Winners of Kapunda High School’s Melbourne Khup Trophy, Year 12, Billy Christie & Yr 8 Thomas Stewart (centre) with Year 9s, Jack Wingfield and Blake Tilbrook (left), second place winners and SSO, Jack Mickan with his Year 8 sister, Dusty Mickan (right) as third place winners.

FROM OUR PRINCIPAL

Work on the Trade Training Centre finally commences

Three years ago, our school formed a consortium with Nuriootpa High School and Eudunda Area School to apply for Federal Government funding to establish a Trade Training Centre across the three sites.

At the end of the 2011 school year we got the ‘green light’ - news that our initial submission had been successful. Since that time, we have had to ‘jump through many hoops’ - further documentation to satisfy the Federal Government as well as working with the architect to ensure that the new facilities would meet our requirements. This year has seen tender documents prepared and the process of obtaining approval through relevant regulatory bodies.

As such, it was fantastic to see site fencing erected on Monday of this week. Two major projects will commence almost simultaneously. There will be an extension to the rear of the Technology Studies building, increasing our welding facilities and thus enabling us to offer certificate studies in Engineering. It is anticipated this will be completed by early March. On the western side of Hawke Street, a new purpose-built facility will be erected to support our Doorways 2 Construction course. This is expected to be finished by mid May.

In addition to Engineering and Construction, our school is also offering Certificate I studies in Agrifoods as part of our Year 10 Agriculture programme. While the building work is just commencing, the Kapunda Eudunda Nuriootpa...
Trade Training Centre (KENTTC) is very much a reality with students from Kapunda accessing the Automotive Course at Nuriootpa and Nuriootpa students participating in our construction programme. We look forward to these opportunities expanding.

Materials and Services Charges for 2014 - $2 per day

Our Finance Committee is in the process of finalising the school budget for 2014. Funding from the State Government is provided to cover staff salaries and basic utilities, facilities and administration costs but beyond that we rely on the contribution of our families to support the provision of a range of materials, equipment and programmes.

In 2014 we are proposing a materials and services charge of $400 per student - approximately $2 per school day. Attached is a schedule outlining what is covered in this.

Families are invited to attend our Governing Council meeting on Monday, November 25 at 7.30pm where the materials and services charges for 2014 will be discussed. If you are unable to attend, you can provide your views in writing ahead of the meeting.

At Kapunda High School our Governing Council has a strong focus on wanting to improve the learning environment for our students, provide access to a range of wellbeing and extra-curricular programmes and ensure that students have access to up-to-date materials and resources for learning.

Some of the things that were funded in this year's budget included:

- Subsidizing students participation in Australian Business Week
- Youth Opportunities - student course costs
- Pedal Prix entry fees
- Divider for the gymnasium
- New text books for Year 8 History, Science, Mathematics
- Upgrade to the front of the school - new paving, grounds, etc.

These are on top of the costs of ensuring students have access to materials and equipment in all learning areas. For instance, the Home Economics budget for 2013 was $11,168. This covers the majority of the consumable items used by students as well as printed materials and equipment.

Attendance reminders - fact or fiction?

These are some of the things we've heard from recently from parents/caregivers:

- 'He said that he's finished all his work and doesn't have to go to school.'
  Fiction - unless your child is in Year 12, this is definitely fiction. All Year 8-11s should be at school every day unless ill.

- 'She told me there was a pupil free day today.'
  Fiction - all pupil free days are advertised ahead of time in the newsletter. There are no more pupil free days for 2013.

- 'He said that Year 11s can leave the school and go home for study.'
  Fiction - there is no such thing as home study for Year 11s.

- 'She said that her teacher was going to be away from school so there was no point going - they wouldn't be doing anything.'
  Fiction - when a teacher is absent there is always a relief teacher. The regular teacher will set work which students will be expected to complete.

Congratulations to:

- The students who exhibited their work in the Kapunda Schools' Art Exhibition last week.
- The seven students who have been successful in gaining Youth Opportunities Personal Development Incentive Awards. Well done to Kaitlin, Elana, Madelin, Brayden, Tayla, Simone and Zoe.
- Year 10 students who have completed their Personal Learning Plans (PLPs) - Well done!
- Year 10 students who have applied to be Peer Support leaders in 2014 - most impressive applications!
- Home Economics students - I've tasted some great multicultural food courtesy of the Year 11s recently and also yummy focaccia made by the Year 8s.
- Students who represented our school at the gymkhana.

Bring your own device and virtual desktop

Attached is a list of Frequently Asked Questions to help you to prepare for the introduction of this new initiative.

If you have further questions, please either contribute to the Principal's Blog on our website, a Facebook conversation over the weekend or email Kristen.masters775@schools.sa.edu.au.

Kristen Masters
Principal
YEAR 12 EXAMS

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<thead>
<tr>
<th>DATE</th>
<th>9:00 AM</th>
<th>1:30 PM</th>
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<tbody>
<tr>
<td>TUESDAY</td>
<td>ARRIVE 8:40 AM</td>
<td>LEGAL STUDIES</td>
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<td>NOV 19</td>
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<td>WEDNESDAY</td>
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<td>NOV 20</td>
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PRESENTATION EVENING PRACTICE:

MEDITATION

MONDAY 9 DECEMBER
11:35 am – 12:35 pm in the gym

- Please sign in before heading to the gym.
- Please wear school shirt and appropriate footwear for school.
- Please let your Home Group teachers know if you are unable to attend due to work commitments

Mrs Warner

YEAR 11 EXAMS

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<td>WEDNESDAY</td>
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<td>NOV 20</td>
<td>ARRIVE 8:50 AM</td>
<td>ARRIVE 12:50 PM</td>
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<tr>
<td>ENGLISH - MR</td>
<td>STAGE 2 MUSIC</td>
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<td>(Room 183)</td>
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<td>ENGLISH - IT</td>
<td>MATHS - CE</td>
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<td>ENGLISH - AV</td>
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<td>ENGLISH - GM</td>
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<td>THURSDAY</td>
<td>MUSIC - CT</td>
<td>PSYCHOLOGY - VN</td>
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<td>NOV 21</td>
<td>(Room 115 Music)</td>
<td>(Room 183)</td>
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<tr>
<td>BILOGY - TC</td>
<td>RESEARCH PROJECT</td>
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<td>(Room 183)</td>
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<td>CHEMISTRY - NK</td>
<td>(Resource Centre)</td>
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<td>FRIDAY</td>
<td>MATHS - TG</td>
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<td>NOV 22</td>
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<td>MONDAY</td>
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<td>NOV 25</td>
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<td>DRAMA - EC</td>
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COMMUNITY MINDED

Year 8, Skye Kirkpatrick and her younger sister, Aislinn, recently featured in The Bunyip newspaper, as acknowledgement for having saved their pocket money to purchase food items to donate to the charity organisation, UCare.

Skye and her sister are to be commended for their generosity and thoughtfulness. Skye commented, ‘It makes me feel good knowing that we can help each other around the community’.

GRAPHICS CALCULATORS

Year 12 students: Do you have a graphics calculator you won’t need in the future?
If so, KHS would be happy to:
* Buy it from you for classroom use
* Sell it on to other students

Bring them in to the school's reception office. Any questions, please see Mr Gabb or Mrs Warner

2013 SCHOOL MAGAZINE

Don’t forget to purchase this year's school magazine! May be collected from Monday, 9 December from school reception (also available at presentation evening) Limited edition. Pre-order so you don’t miss out!
Year 8s, Molly Ellis, Tanisha Towner and Zoe Sinclair represented Kapunda High School at a recent Interschool Gymkhana at Clare. Other schools competing included Loxton, Quorn, Clare, Birdwood, Riverton, Xavier and Faith Lutheran.

The girls were considered a strong presence for a school with so few entrants. Tanisha competed in Show Jumping, Hacking and Novelty events, winning the High Point Middle School Novelty event. Molly was also successful in placing in the Hacking event, along with Zoe, who went on to win three champion Hacking classes.

'There were lots of people. I had fun doing the Novelties, just because my horse and I are good at them. I will definitely be entering again!' Tanisha

'It was amazing to see so many children my age interested in horses. At normal horse shows there is a limited amount of children, but the Interschool Gymkhana encouraged more children to have a go at a horse show without competing against adults. I had a very successful day, met people and was proud to represent my school.' Zoe

SSO, Stephanie Bishop attended the event with our students, along with their extremely supportive parents. 'Hopefully we will have more competitors and an enthusiastic team in 2014' said Steph.

Kapunda Combined Schools Art Exhibition

Kapunda Community Gallery Inc.  
(above the public library, cnr Main & Hill Streets, Kapunda)

Thursday November 7  
to Sunday December 8  
Open daily 10 am to 4 pm  
A Wonderful Art Exhibition  
Of Our Young Artist’s Work  
Free Admission  
(Access for disabled)
I hope you are well and are beginning to look forward to the end of the academic year and the start of the festive season.

School is busy as usual; helping Year 12s complete their studies, working with other students as well as planning for the end of year activities. I’m also planning for next year (believe or not). There is never a dull moment at KHS and certainly the dynamic nature of the place is something I enjoy.

This week, two members of the Well Being team completed a two day Mental Health First Aid course which will be valuable in assisting members of our learning community who need support in their mental, as well as physical health.

Self-harm is an issue that is often difficult to confront and quite frankly, can be scary. However, it does occur and for different reasons. It is important to highlight the issue in order to help people make safe choices for themselves.

The following information is an edited version from reachout.org.au and may be helpful if you are, or someone you know is engaging in self-harm. You may also wish to understand the causes and treatment.

Self-harm comes in many forms and can be really damaging to a person's physical and mental health. There are many reasons people engage in self-harm, but it is most often used as a way of coping with difficult emotions. There are a number of things you can do if you are self-harming, ranging from enlisting the support of others to practising self-help techniques.

Self-harm can come in many different forms and can involve things other than physically harming oneself on the outside. Self-harm can also occur when someone harms themselves internally, for example, by purposefully swallowing something sharp or drinking something toxic. Though self-harm can result in serious bodily injury, and sometimes death, it is not necessarily the result of a desire to complete suicide.

Self-harm is mainly used as a way of trying to cope with strong feelings and emotions. The reasons people self-harm can really vary, however, many people engaging in self-harm have gone through tough experiences or damaging relationships which they are trying to cope with. Self-harm is not just ‘attention seeking’, although people do use it as a way of letting others know they aren’t coping.

Some of the reasons young people have given for their self-harm include: trying to express complicated or hidden feelings, communicating a need for some support, proving to themselves that they are not invisible, feeling in control, getting an immediate sense of relief.

A person may self-harm as a result of feeling a sense of guilt, depression, low self-esteem or self-hatred, but it is important to note that self-harming behaviour can be due to multiple reasons and affects people from all walks of life.

If a person relies on self-harm as a way of coping with difficult feelings, it can be really hard to change their behaviour and do something different (like many addictions). Breaking the cycle of self-harm is something a person has to make a conscious decision to do and no-one can make that decision for them.

The good news is that there are a number of successful treatments for self-harm ranging from professional help to self-help.

Seek professional help - there are a number of professional treatments available if you talk to a doctor, counsellor or psychologist. Some of these include cognitive behavioural therapy, talk therapy and certain medications. By talking to an expert you're able to get a tailored treatment plan that will be adapted to your individual circumstances.

Use online and phone services - if you'd rather not talk to someone face-to-face, check out info on support services like Kids Helpline, Lifeline and Headspace which provide both phone and online support services.

Enlist a support team - there is always someone out there who cares about your welfare; whether it's a family member, friend, counsellor or doctor. Don't be afraid to ask for help and tell someone how you're feeling.

Practice self-help - there are heaps of techniques you can use to help yourself avoid using self-harm. The more alternatives to self-harm you provide yourself with, the more likely you are to develop more successful coping strategies.

Try different things - don’t be put off if your attempt to give up self-harm doesn't work the first time around. Different approaches, as well as different treatments, work for different people so be ready to experiment with what works for you.

We always see self-harm primarily as a health and safety issue, rather than a behaviour problem and support is sought to help young people rather than consequences. It is important to say that we are mandated to report cases of self-harm, as well as thoughts around suicide so that appropriate supports can be provided, on or off-site.

If you have any questions about this or anything else please contact me through the school.

Peter Norde
School Counsellor
On November 5, Mrs Ryan’s Year 9 S & E class went on an excursion to the Historical Museum in Hill Street, Kapunda. Armed with their question booklets, we went with an open mind to try and learn more about Kapunda’s interesting historical background.

Whilst filling out the booklet we were amazed of what the past had in store for us. Many things were different to what we have now. For example back then one of their main modes of transport was the horse and carriage whereas we have cars, buses and many other vehicles unheard of in that time.

There were also many strange contraptions that had various uses like the zip line. This was used in general stores as a device to transport money and receipts to a room where they kept customer account details. But when we were there we had to be very careful not to get hit as it was really fast.

There was an old fire truck in the farm machinery and transport section that was really cool. It had been used in Kapunda up until the 1980’s and it was a far cry from the modern trucks driven in Kapunda today. But the main thing that will leave us terrified for the rest of our lives were the scary mannequins. Their scary faces will leave you speechless. The mannequins were dotted all over the museum and if you weren’t careful when walking into a room, you would get the fright of your life! They are so realistic that not even Meredith Mills (museum volunteer) thought that they were fake.

At the end of the excursion we had to sadly leave, but just before we left we took one last picture of the museum and the group then said a quick goodbye.
... AND THEY'RE OFF
Frequently Asked Questions (FAQs)

In 2014, students at Kapunda High School will have the opportunity to bring their own device to school and have access to the school network to access programmes and files. Students will also be able to access this from home.

**Will it be compulsory for students to bring a device (tablet, notebook) to school?**

No - but they will have the opportunity to do so. There will be a staged ‘roll-out’ commencing with Year 12s. It is anticipated that other year levels will have access soon after.

**If my child wants to bring a device to school, will it need to be of a certain quality?**

Because we will be using a virtual desktop, the processing power of the device used is of no consequence. However, it will need to have:

- A 10 inch minimum screen - this is the minimum suitable for most applications and to be able to read text
- The capacity to connect to our WiFi environment
- 6-8 hour battery life
- A cover or protective case

**My child already has a small tablet. Can they use it for school?**

Only if the screen size is at least 10 inches.

**Will my child be able to charge their battery at school?**

No - and for that reason we strongly recommend ensuring the device has 6-8 hour battery life.

**Should I have a replacement battery?**

As long as the battery is charged overnight, a 6-8 hour battery should be sufficient.

**What operating systems will work?**

Android, windows, ios (apple) are all suitable.

**Where will my child be able to keep my device at school?**

Devices should be taken home every night for re-charging batteries and security reasons. Whilst at school students will be able to leave their devices in locked classrooms at break times. Additionally, we will be purchasing lockers and/or lockable cupboards for practical classes to ensure security whilst participating in subjects such as Physical Education.

**Should I arrange for accidental damage insurance?**

Insurance is strongly recommended.

**If the device requires repairs or is damaged, who is responsible for fixing?**

The owner of the device.

**What happens if the device is stolen at school?**

The school would investigate any theft. However, students would be expected to take responsibility for taking advantage of the security provisions e.g. locked classrooms, cupboards, lockers, etc.

**Do I need a special programme to connect to the school network?**

Yes, but this will be managed by the school.

**What programmes do I need to buy or have installed for school use?**

You only require an operating system. It is not even necessary to buy Office Suite.

**Do I need to organise anti-virus protection for the device?**

When accessing the school network, the school filtering system will apply. However, when not using the school network, this will not be available. Therefore, it is recommended that you obtain virus protection.

**What if I don’t want my child to bring a device to school?**

Kapunda High School will continue to provide access to a wide range of notebook and desktop computers for those who do not bring a device to school.

**We’ve got an old laptop, do I need to upgrade?**

As long as the device has a WiFi connection, the age will not matter.
There is a point where freedom and responsibility intersect.

Recently, there has been some publicity around an increase in country road speed limits to 130 km/h. It would be easy to consider the facts of the matter being proved by one vehicle exceeding the speed limit over a considerable distance in one trip but there are other considerations as well. Let’s look at the facts in relation to what faster speeds actually mean.

In 2003, speed limits on some country roads were reduced from 110 km/h to 100 km/h. In 2006, the Centre for Automotive Safety Research conducted a review of those roads where the speed limit had been reduced, covering a period from two years before the reduction, to two years after the reduction. What they discovered was that there had been a 32% reduction in casualty crashes in the two years following the change of speed limit.

In 2011, many roads within 100 km of Adelaide had their speed limit reduced from 110 km/h to 100 km/h. This was based on evidence that, from 2006 to 2010 there had been 290 casualty crashes on those roads. One of the main reasons for reducing speed limits is to reduce both stopping distance and impact energy.

When we look at stopping distances, let’s assume a driver has a perception and reaction time of about 1.5 seconds and the vehicle has a deceleration rate of about 0.7g.

100 km/h - Stopping distance is about 100 metres
110 km/h - Stopping distance is about 115 metres AND
  • Impact energy has increased by 21%
  • At the point where the 100 km/h car would have stopped, the 110 km/h car is still travelling at 50 km/h
  • A 10% increase in speed = a 15% increase in stopping distance
130 km/h - Stopping distance is about 150 metres. A 30% increase in speed = a 50% increase in stopping distance.

If the road is glazed through heavy use, has oil or dust on it or the road is wet, stopping distances increase dramatically. If the vehicle’s tyres or suspension are worn, this will also increase stopping distance. Sometimes, due to road or weather conditions, the maximum speed limit can be unsafe. Drivers should always drive to the conditions.


SCHOOL BUS BUSHFIRE PROCEDURES

On days of forecast catastrophic fire danger rating for the Mid-North district:

• Kapunda High School will remain open.
• All school bus routes travelling to Kapunda High School will be cancelled.
• Parents/caregivers of students who travel on school buses will be contacted via an SMS message to their mobile phone or a direct call to their landline (where a mobile has not been given to the school). This will generally occur the night before.
• Kapunda High School will additionally ‘broadcast’ using Facebook and the website www.kapundahs.sa.edu.au to remind families of bushfire procedures.

If a bushfire is reported in the area during the day:

• Affected bus runs will not leave the school until the roads are declared safe by emergency services authorities.
• Parents/caregivers will be notified and students will be supervised at school until buses can run, or until parents/caregivers are able to collect their children.

If during a bus run, the bus driver sights a bushfire and there is concern that it may affect the routes ahead, then the bus driver:

• Has the authority to abandon the bus run and return to school, or
• If safer to do so, drive to one of the pre-planned emergency areas (or CFS safer places) and activate the emergency bus procedure.

To support student safety, parents/caregivers are requested to:

• Ensure that Kapunda High School is informed of any changes to phone numbers
• Follow weather announcements through the media.
CAREER START FOR ANDREW

We were pleased to announce, in the last newsletter, that Andrew Stewart had won the Rotary Club of Barossa District VET Student of the Year award. Following this achievement, Andrew has been successful in attaining employment with the Department of Environment, Water and Natural Resources (DEWNR) as a fire fighter at Wirrabara Forest, Southern Flinders Ranges.

The process of application included a medical, interview process with a panel and a physical test. Andrew will undertake fire prevention, national park maintenance, fire fighting deployment across Australia and man appliances on all total fire ban days.

'As part of accepting this role, I have to relocate, fresh out of school, to Wirrabara forest area to be within 30 minutes of the station, when on call. I’ve been looking forward to this kind of work through most of my secondary schooling.'

'Andrew has always wanted to be a fire fighter, ever since he was young. We’re really pleased for him' said Andrew’s father, Daryl Stewart.

Andrew is certainly taking the slogan: ‘Get The Life You Love’, seriously!

Kapunda High School wishes Andrew well for his future career.

YEAR 9 HOME ECONOMICS

Meal planning

The year 9s have been learning about healthy meal planning and what is involved in catering for a guest. They have learnt about writing invitations, planning a balanced menu, setting tables, serving guests and working to a strict time schedule to meet serving guidelines.

This all culminated with a two course meal for an invited guest on Thursday, 7 November in the Home Economics centre. The photos show the students and their guests enjoying the fruits of their labour.

Mrs Lee-Anne Cummins
COMMUNITY NOTICES

IRISH DANCING
The Celtic & Irish Dance Association is looking for people with dance experience from any background to commence Irish Dance Classes in your local area. Full support will be given to interested parties.
For more information please phone 82505333 or 0405244181
email: info@celticdance.com.au
www.celticdance.com.au

ATTENTION: YEAR 10 STUDENTS
Mid North Engineering Academy
“Engineering your future”

DO YOU CONSIDER YOURSELF A HIGH ACHIEVER?

HAVE YOU GOT THE CAPABILITIES EMPLOYERS ARE LOOKING FOR?

• Are you interested in a career in Metal Fabricating and Welding?
• Do you intend to stay at school and complete Year 12?
• Do you plan to work within the region?

Then the free Mid North Engineering Academy 2014 may be for you!
See your VET Co-ordinator for more details
OR
Further information/enquiries from:
David Hutchinson
Barossa Lower North Futures
0423783843
david@blnfutures.com

Eligibility criteria & Application form available at www.blnfutures.com

PRESENTATION EVENING 2013

Kapunda High School has again had a most successful and eventful year and it is now the time when we are looking to acknowledge the success of our students and their efforts throughout the past twelve months. To do this we rely very much on the generosity of local businesses, community members, organisations, parents and staff of Kapunda High School, to support us. In the past we have been very pleased with the response to our invitations calling for donations to enable the whole community to be part of our school’s success. We again thank you for your continuing support over past years.

We now have pleasure inviting you to contribute towards our awards list this year with a donation of $30 which will go toward a prize for a selected student.

The prize will be awarded at our annual Presentation Evening on Monday, 9 December 2013. We will invite you to attend the evening at 7:00 pm for a 7:30 pm start. Your generosity will be acknowledged on the night and also in subsequent press releases, magazine and newsletter articles. A label with your name on will be placed in the student’s chosen book.

So that we can finalise our prize list in good time, we would very much appreciate if you could reply by Friday 22 November 2013.

Anne Hornsey
Presentation Evening Co-ordinator

Urgent Please return by Friday 22 November 2013

NAME: .................................................................

I am happy to contribute towards the Kapunda High School Presentation Evening prizes. Please find enclosed my cheque/cash for $................., or charge my Credit Card for $ .................:

☐ VISA ☐ MASTERCARD

Credit Card Number
__ __ __ __ /__ __ __ /__ __ __ __ __

NAME ON CARD: ...........................................................

EXPIRY DATE: ___ /___ CVV: __ __ __

ADDRESS: .................................................................PC..............

Signed:.................................................................