit is a digital 'survival kit' for parents, with everything they need to know to keep kids safe online: videos, cheat sheets, email support and at a fraction of the cost of my seminars and workshops.

- Everything parents need to know about Snapchat, Instagram, cyberbullying, 'sexting', gaming, TikTok, and dozens of online safety topics.
- Priority email Q&A access to trusted cyber safety experts.
- Access in just minutes a day from the comfort of your own home.

Parents can get 20% off the Safe on Social Toolkit by using code: **GETSAFE** at checkout.

Go to www.safeonsocialtoolkit.com to get access to the Toolkit.



The poster features the GameAware logo at the top, which consists of a stylized blue and white icon followed by the word "GAMEAWARE" in large blue letters. Below the logo, the text "PROFESSIONAL DEVELOPMENT WEBINARS" is displayed in white and blue. In the center is a large, dark grey image of a video game controller. Below the controller, the three parts of the webinar series are listed: "Part 1: The Culture and Psychology of Gaming", "Part 2: The Blurry Line Between Passion and Compulsion", and "Part 3: Intelligent Gaming and Needs Fulfilment". A table of dates follows, showing the schedule for each part. The time for all sessions is listed as 12:00pm-1:30pm, and the cost is \$150 with a discount code. At the bottom, the registration website and the discount code "sosgameaware" are provided.

GAMEAWARE
PROFESSIONAL DEVELOPMENT
WEBINARS

Part 1: The Culture and Psychology of Gaming
Part 2: The Blurry Line Between Passion and Compulsion
Part 3: Intelligent Gaming and Needs Fulfilment

Dates:	Part 1	March 31 April 28 May 12
	Part 2	April 21 May 19
	Part 3	May 7 June 9

Time: 12:00pm-1:30pm
Cost: \$150 (with discount code)

Register @ www.gameaware.com.au/webinar
Discount Code: "sosgameaware"

Careers News

A Message to all Year 12 Students

I understand that this COVID -19 may be causing uncertainty about the future but I urge all students to continue to think and plan for 2021.

I will continue to send out any information regarding future courses at university, TAFE colleges and Private providers. I will update you on scholarship applications and early entry applications.

Many universities who generally hold information evenings for students and parents will continue to hold these sessions but they will be online or as webinars or in some cases, sessions may be accessed on YouTube.

Please ensure that you are a member of the **Year 12 Careers** Google classroom group. There is also a google classroom for **Careers News** where I will upload the latest news about courses, scholarships, UAC applications and more.

Killarney Heights High School has a dedicated Careers website. Please check

<http://www.killarneyheightshscareers.com>

Killarney Heights High School also has a subscription with STUDY WORK GROW – Australian Careers Resource. All Students are encouraged to register and join up for the free membership.

Remember that if you would like to have an interview please contact me via email Julie.McDermott@det.nsw.edu.au

The following events have been Cancelled

4 April | Endeavour College of Natural Health Open Day – Now a virtual open day on 22 April

22 April | Discover Midwifery @ UTS

27 April – 3 May | Sydney Writers' Festival

28 April | CSU Explore Day, Orange

8 May | UNE Open Day – Postponed – new date TBC

21 May | UTS Girls in STEM Day

3 June | UTS STEM Day

10 June | UTS High School Senior Information Evening

Business Cadetships Program

For Year 12 students who are interested in business and/or technology, why wait until you finish university to launch your career? Apply for a cadetship under the Business Cadetships Program.

Business Cadets combine study at the university of their choice in Sydney with paid work at **UBS**, a top-ranking global bank. Cadets may choose from a wide range of degrees, including economics, commerce, business, computer science & technology, actuarial studies, mathematics and the humanities.

The Business Cadetships Program has been running for thirteen years. Cadets are placed in a range of business areas at UBS, including Group Technology. As a cadet, you have the opportunity to work alongside world-class professionals and are well remunerated.

By studying and working at a leading company from the start of university, cadets earn a competitive advantage over students who delay work until after university. Only current Year 12 students can apply so this is your once-in-a-lifetime chance to take advantage of this exceptional opportunity!

Applications for the Business Cadetships Program are currently open to students intending to study and work in Sydney. Applications **close on 13 May 2020**. By this date, both your Application Form and School Assessment are due in.

To apply, go to www.businesscadetships.com.au

Endeavour College of Natural Health | Virtual Open Day

22 April 2020, 8:00 am - 6:00 pm

Online

Attending a Virtual Open Day is a great way to find out more about the educational institution you are thinking of attending and to ask all the study and enrolment questions you need to. Whether you're at home, in an office, or even overseas, you can join our Virtual Open Day from wherever you are on your smartphone or computer.

Find out more: <https://www.endeavour.edu.au/events/virtual-open-day-apr-2020/>

Workshops and Courses

[Learn to Code with Scratch](#)

Have you ever wanted to make your own games or animations? Scratch is a great free online resource that you can use.

You don't need to know any coding to start – it works using a “block” principle rather than writing lines of code.

Find out more here: <https://scratch.mit.edu/>

[Google Applied Digital Skills Workshops](#)

Google's Applied Digital Skills Program offers a series of free videos where you can learn all about digital programs and skills to help you navigate the online world.

Their videos include a variety of topics from data analysis to research and communication.

Find out more here: <https://applieddigitalskills.withgoogle.com/en/digital-training>

Resources

7 stay-at-home resources

Stuck in quarantine, or school's been shut down because of the recent Corona Virus outbreak? Here are some useful activities and resources you can access without stepping foot outside your front door.

1. Build yourself a Portfolio

Portfolios are a really great way to record all your achievements from studies, skills, and activities to references, in the one spot.

You could take some time to get organised, ensuring you never lose important dates and details again.

You'll even be able to share items or the whole portfolio in PDF format, add references, and set reminders to update your portfolio down the track.

Plus when you're ready to apply for a job, course, or tertiary institution, all the information is ready to go and creating a customised, professional resume will only take minutes.

2. **Win some stuff**

Taking part in competitions can be really good fun, and there are thousands out there to choose from, so you're bound to be able to find something that floats your boat.

Aside from the fun aspect, some competitions have seriously cool prizes and could even earn you some \$\$\$'s.

Plus, taking part in competitions (even if you don't win) counts towards your lifetime achievements and teaches you new skills, all of which looks great on your resume.

Here are some of the [competitions](#) that we've found.

3. Set some goals, and then kick them

If you're not convinced that you should bother setting goals, why not have a read of our [blog](#), it could change your mind.

Perhaps you've already set goals but your struggling to keep track of them?

Just a few minutes spent on our [Goal Generator](#) could help you narrow down the goals that really matter to you, set milestones and a timeline that could help you stay accountable. You can download your personalised goals, print them out, pop them in your calendar or stick them up on your wall for motivation.

It could be a bit of fun to do with the rest of your family too.

4. **Research [Higher Education Providers](#)**

When you're busy at school and running between activities, there's probably not much time to consider your post-high school options, let alone have a search through the institutions and see what they offer.

But if you're having an enforced period of couch time, why not start doing some research?

Our [database](#) lists 95 universities and other tertiary institutions, with links to their official websites, it could be a simple place to get started. You can search by state, qualification level, or career field to help narrow down your options.

Remember you can also check out the universities FAQs section, call to speak to an advisor in future students, or ask questions by email or in chat sessions.

Worried your Year 12 results won't get you into the course you want after you've done your research, then you can also check out the [alternative pathways](#) offered by the education provider you're interested in studying with.

And if you're considering [vocational education \(VET\)](#) including an apprenticeships, traineeships or other TAFE courses as a pathway to the career you'd like, then our dedicated page has loads of information and options that could interest you.

5. Save money with [Scholarships](#)

When you're thinking about your future, most people will be thinking about money – how much will the course cost you and how you can afford to live while you study.

Take some time to read up about scholarships, they're literally giving money away.

Sure you have to submit an application for most of them, but an application won't take too long (the more you do, the faster you'll get), and it would be time well spent.

So if you're interested in a particular career pathway or institution, why not see what financial boosts are available to you. You could start your search on our [scholarships database](#).

6. Join in via the virtual world

Thankfully in the modern world of technology, we're never really isolated, so if you're craving some interaction or you'd like to spend some time productively, you could sign up for online courses, webinars, online information sessions, tedx talks, and more.

7. Prioritise yourself

Take some time to look after yourself, your physical and mental health.

You'll stand the best chance of warding off illnesses when you're in great shape, eat healthily, stay hydrated and get lots of sleep. But your mental health can also impact on how well your immune systems functions.

So why not read some tips on wellbeing, take the opportunity to change implement some healthy new habits and embrace the enforced break from all your usual routine.

If you're not sure where to start we've lots of posts and blogs that you could check out on our [wellbeing page](#).

8. Adult like a boss

While you could happily binge watch Netflix and make Tik Tok videos for a few weeks, spending some of your time a bit more wisely could be a great investment for your future.

Plus, your initiative and motivation will be bound to impress your parents and school, and there's no such thing as "too many brownie points".

Tour the World's Most Famous Museums Without Leaving Your House

Museums and galleries can hold some incredibly interesting things – but a lot of them are all the way on the other side of the world.

Google has teamed up with some of the world's most famous museums to create virtual tours, meaning you can explore their collections without even having to leave the house.

Check it out here: <https://artsandculture.google.com/partner>

Research [careers](#) and pathways that get you excited

Time is one thing that we always seem to be short of, so if you're stuck at home then why not take advantage of it to explore all the careers out there.

Then, if you find something that appeals to you, delve a little deeper and find out how to go about making that career a reality for you.

- Listen to podcasts profiling careers e.g [Working](#) – a series of interviews with Americans about their work life
- Watch [YouTube](#) videos e.g. day in the life of ... (search for careers related content)
- Read [job spotlights](#) and other [career resources](#)
- Take some job quizzes: [FYA](#), [Skillsroad](#), [Free Career Test](#) they might help you if you can't decide about what to do after high school

Please check <http://www.killarneyheightshscareers.com> for more careers information

Please check www.studyworkgrow.com.au

Please contact me if you need more information

Julie McDermott
Careers Adviser
Killarney Heights High School
Starkey St
Killarney Heights 2087

APRIL 2020

HOLIDAY GYMNASTICS SESSIONS

Have fun these school holidays at SXL GYMNASTICS CHATSWOOD.

Join us for a day of gymnastics activities, games, and art & craft!!

Full day: 9am – 4pm **\$80**

Half day: 9am-12pm or 1pm-4pm **\$40**

Aftercare: 4pm – 5.30pm **\$15**

(flexible days)

Tuesday 14 - Friday 17 April

Monday 20 – Friday 24 April



WHAT TO BRING & WEAR

- Packed lunch, morning and afternoon tea & a water bottle.
- Suitable clothes for gymnastics e.g. shorts & t-shirt or a leotard.

For more information and to **BOOK** please go online to our website www.sxl.net.au

SXL GYMNASTICS CHATSWOOD
Unit 2 72-74 Lower Gibbes Street Chatswood

Phone: 02 9417 4474
Email: bookings@sxlnet.au
Website: www.sxl.net.au



Sydney Drug Education & Counselling Centre (SDECC) will be delivering another “Parents Prepared”, a one day drug education workshop for parents of high school-aged children on Saturday 9th May 2020 from 10.00am to 4.00pm.

This workshop will provide parents with information about drugs, their effects and tips for talking to young people about drug use.

We would really appreciate you sharing the attached flyer with your parent network.

Parents can register at <https://www.trybooking.com/BIZFL>

If you have any questions at all about the workshop, please do not hesitate to contact us.

SDECC Team

PH:(02) 9977 0711 F:(02) 9976 2319

www.sdecc.org.au



**GALLERY 307
ART SCHOOL**

**Kids & High School
Holiday Program**

Week 1 14-17 April • Week 2 20-24 April



Visit our website for program information and bookings
www.gallery307artschool.com.au

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