

# KINGYSPIRIT NEWSLETTER

Winner of four Director General's Awards for Education

**KINGSCLIFF  
HIGH SCHOOL**  
ACHIEVEMENT THROUGH ENDEAVOUR

ISSUE 15 | TERM 4 | WEEK 4 | 28 OCTOBER 2013

IMPORTANT DATES \* Denotes importance

## MUTTON BIRD RESCUE

On Tuesday 15 October **Jaxen Stewart, Corbin Turrell** and **Hughie Reynolds** went down to the beach to check the surf to see if it was good. They saw a bird on the sand and patted it, and then saw Bruce who was rescuing birds from the water. Hughie went down to the water and offered to help rescue the fatigued birds. He called out to Jaxen and Corbin to come and help rescue the birds. They ran up and down the beach



four or more times with a bird in each hand every time. Corbin and Hughie were wrapping the birds in towels so they kept warm and calmed down. When they put the first lot into Bruce's car they only had about 32 birds. They then drove to the next track further up the beach to start collecting more birds which were down towards North Blackrocks beach. Forty more birds were put into Bruce's Range Rover and the ones that wouldn't fit in the car were put up past the water line on the sand dunes so they could rest. They took the birds back to Bruce's house and put them in his garage to rest up. In all they saved about 70 birds plus the 40 rescued and left to recover on the sand dunes. They were rescuing the birds from about 4.30pm until 7.15pm!

## BILBY COMPETITION WINNERS

Congratulations to **Nina Gordon** and **Grace Ellis** who have won a prize in the Save the Bilby "Face the Challenge" Crossword competition. Thank you to everyone who entered. For more information on the Save the Bilby Fund visit [www.savethebilbyfund.org](http://www.savethebilbyfund.org)



TERM 4 CALENDAR	
MONTH – OCTOBER/NOVEMBER	WEEK 4
Monday 28 October	Day: 4
Tuesday 29 October	Day: 5
Wednesday 30 October	Day: 6
Thursday 31 October	Day: 7
Friday 1 November *	
Yr 9 & 10 Yearly Exams	Day: 1
MONTH - NOVEMBER*	WEEK 5
Monday 4 November	
Yr 9 & 10 Yearly Exams	Day: 2
Tuesday 5 November	
Yr 9 & 10 Yearly Exams	Day: 3
Wednesday 6 November	
Yr 9 & 10 Yearly Exams	Day: 4
Thursday 7 November	
Yr 9 & 10 Yearly Exams	Day: 5
Friday 8 November	
Year 11 Academic Ceremony	Day: 6
MONTH - NOVEMBER*	WEEK 6
Monday 11 November	
Yr 7 & Yr 8 Yearly Exams	Day: 7
Tuesday 12 November	
Yr 7 & Yr 8 Yearly Exams	Day: 1
Wednesday 13 November	
Yr 8 Yearly Exams	Day: 2
Thursday 14 November	
Yr 12 Formal	Day: 3
Friday 15 November	Day: 4
MONTH - NOVEMBER*	WEEK 7
Monday 18 November	Day: 5
Tuesday 19 November	Day: 6
Wednesday 20 November	Day: 7
Thursday 21 November	
Yr 6 into 7 Parent Information Evening	Day 1
Friday 22 November	Day 2
MONTH - NOVEMBER*	WEEK 7
Monday 25 November	
Yr 10 Work Experience till 6 December	Day: 3
Tuesday 26 November	Day: 4
Wednesday 27 November	Day: 5
Thursday 28 November	Day 6
Friday 29 November	Day 7

**Year 11 Academic Presentation will now be held on  
Friday 8 November**

### ACADEMIC

### CULTURE

### VALUES

### SPORT

Principal Mr A Tolley | 33 Oxford Street Kingscliff NSW 2487 | T 02 6674 9777 | F 02 6674 3270  
kingscliff-h.school@det.nsw.edu.au | www.kingscliff-h.schools.nsw.edu.au | ABN 33 547 663 939

## PRINCIPAL'S COLUMN

The bush fire danger season has commenced and KHS is identified as a school in a bush fire prone area. We have practised a bush fire evacuation on Wednesday 23 October to familiarise students and staff with the procedure for evacuation. From this practise we will evaluate our management of procedure in the event of a bush fire.

The HSC commenced on Monday 14 October 2013. We would like to wish the students all the best in their studies. The formal for Year 12 is on Thursday 14 November at Peppers (Salt). Students need to finalise fee payment and tickets for the formal through the front office at KHS.

Drama and vocal students along with entertainment students on work placement are organising a trip to the School Spectacular on 27-30 November in Sydney at the Entertainment Centre. Rehearsals and costumes are well underway for the event along with fundraising to assist the students.

**Jaxen Stewart, Corbin Turrell** both Year 9 and **Hugh Reynolds** Year 7 have been recognised at KHS with a Principal's Award for outstanding effort in saving over 100 mutton birds from drowning. Well done boys!

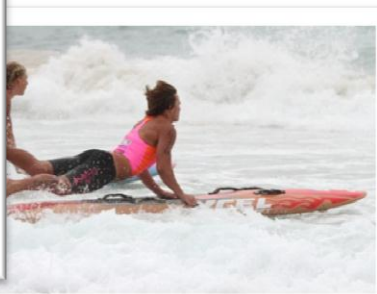
Kyle Armour has commenced work at KHS as a trainee General Assistant. He will complete Cert III in Horticulture concurrently with work placement at KHS.

As we move to the end of 2013, students are reminded to complete all tasks in preparation for the reporting and assessment time and to keep working hard until the end of the year.

**Robyn Ludeke**  
Rel Principal

## KHS SPORTS

Congratulations to **Ty-Michel Henrisson-Lopez** who participated at the 2013 Coolangatta Gold held on 20 & 21 October representing Coolangatta Surf Club.



## ATTENTION PARENTS OF HSC STUDENTS

Important information for HSC study at Kingscliff High School is now available on the school's website :

<http://www.kingscliff-h.schools.nsw.edu.au>

☞ Go to the website ☞ Click on **"School Years"** tab ☞ Click on **"Year 12"**

☞ click on **"HSC Assessment"**

You will find the following documents:

**HSC Assessment 14** is a document containing the due dates for all assessment tasks

**HSC Assess. Policy** is a document containing the rules, policies and task weightings for the 2014 HSC. It is important your child knows and understands his/her responsibilities with regards his/her assessment tasks.

**IF YOU DO NOT HAVE ACCESS TO THE INTERNET  
COPIES ARE AVAILABLE FROM MR COWELL**

## ESSENTIAL SECONDARY SCIENCE ASSESSMENT (ESSA)

ESSA online will be held on Monday 11 November 2013 for Year 8 students. A letter, which is attached, was sent home with the students. It provides the necessary information about ESSA. Students are required to bring earphones for the day. There will be two catch-up sessions on Thursday 14 and Friday 15 November for students absent on Monday. If you have any queries please contact the school.  
Mrs J O'Keeffe

## FEES

All families should have received the balance of the school fees in the mail. We are able to accept payments by cash, cheque, EFTPOS, part payments and payments over the phone.

## VOLUNTEERS

The school has purchased new texts for students; however they are unable to be distributed until they have been covered.

If any parent is able to give a couple of hours to help cover these texts we would be most appreciative.

Conditions are good, friendly people to chat with and always a cup of coffee or tea. Please contact Rosina or Jenny on 02 6674 9777 to arrange a time to suit.

**Year 9 Yearly Examination Timetable 2013**  
**Week 4/5, Term 4 (Friday 1/11/2013 – Thursday 7/11/2013)**  
**Venue: MPU**

	Friday 1/11 Day 1	Mon 4/11 Day 2	Tues 5/11 Day 3	Wed 6/11 Day 4	Thu 7/11 Day 5
Pd 1	Years 9&10 Line 1  Elective Exams Completed in Class	Year 9 Mathematics 1.5 hours + 5 min reading time	Years 9 Line 3  Elective Exams Completed in Class	Years 9&10 Line 4  Elective Exams Completed in Class	Year 9 Science 1.5 hours + 5 min reading time
Pd 2	Normal Classes		Normal Classes	Normal Classes	
Recess					
Pd 3	Normal Classes	Normal Classes	Year 9 HSIE  1 hour + 5 min reading time	SPORT	Normal Classes
Pd 4	Normal Classes	Normal Classes			Normal Classes
Lunch					

**Information for students:**

- All students line up at the silver seats before exams.
- Go to the toilet before the exam – you will not be allowed to go during the exam.
- Bring all writing materials and equipment– pen (and a spare), pencil, eraser, ruler to all exams and a calculator to Maths and Science
- During the exam – read questions and instructions carefully.
- Exams in other subjects will be conducted in class.
- ☞ Subjects not shown on timetable will complete their exam in class time.
- ☞ When not in exams students will attend normal classes.

**Year 10 Yearly Examination Timetable 2013**  
**Week 4/5, Term 4 (Friday 1/11/2013 – Wednesday 6/11/2013)**  
**Venue: MPU**

	Friday 1/11 Day 1	Mon 4/11 Day 2	Tues 5/11 Day 3	Wed 6/11 Day 4
Pd 1	Years 9&10 Line 1 Elective Exams Completed in Class	Normal Classes	Year 10 Mathematics 1.5 hours + 5 min reading time	Years 9&10 Line 4 Elective Exams Completed in Class
Pd 2	Normal Classes	Normal Classes		Normal Classes
Pd 3	Normal Classes	Year 10 HSIE 1 hour + 5 min reading time	Normal Classes	SPORT
Pd 4	Normal Classes			
Lunch				

**Information for students:**

- All students line up at the silver seats before exams.
- Go to the toilet before the exam – you will not be allowed to go during the exam.
- Bring all writing materials and equipment– pen (and a spare), pencil, eraser, ruler to all exams and a calculator to Maths and Science
- During the exam – read questions and instructions carefully.
- Exams in other subjects will be conducted in class.
- ☞ Subjects not shown on timetable will complete their exam in class time.
- ☞ When not in exams students will attend normal classes.



## CAREER NEWS

A big congratulations to Year 12 Student **Jayden Chadburn** who has received a 100% scholarship to attend Bond University. This is a great reward for the hardwork, dedication and determination to achieve what he has through some challenging circumstances. He is a great role model to other students and in particular the Indigenous community. This is an excellent example of a person that no matter what is happening in your life, if you set a goal, and work hard to achieve it. Then anything is possible. Well Done Jayden and good luck in your future endeavours.

There are a couple of school based traineeships available in the Hospitality industry. One at Katmandu (Kingscliff) and the other at Bambi Deluxe (tweed heads). If you have a genuine interest in the hospitality industry, would like some part-time work and are in yr. 9 or 10. Please see Mr Ella for more information, hand in a resume and to get an application form.

There is a full-time indigenous Apprenticeship with the department of human Services (Centrelink) available. If you would like further information regarding this opportunity and how to apply there is an information evening to be held:

- Monday 4<sup>th</sup> November – 5:30pm -7pm
- Tweed Heads Smart Centre
- 3 enterprise dr Sth Tweed heads
- Contact Lindy McGuren for further details  
0755694691

Dean from Mint Interiors is looking for a full-time apprentice in Cabinet making. This is a great opportunity for a Year 12 school leaver or someone in Year 11 looking to leave and gain an apprenticeship. Contact Dean on 0418391169.

For any other careers information continue to check the Kingscliff High School Careers website (<http://www.kingscliffhighschoolcareers.com/>) and like the KHS careers facebook page to ensure you get information in real time.

The best is yet to come,

Scott Ella  
Careers Adviser

## RED CROSS BLOOD DONOR MOBILE

The Red Cross Blood Donor Mobile will be at Kingscliff High School on Friday 15 November 2013. Staff and students, 16 years and over, are encouraged to donate blood. The KHS Leos Club will be providing food and drinks for donors. Please see Mrs O'Keeffe, Science Staffroom, if you wish to donate blood on the day (it will be by appointment time only).

When you give blood, you are really making a difference to someone's life.



## EXPRESSION OF INTEREST FOR ABORIGINAL EDUCATION OFFICER AT KINGSCLIFF HIGH SCHOOL

In Term 2 2014, our current AEO, Collin Appo is taking leave from our school.

We are looking to fill the temporary position with an Aboriginal person who has an understanding of the needs of students, knowledge of Aboriginal communities and cultures, effective communication skills with the ability to interact with students and parents. It is essential this person has local knowledge of our Aboriginal community.

Please phone 02 6674 9777 to obtain an expression of interest form then email to [kingscliff-h.school@det.nsw.edu.au](mailto:kingscliff-h.school@det.nsw.edu.au) by Friday 8 November 2013.

Interviews will take place by Friday 22 November 2013.

## EXAM STRESS – HOW TO HELP YOUR CHILD

If your teenager experiences exam stress, one of the best things you can do as a parent or carer is to try to be as supportive and tolerant as possible. Reassure them that there are more important things in life and that this is only part of the story. Let your child know you will help them no matter what and, although naturally you want them to do well, you will not think any less of them if these particular exams don't work out.

### Study and learning habits

Helping your child to establish effective study and learning habits can help to reduce stress.

- Is there an uncluttered table where they can work? Help them to find somewhere which is likely to be undisturbed.
- Encourage your child to find out exactly what the test involves – are there past test papers they can look at to help them understand what to expect?

- Encourage your child to ask for help or ask their teacher for clarity if they are unsure of something or if they feel confused.
- Help them to make 'mind maps' to collect ideas and summarise thoughts – use bright colours to help remember important links.
- Help them to plan their study schedule early on so that they have sufficient time to study. It can be helpful to develop a clear, realistic plan of what they want to cover in each study session. Can they break it down into small chunks?
- Remind your child to take a short rest and move around in between each part of their study.
- Offer help sometimes. It can be useful having someone to listen or practise with.

### Practical ideas to help your child cope with exam stress

- Encourage your child to stick to a routine of going to bed at a reasonable time, eating regularly and making time to have fun and exercise.
- Help them to cut back on coffee or any other stimulants they may be using, as these can increase agitation. Encourage them to drink lots of water instead.
- Encourage them to take time out when they eat, rather than carrying on with study. Encourage them to eat fresh fruit, veggies, cereals, grains, nuts and protein – they are all good for the brain and blood sugar levels.
- Encourage them to eat when they get hungry. This keeps blood sugar and hydration levels steady. Avoid junk food if possible because it will bring a sudden sugar high and then fall away quickly leaving a person feeling tired.
- Try not to nag as they may be feeling a lot of pressure already. It helps to stay calm and offer support – perhaps offer a cup of tea occasionally or record their favourite TV program to watch later.

### Ideas for exam day

- Talk about these ideas before exam day so as not to add to anxiety levels.
- Suggest to your child that they:
- organise and pack everything that they need to take with them into the exam, the night before
- keep away from people who may agitate them before the test or may say unhelpful, anxiety-provoking comments
- take time to slow their breathing and relax when they first sit down
- read through the paper, underlining key words and instructions. Work out how long they have for each question or section
- watch out for the wording of the questions – make sure that they understand and address what the question is really asking

- answer the questions they find easiest first, then as they relax more move onto the other ones (by then their mind has relaxed and they are likely to find the work easier)
- re-read answers if possible and make any changes that are necessary – cross out notes, correct spelling, check workings

For more articles on teenagers plus a forum for parents of teens go to <http://www.thekidsareallright.com.au>

## COMMUNITY ANNOUNCEMENTS

### Autism Spectrum Disorders and Adolescence

Autism Spectrum Australia (Aspect) ABN 12 000 637 267

23 Commercial Rd Alstonville NSW 2477

PO Box 937 Alstonville NSW 2477 T 02 66283660

[www.autismspectrum.org.au](http://www.autismspectrum.org.au)

### Lismore

This workshop is designed to provide the knowledge and practical strategies to support young people through the sometimes confusing and confronting issues of the adolescent years.

### When:

Friday 8th November: Lismore Sports Club (Goonellabah)

Time: 10am to 3.30pm

Cost: \$60.00 Parents/Carers

\$100.00 Professionals

Register: [www.autismspectrum.org.au](http://www.autismspectrum.org.au)

Enquiries Jodi Rodgers P: 6628 3660

[fnc@autismspectrum.org.au](mailto:fnc@autismspectrum.org.au)

Morning tea provided. Lunch is not provided to keep costs down. Can be purchased at the Venue.



## Free Activities and BBQs

## for young people 12 to 18

Murwillumbah Youth Centre

4pm to 8pm on the 2nd & 4th Fridays

each month 8/11, 22/11 & 8/12

Cabarita Headland Park 5pm to 8pm

on the 3rd Friday of the Month on the  
15/11 and 20/12

Like CoolHeads on Facebook for

Activity information. our display photo is







Education &  
Communities

## New opportunities for students considering careers in teaching

Are you a high-achieving student completing your HSC in 2013 and enrolling in an initial teacher education program in 2014? Consider these *Great Teaching, Inspired Learning* opportunities through the NSW Department of Education and Communities.

### 1. teach.*Rural* scholarships

Experience a rewarding teaching career in a NSW public school within a rural and remote community and the financial benefits of a teach.*Rural* Scholarship.

As a teach.*Rural* scholar, you'll receive a \$6,000 annual training allowance while studying full time for a teaching qualification.

When you complete your studies, you are **guaranteed permanent employment** in an agreed rural and remote location and awarded a further



\$5,000 to assist with expenses such as relocation costs.

All the details, conditions and application forms are found at [www.teach.nsw.edu.au](http://www.teach.nsw.edu.au), under *Our Programs and Initiatives*.

But hurry, applications close **15 November 2013**.

### 2. Cadetships



Want to experience what it's like to work within a school community while completing your studies?

A *Great Teaching, Inspired Learning* Cadetship could be just the kick start you need in creating a rewarding career as a teacher in a NSW public school.

As a cadet, you will work as an operational paraprofessional

during your initial year of teacher training and experience the day to day operations of a school.

As you progress to your second year of teacher training and beyond, you will gain valuable knowledge and experience under the guidance and supervision of an experienced teacher while working as an educational paraprofessional, in a part-time capacity.

In addition, you will be remunerated for your time.

Most importantly, you will also be **guaranteed a permanent teaching position** on completion of your teacher education program.

Find out more at [www.teach.nsw.edu.au](http://www.teach.nsw.edu.au), under *Our Programs and Initiatives*.

But hurry, applications close **15 November 2013**.



Dear Parent or Carer

The Essential Secondary Science Assessment (ESSA) test for Year 8 students will be held between **Monday 11 November** and **Friday 15 November 2013**. The test takes approximately **80 minutes**. The test is an interactive, multimedia test completed entirely on a computer. It is called ESSAonline.

ESSAonline contains multiple choice, short response and extended response tasks that are grouped around real-world issues, including scientific investigations. This is a diagnostic test, with tasks framed on Stage 4 outcomes and essential content in the *NSW Science Years 7–10 Syllabus*. Students will be tested on their:

- knowledge and understanding of science
- understanding and skills in the process of scientific investigation
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas.

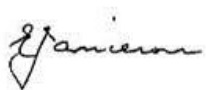
Students also complete a survey about their opinions, attitudes and values. Since students complete ESSAonline on a computer, each student needs to bring **headphones or earbuds** that plug into a school computer. Earbuds for an ipod or portable player are suitable.

If your child has a disability that needs special consideration or has been educated in English for less than one year, please contact your child's school to discuss special provisions or possible exemption from the test.

Results of the test will be available during Term 1 2014. Information about each student is treated confidentially and held securely to ensure that the right to privacy of all students is maintained. A personal report for each student will be sent to parents/carers to describe the science knowledge and skills demonstrated by the student in the test. There will also be information about how your child's results compare with overall performance of all students in the test. You will be invited to complete a parent survey about the test and science learning.

The principal of your child's school is able to provide you with more details about the ESSA program if you require additional information.

Yours sincerely



Eric Jamieson  
Jacinta O'Keeffe  
**Director, High Performance**  
**Head Teacher - Science**

Department of Education and Communities 9 October  
2013





REDUCE RISK - INCREASE STUDENT KNOWLEDGE  
www.rrisk.com.au

## Newsletter 5

### Young Drivers aged 17-25 years. Why are they at risk?

#### Facts:

1. Road crashes are one of the leading causes of injury, disability and death among young people.
2. Young drivers are over-represented in road crashes compared to other age groups especially young males.
3. Drivers in rural areas experience a higher rate of fatalities than those from urban areas.
4. Speeding is the major cause of road crashes in NSW and crashes which involve speeding are more likely to result in fatal crashes.
5. Other high-risk behaviours that significantly contribute to road crashes and injuries include:
  - Drink driving
  - Driver fatigue and distraction
  - Not using seat belts

**Driver inexperience:** Often young drivers don't realise that it takes time and lots of practice to develop safe driving skills.

**Developing brain:** Parts of the brain responsible for self-control and for recognising and managing hazards do not fully mature until after the teenage years, so young drivers are more likely to experiment and take dangerous risks.

**Overconfidence and risk taking:** Young drivers can be over confident about their driving ability and underestimate dangers on the road.

**Having friends as passengers:** Young drivers may be distracted by passengers or may feel pressured to take risks, such as speeding. Every extra peer passenger carried by a young driver increases the chance of crashing.

**Alcohol and other drugs:** Young people often do not understand that alcohol and other drugs affect a driver's skills, mood and most importantly behaviour. Safe driving requires clear judgement, concentration and ability to react to what's happening on the road.

**Busy lifestyles:** Work, sport and study often mean busy lifestyles for young people, which may cause them to drive when tired – especially late at night. Driving tired significantly impairs driving, even if the driver doesn't feel sleepy.

The RRISK program aims to increase awareness of these risk factors and how to improve road safety. For more information about the RRISK program and risk taking, visit our website [www.rrisk.com.au](http://www.rrisk.com.au)



### Adolescent drug and alcohol use, synthetic drugs, music festivals and the law FREE PRESENTATION

Paul Dillon is the Director of Drug and Alcohol Research and Training Australia (DARTA) and works with young people across the country and internationally. Paul is the keynote speaker at the 2013 RRISK seminars.

In this free presentation for parents, teachers and anyone who works with young people, Paul will share information on:

**Synthetic drugs:** the latest evidence

**Music festivals:** drug trends, the law & detection strategies

**Alcohol & drug use:** latest survey of high school students revealed

**Parenting tips:** latest research

**Alcohol & cannabis:** new resources

**Where:** Tweed Heads Civic Centre, Brett St Tweed Heads

**Date:** Thursday 5 December 2013

**Time:** 4.00pm—6.00pm

**Bookings are essential**

Please RSVP by Friday 29 November 2013

Contact reception on 1300 292 872 or 02 6670 2400

Tweed Shire Council



[www.rrisk.com.au](http://www.rrisk.com.au)

Follow Paul Dillon and DARTA on  

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