

★ Congratulations Izaak Douglas

Izaak has placed 8th in the world in an Maths Online Level 3 speed multiplication test. Izaak's class, 9 MACC, complete a Maths online task each day at the end of their maths lesson. Congratulations to Izaak and his teacher Mr Lloyd. Fantastic effort!

★ Thanks from Legacy

The school received a letter of thanks from the Far North Coast Legacy for the assistance given to them from our students. The enthusiastic support given by our students selling the badges was very much appreciated as this is the only fundraiser Legacy has each year.

The Kingscliff Division raised over \$75000.00 from our community this year.

★ Congratulations Mrs Watego

The school recently received the following letter from the NSW Schools Sports Association.

...."May I take this opportunity on behalf of the NSW Combined High Schools Sports Association to acknowledge the outstanding work of Michelle Watego from Kingscliff High School. Michelle was appointed as the 2012 NSW Combined High Schools Touch Open Girls Manager at the recent National Youth Touch Championships in Port Macquarie from September 18-21, 2012.

In this role Michelle proved to be an invaluable asset, performing all duties capably and proficiently to ensure the team's success. The team finished in second position at the Nationals, losing the final to Queensland Secondary Schools. Michelle's commitment towards the management role and her rapport with the team management, carnival officials, players and parents was brilliant and a pleasure to see in such a dedicated teacher. It was not uncommon to have feedback to have feedback from players such as "Michelle is the best Manager in the world". I hope that the experience gained by Michelle can now benefit her not only professionally but also Kingscliff High School and the North Coast Region for many years to come.

Jacky Patrick NSWCHS Executive Officer (Relieving)."

Planning a future

The myfuture career information service helps young people make career decisions and plan career pathways. It provides inside information on occupations and industries, offers details on courses and advice on how to get a job or start a business.

Go to: <http://www.myfuture.edu.au/en.aspx>

WEEK 2 ★	
Monday 15 October	Day: 4
SRC Regional Camp – Uki Operate Quad Bikes Yr 7 vaccinations HSC Examinations	
Tuesday 16 October	Day: 5
SRC Regional Camp – Uki Operate Quad Bikes HSC Examinations	
Wednesday 17 October	Day: 6
HSC Examinations	
Thursday 18 October	Day: 7
HSC Examinations	
Friday 19 October	Day: 1
HSC Examinations	
WEEK 3 ★	
Monday 22 October	Day: 2
HSC Examinations	
Tuesday 23 October	Day: 3
Yr 10 Work Experience forms due HSC Examinations	
Wednesday 24 October	Day: 4
HSC Examinations	
Thursday 25 October	Day: 5
HSC Examinations	
Friday 26 October	Day: 6
HSC Examinations	
WEEK 4 ★	
Monday 29 October	Day: 7
HSC Examinations	
Tuesday 30 October	Day: 1
HSC Examinations	
Wednesday 31 October	Day: 2
FNC Cricket Trials - Cudgen HSC Examinations	
Thursday 1 November	Day: 3
HSC Examinations	
Friday 2 November	Day: 4
FNC Beach Volleyball – Byron Bay HSC Examinations	
WEEK 5 ★	
Monday 5 November	Day: 5
Yr 7 & 8 yearly exams HSC Examinations	
Tuesday 6 November	Day: 6
Yr 7 & 8 yearly exams HSC Examinations	
★Yr 11 Academic Ceremony	
Wednesday 7 November	Day: 7
Yr 7 & 8 yearly exams HSC Examinations	
Thursday 8 November	Day: 1
Yr 7 & 8 yearly exams FNC Girls Softball trials HSC Examinations	
Friday 9 November	Day: 2
Yr 7 & 8 yearly exams HSC Examinations	
WEEK 6 ★	
Monday 12 November	Day: 3
Yr 9 & 10 yearly exams HSC Examinations	
Tuesday 13 November	Day: 4
Yr 9 & 10 yearly exams HSC Examinations NC Cricket trials – Coffs Harbour	

Principal's Column

Year 12 students start their long awaited Higher School Certificate examinations today. The exam period will last for about four weeks.

I wish all Year 12 students the best of luck in their exams. Thorough preparation will also bring more "luck". I hope the questions suit you and you have the opportunity to do your best.

Students are reminded that teachers of HSC classes are always happy to give guidance and support to their students right up to the time of the exam.

Being able to demonstrate your knowledge and understanding under test conditions is obviously more challenging than in class at school.

So I offer the following advice: "Freezing" or "forgetting everything" during exams is often caused by:

- Lack of preparation
- Poor understanding
- Poorly organised or insufficient revision
- Not storing information systematically
- "Studying" with distractions such as T.V's on computers or music. Yes, it is true research has clearly found music **does distract** the brain during study.
- Not understanding the exam questions.

So when taking exams:

- Carefully read the exam instructions and only answer the number of questions asked of you. Attempt all the questions asked of you.
- Read the question carefully. What are you being asked to do? Highlight the key words.
- Attempt the question you can do confidently first, even if they are out of numerical order.
- Divide the number of marks into the available time so that you know how long to spend on each question.
- Go into the exam with a positive attitude, this helps your memory and stops "brain freezes".
- Never, never leave an exam early, use all the available time.
- Breathe slowly, deeply and remain calm.

Best of luck Year 12!

Additionally, a big thank you to Mrs Matsuto and Mr Opfer for their leadership of the Japanese tour during the last school holidays. Having personally seen Ms Matsuto in action on one of these tours, I can safely say she is a marvel. She acts as tour guide, translator, "mum away from home" and more. The experience our students have on such tours is difficult to duplicate. Thanks again Ms Matsuto and to your assistants Mr Opfer and Ms Soder.

CUTCHER'S CORNER

Why does rubbing an injury make it hurt less?

Find answer in this newsletter



P&C Meeting

The next P&C meeting for 2012 will be **5 November** at 7.30pm in the school library.

Everyone is most welcome, so please come along and find out more about your students' school and how it is run.

*KHS Study Centre

The Kingscliff High School Study Centre is open every Tuesday and Thursday evening from 4.00pm until 6.00pm, The Kingscliff High School Study Centre is **free of charge for all Kingscliff High School students**.

The Study Centre is for all Kingscliff High School students who need help with any aspect of school work, such as: study, homework, exam preparation, help understanding concepts from classwork, assignments, assessment tasks

You do not need to make an appointment. Just bring your books, bring your laptop and bring your questions for the teachers at the Study Centre. You will have a wireless connection to the internet available. Students must wear their Kingscliff High School shirt or pullover and must have their Student Identity Card with them.

The Study Centre will operate under the normal Kingscliff High School behaviour expectations for all students. Students visiting the Study Centre are expected to be Kingscliff STAR students as they demonstrate only Positive Behaviours for Learning. Any inappropriate behaviour will be dealt with by the school under the Kingscliff High School and Department of Education Discipline Policies.

The Kingscliff High School Study Centre is located in the lower level **REEF Room** at the Pottsville Neighbourhood Centre with the easiest access from the Philip Street side.

Students will be asked to sign in and show their Student Identification Card on arrival.

MP3 players and hearing loss

If your child can't hear you talking when they're listening to their MP3 player, then their music is up too loud. Find out what you can do to help protect your child's hearing. <http://www.schoolatoz.nsw.edu.au/wellbeing/health/mp3-players-and-hearing-loss>

TAFE open days

One of the best ways to find out more about what TAFE NSW offers is to go to an open day. They're a great way to check out the campus and facilities, and give you the opportunity to talk to teachers and other staff.

Go to:

https://www.tafensw.edu.au/about/calendar/event-2012_institutes_open_days.html#.UfKUA655eRW

Uniform Shop hours – Mon 1.30pm – 3.30pm
Wed & Fri 8.30am – 11.30am

Dear Parents & Caregivers,

Next Wednesday 17th October 2012, a special STUDY ZONE Parent's Seminar is being held at Kingscliff High School between 7-9pm.

As our school considers implementing the 'SENIOR SUCCESS' program, we are privileged to have Katherine Bricknell visit and present this initiative.

Current Yr 10 students and those just commencing Yr 12, will have a STUDY ZONE seminar on Thursday 18th October, so we can get a head start on the best ways to help our sons and daughters to get the most out of these important years.

This will be a valuable learning time for us as parents, even if our children are much younger (primary or early high school)... the earlier we grasp the opportunity, the better prepared we will be.

<http://www.seniorsuccessforhsc.com/>

Craig Blackburn
Kingscliff High P&C Secretary
Study Zone Organising Team

Endorsed by Stuart Cutcher
Relieving Principal
Kingscliff High School

STUDY <> ZONE

TOWARDS

SENIOR SUCCESS

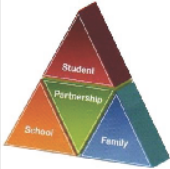
17 OCT 2012

KINGSCLIFF HIGH SCHOOL

7-9 PM

SPONSORED BY THE P&C

PARENT SEMINAR.
It's never too early...



Preparing to have a Yr 11 & 12 Student...

COME ALONG AND HEAR LEADING AUSSIE EDUCATOR KATHERINE BRICKNELL MUM, TEACHER, ACADEMIC INSIGHTS AND WISDOM FOR YOUR STUDENT'S SAKE FOR YOUR SAKE!



Tool Cool for Schools

FOR IMMEDIATE RELEASE

Transit Australia Group (TAG) school communities can enjoy the safety and assurance of a *school journey planner*.

The innovative tool uses the Google Map platform to convey important information about school service routes, stops, times, and surrounding landmarks - making it easier for customers to find, understand and maximise their local school bus services.

Similar to TransLink's urban services journey planner, the user simply responds to basic prompts on screen, before a printable map of the route and timetable is displayed.

Customers will simply click on the My School Bus icon displayed on the company's website (Surfside.com.au), select a geographical region, the name of their school, followed by their suburb/trip origin - and they are ready to travel.

To date, school transport customers on the Gold Coast and Tweed Coast have not enjoyed the benefits of dedicated route and network maps that now feature on the My School Bus page.

TAG customers can now enjoy interactive mapping technologies, removing uncertainty about school travel with easy to understand and easy to retrieve, trip information.

TAG General Manager Megan Harkin said parents and students will now be able to find their school service by searching their suburb and school first, instead of needing to know their the trip or run number - which many newcomers will not know, and younger children might easily forget. By hovering the mouse over the bus icons, which are dotted along the bus route line, users can easily identify stop names/ locations and pick up/drop off times. Corresponding information appears to the right, making it easy to anticipate the journey according to local landmarks, intersections and street names.

" This is great for kids who can simply print off and carry the information they need with them at all times; and for parents who can be fully aware of their child's exact journey, and will have the information necessary to make changes to drop -offs and pick-ups if and when needed.

NEW!



Find your school bus on www.surfside.com.au

Log on to **WIN** an iPad



Competition closes Friday 12th October, 2012 5pm AEST. But don't worry you will be able to track your school bus forever!



Successful Japan Trip 2012

We're all home safe and sound. Our school trip to Japan was absolutely fantastic. Beth Matsuto and I took 12 students to Japan for 18 days. We were also joined by our school counsellor Joyce Soder for two weeks. We spent the first week at our sister school Yamanashi Gakuin High School.

While at the sister school our students stayed with host families. By all reports they were treated like royalty and had a wonderful time learning about Japanese family life. Each day they came to school with their host family child or children where they got to learn quite a bit about school life as well. School started at 9 am each day and classes ran til 4 pm. Then the students would go to "clubs" activities until 6 pm each day. These clubs included baseball, basketball, karate, kendo, tea ceremony and flower arranging among other things.

After our week at the high school we spent four days in Tokyo, two days in Kanazawa, two days in Hiroshima and two days in Kyoto. Our introduction to Tokyo was Shinjuku station and then Shibuya – Tokyo's busiest intersection. Apparently over 1 million people a day pass through this intersection.

Kanazawa is modern compared to places like Tokyo and Hiroshima. The samurai and geisha districts are fantastic.

Hiroshima gave us all time to pause and reflect on the futility of war and of nuclear weapons. The peace park and memorial museum were very powerful.

Thankfully we missed the typhoon that hit Nagoya.

We had a very busy time and met a lot of lovely people and immersed ourselves in the Japanese culture. The students were well behaved and Beth and I were complimented on a number of occasions on their behaviour.



COMMUNITY NOTICES

2013 Brisbane Tertiary Student Accommodation

Raymont Lodge Residential College provides fully furnished modern, comfortable single room accommodation for up to 120 students who live 100kms from Brisbane within a supportive Christian environment. Centrally located, just 4km from the heart of Brisbane, all public transport is within easy access to College. All meals are provided as well as other services including internet, individual telephones, common rooms, music practice rooms, free onsite car parking, study rooms, pastoral care and swimming pool. More information is available online at www.raymont.com.au or phone 07 3377 9903.

Rubbing Injuries

Signals to your brain travel via nerve cells or neurons. Some neurons transmit faster than others. Pain signals travel slower than many others. When you rub your shin it heats up. The signal from the rubbing (or the heat) gets to the brain faster than the pain message does and it appears that the pain is lessened.