WELCOME BACK

We have commenced the year with a total enrolment of 452, including approximately 25 Flexible Learning Options (FLO) students. This compares with 449 at the beginning of 2013.

I would particularly like to welcome new students and their families to our school. We have 97 students commencing Year 8 and a small number of new students across years 9-12.

As I’ve visited a number of classes this week I have been pleased to see very high compliance with all aspects of school uniform and an enthusiastic and positive attitude towards the year ahead.

EXCELLENT YEAR 12 RESULTS

Congratulations to the following students who successfully completed their South Australian Certificate of Education (SACE) at our school in 2013:

Elise Abraham  David Apostolides  Jake Appleton
Tyson Barnes  Ashleigh Beck  Kim Becker
Ryan Bell  Megan Bilney  Toni Blanchette
FROM OUR PRINCIPAL

98% of students enrolled in a full complement of subjects completed their SACE - a fantastic achievement!

Forty three students were eligible for an Australian Tertiary Admissions Rank (ATAR) with Kim Becker (98.55) being the highest and thus DUX of the school. Other students achieving ATARs in the 90s (top 10% of the state) were Ashleigh Beck, Kristel Rentz, Jasmine Hornby, Abby Christian, Amy Hampel and Kelly-Marie Jenner.

Another eight students gained ATARs in the 80's (top 20% of the state).

We were also delighted to learn that there were four merits across the school. These replace the old '20s' and recipients are invited to a ceremony at Government House in February.

Congratulations to the following students who gained merits:

- Jasmine Hornby - Food and Hospitality
- Brittany Modra - Research Project
- Amy Hampel - Research Project
- Ashleigh Beck - Research Project

Over 97% of results were at A, B or C level - higher than the state average.

23% of grades were As - above the state average of 19%

I would like to acknowledge the sustained efforts of teaching and support staff who worked with students last year to achieve these results. Beyond the scheduled classes, many teachers offered out of class tuition, holiday seminars and encouraged out of class email contact.

TERTIARY OFFERS

The majority of our students gained their first preference when the first round of tertiary offers was released several weeks ago.

Good Year 12 results meant that students were successful in obtaining offers for courses with high ATAR cut-offs.

Students have been offered places at interstate universities as well as all three South Australian universities and cover a range of courses including, applied science (human movement), medical science, animal science, journalism and international relations, interior architecture, engineering, science, advanced mathematics, education, psychological science, paramedic science, information technology, sport and recreation management, etc.

STAFFING NEWS

We welcome the following new members of staff this year:

- Penny Hanks - Flexible Pathways and Year 11 Co-ordinator
- Jeanette Venhoek - Mathematics and Flexible Pathways Co-ordinator
- Craig Cope - Information Technology, Business Studies and History
- Cynthia Wang - Maths and Science
- Adele Butler - Home Economics and Science
- Narelle Franklin (Special Education SSO)
- Victoria Kearsley (Special Education SSO)
- Kerrie Dellar (Classroom Support SSO)
Welcome back to Scott Durand who was on exchange in Japan during 2013.

**ANNUAL GENERAL MEETING OF PARENTS**

Please consider attending the AGM of parents on Monday, February 24 at 7.30pm. The main purposes of the evening are to report on the ‘health’ of the school through the presentation of the Annual Report and to elect the new Governing Council.

Unfortunately, attendance has generally been low and over the past five years we have struggled to get a full complement of Governing Councillors.

Ideally we would have a Governing Council that was representative of our school community with parents/caregivers from the Gawler, Roseworthy and Wasleys regions represented as well as Kapunda and Freeling. There is no reason why we couldn’t schedule several meetings ‘down south’ during the year to make things easier.

If you are interested in learning more about what Governing Council does and how it operates, please do not hesitate to contact me or Admin Officer, Sue Coppin or Governing Council Chairperson, Neil Weichert for more information.

Kristen Masters
Principal

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**From Our Principal**

Ms Masters
Mrs Gary-Smith
Miss Rugari
Mrs Hodge
Ms Nash
Mrs Samain
Mr van
Mrs Carpenter

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Keep in touch with the daily events at Kapunda High School via Facebook.

Over the past few weeks we have posted on the following topics:

- First day - extreme heat
- Catastrophic Fire Danger information
- Pedal Prix upcoming meeting
- Welcome to Year 8s
- Office opening times during holidays
- Centenary Foundation fundraising efforts
- Year 12 congratulations on receiving TAFE and University offers

What will be next?

Join the 524 ‘friends’ of Kapunda High and be connected with school life.

Teachers @ KHS

If your child has one of the following teachers, keep in touch with classroom activities.

**Think**

- Is it True?
- Is it Helpful?
- Is it Inspiring?
- Is it Necessary?
- Is it Kind?
Due to the extreme weather conditions forecast, we will be having two shorter photo sessions this year so that we can all cope with the heat.

Students should bring their payment envelopes on the day that their year level is scheduled with either the correct amount of money inside or with credit card payment details. Photos can still be purchased after the day, but direct from the photographers. The cost will remain the same provided the order is received within one week. Thereafter, the cost will need to be negotiated with the photographers.

Students having ‘family’ or ‘friendship’ photos should bring those envelopes with correct money inside or provide credit card details on Tuesday (see schedule).

‘I’m not buying photos this year.’ Students will still be required to have their photo taken for school records and also to receive a student ID card which can be used to obtain student concessions for a variety of admissions, travel charges, school sign in/out and of course, photo identification.

Students should be in full uniform (including footwear per uniform policy) and will be asked to remove any undershirts that are not per the uniform policy. While the photographs are being taken, students are expected to remove all prominent jewellery (including hairpins attached to shirts), wear minimal make-up (per uniform policy), have their collars down and the lowest button of their polo shirt buttoned. Large, non-school colour code hair accessories are discouraged and photographers may request their removal. To comply with photo identification card requirements, hair must also not cover the face.

Students are expected to comply with all instruction given by the photographers and of course, KHS staff to enable a smooth, unharried process. As it may be quite warm on the day, silly behaviour will not be appreciated by peers, photographers or KHS staff as it will undoubtedly delay the process.

Any further enquiries, please contact Ann Richardson at the school, 85 66 2203.

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Tuesday 4 February 2014

Year 8
Year 9
House Captains
Year 12 SRC students
Family
‘Friendship’ photos (maximum 10 friends)

Monday 10 February

Year 10
Year 11
Year 12

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Ph: (08) 8268 7869
Fax: (08) 8268 9048

Dear Parents,

We will be photographing your school on Tuesday 4 February and Monday 10 February.

You will have received a Flyer/envelope for each of your students explaining the products available.

Please ensure that each student returns his/her own envelope even if payment is made in the eldest child’s envelope. Envelopes are not to be placed inside other envelopes

Students are to bring envelopes on Photo Day.

We have an automated system for payments by credit card. You can go online to www.advancedlife.com.au for easy to understand payment instructions. You will receive a receipt number which MUST be written on the order envelope in the space provided. You can also make payments by cash, cheque or money order.

Sibling Photos and ‘Friendship’ Photos are also available for students at the school, please collect a ‘family’ or ‘friendship’ order envelope from your school & return it on the day.

Please don’t hesitate to contact us if you have any queries.

We look forward to seeing all your smiling faces!

Your Team from Advanced Life Photography
Every year students and staff return to school during a time of extreme weather conditions. The importance of physical activity for good health is well known, however it is just as important that the risk of harm to participating students and staff posed by extreme weather is minimised.

KHS encourages a common sense approach to practical physical education lessons with consideration given to the comfort and well-being of all individuals involved. Modification of lesson activities or withdrawal from participation in preference for classroom theory lessons may be appropriate. (This may be the case in circumstances falling outside of the extreme measure such as inclement conditions or high winds)

Extreme heat is defined by Sports Medicine Australia as 36 degrees or above. When PE lessons take place in temperatures of 28 degrees or above the following recommendations are taken into consideration:

- Reduce the length and intensity of games and activities.
- If possible conduct practical lessons before 11:00am.
- Increase the frequency of drink breaks. Provision of water is available from drink fountains in the area. All students should bring a drink bottle containing non fizzy water based fluids.
- Provide or access shade from the surrounding trees whenever possible outdoors when not actually playing.
- Allow and encourage greater player rotation or substitutions to promote recovery.
- Closely monitor students with an increased risk of suffering a heat illness eg. Asthmatics and overweight children.
- Promote and encourage the wearing of school approved appropriate light coloured, loose fitting clothing and broad brimmed hats by staff and students.
- Promote and encourage a Sun Safe Policy – Including the provision of sun block.

It is important to note that ALL students and staff are ultimately responsible for their own health and well-being so whilst opting to wear a hat may not look cool; it’s about individuals making healthy informed choices. As part of the KHS health program, the discussion of lifestyle choices gives students the opportunity to explore decision making in these aspects of safety and wellbeing.


In relation to whole school sporting activities such as swimming carnivals and swimming lessons, temperature and weather conditions are observed each day from http://www.bom.gov.au/ to determine the likelihood of lesson cancellation taking into account the venue surrounds.

Pre Sports Day events such as the 3km and 1500m races are held on separate days at 9:00am the week prior to the school Sports Day to ensure all athletes compete in the coolest part of the day and have adequate time to recover and rehydrate. Weather observations are made during Weeks 5 and 6 with a back up date set in case of postponement.

Tracy Warner
HPE/SACE Coordinator

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**PLEASE SUPPORT THE IMMUNISATION PROGRAM**

KHS will be facilitating the first immunisation session for the year on **Tuesday 18 March**.

Often, students feel anxious about having the immunisation and it is important to discuss this event with your child to help alleviate unnecessary fear.

It has been noted that some adults refer to the immunisation as ‘getting stabbed’ or ‘getting your needles’ - this leads to unimaginable horror to some children and is quite unhelpful.

Some may remain ‘wobbly’ at the prospect or may have had an adverse affect, previously. Parents may therefore, wish to support their child by attending an early session from 8:40am - 9:00am on the day. Please advise Ann Richardson at the school if you would like to do so.

Anxious students can also attend this early session on their own to avoid waiting with their class groups.

Students are encouraged to have the immunisation when their parents have given consent, however, they are never forced. If a student is unwilling, parents will be contacted later by the program nurse.

Please return the consent forms by 16 February (sent home with students this week), regardless of consents given.
This year, along with Flexible Pathways Coordinator, I also begin my role as Year 11 Manager. In this first week of Stage One studies I encourage students to engage widely with the opportunities that are available to them at school, and consider the ways that they can be prepared for their working life. The senior years of school can be challenging and rewarding and will provide memories that they will reflect upon for the rest of their lives. This is a time where teacher/student relationships evolve, and many students begin to recognise that they will achieve more by working with their teachers, each other and the network of support around them. Ultimately, we are all here to help each student gain the best results they can and open up opportunities for their futures.

The team of Year 11 Home Group teachers, and I, look forward to working with, supporting, encouraging and mentoring these young people as they begin their journey through Senior School. We also acknowledge the impact on student outcomes of our positive relationships with parents and caregivers, and encourage them to call or email us with any concerns or questions over the coming year. Often the earlier we can address issues, the better the outcome for the student, and the less impact it can have on their education. We are better positioned to support students if we are aware of any factors that may cause the student concern.

Education at school occurs in many ways other than just the classroom. For instance, school provides opportunities for students learn to interact with others, involve themselves with community and consider the effect of their actions upon others. There are many upcoming events which will help students prepare for world after school. These include:

- **RYDA** - a day of activities where students can consider the effects of alcohol and drugs upon their driving abilities and develop relationships with the wider community
- **Year 11 Camp** - opportunities for students to develop relationships and working with a team skills, and learn how to navigate the public transport system
- **Mock Accident** - a realistic demonstration of the impact of car accidents
- **Australian Business Week** - KHS Year 11 students have a tradition of being involved in this week long activity which provides many learning opportunities including developing communication and team building skills, as well as an insight into the competitiveness of the business and advertising worlds. Students can gain 10 SACE points through their involvement in this program.

Alternatively, students may wish to explore work and open up opportunities through a week of voluntary work experience (this option will not earn any SACE points).

More information will be provided about each of these events closer to their dates.

Students will also be involved in school community events such as Sports Day, Swimming Carnival etc. We welcome parents and caregivers to be involved as well.

Please feel free to contact your child’s Home Group teacher or myself at any time. We look forward to working with students and parents in 2014.

Penny Hanks
Year 11 Manager

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**KHS PEDAL PRIX 2014**

**AGM**

Pedal Prix Meeting:
4 February
5:00pm Eringa Conference Room

Parents and friends of our school community are welcome to come along and learn more about this fantastic program, especially if your child was involved in 2013 or would like to be involved this year.
This week I begin my role as Flexible Pathways Coordinator at KHS. I have felt very welcomed by all the staff, but would particularly like to thank Kristin Hodge and Ann Richardson for their support as I settle into my new role.

I am very much looking forward to working with students over the coming year, whether they are already a School-based Apprentice, undertaking Vocational Education Training or considering a pathway that will prepare them for working life.

Many students are focused on taking a University Pathway after they leave school, whilst others may be contemplating undertaking a trade, or working within an industry, that does not require a degree, but which will often involve some sort of formal training. Furthermore, lots of students find this time of their lives very confusing, and are unsure about which direction they would like their career to take. I firmly believe that each student's goals are unique and will happily discuss possible courses, and training pathways they can undertake, and how they can still gain their SACE, whilst preparing for their career. There are many possibilities available to them and some students are able to focus their energies more, when they feel they are contributing to their own future, through VET learning.

If students (and/or their parents or caregivers) have any ideas they'd like to discuss, please feel free to call the school or contact me by email: penny.hanks857@schools.sa.edu.au and make an appointment, so we can look in more detail at opportunities. Some courses attract funding but these have strict deadlines, so the earlier students are enrolled in a course, if they are considering one, the better.

I am also happy to meet with students who are struggling to focus a pathway they would like to follow when they leave school. Firstly, we will aim to select a general industry area, and then I will make suggestions, and support students, as they explore the industry and try to refine their choices a little more. I have many career planning resources and information brochures available in my office. I encourage students across all year levels, to discuss their ideas at any time.

Many opportunities for VET learning within a school environment are available to students through the KENTTC (Kapunda, Eudunda and Nuriootpa Trade Training Centre), with still more becoming available in the near future. Other students may consider undertaking a variety of courses available to them through TafeSA or other private Registered Training Organisations through a day of off-site learning. Often, students can drop a subject or two, and the VET training will contribute points toward their SACE.

The opportunities for VET learning and preparing for the world of work, whilst simultaneously gaining SACE, are vast. I look forward to working with, and for, students this year.

Penny Hanks
Flexible Pathways Coordinator

The KHS vocal group will start up in Week 2 at lunch times on Tuesdays.

Students who attend free vocal lessons at school are required to attend. All other students are very welcome - all ages, male and female, all abilities!

We hope to compete in the Balaklava Eistedfodd this year in July.

If you love singing, come along!

Victoria Newbold
Music teacher

Year 8 Parents and Friends
‘Welcome and meet the teachers’ BBQ

Wednesday, 5 February
from 5:30 to 6:30 pm under the gym verandah.
Sausage sizzle and icecream/salad, tea/coffee and cordial provided.
To help with catering, please RSVP to victoria.newbold614@schools.sa.edu.au

ALL WELCOME!

Victoria Newbold
Year 8 Manager
### STAFF ROLES 2014

#### LEADERSHIP TEAM

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Kristen Masters</td>
<td>Principal</td>
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<tr>
<td>Kathy Champion</td>
<td>Deputy Principal</td>
</tr>
<tr>
<td>Liz Gary-Smith</td>
<td>Assistant Principal (Learning Support, Literacy &amp; SOSE)</td>
</tr>
<tr>
<td>Victoria Newbold</td>
<td>Co-ordinator, English, The Arts</td>
</tr>
<tr>
<td>Rob van der Wijngaart</td>
<td>Co-ordinator, Science</td>
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<tr>
<td>Jeanette Venhoek</td>
<td>Co-ordinator, Maths/Digital Technologies</td>
</tr>
<tr>
<td>Penny Hanks</td>
<td>Flexible Pathways (VET, Work Experience, etc)</td>
</tr>
<tr>
<td>Tracy Warner</td>
<td>Co-ordinator, Health &amp; Physical Education, SACE</td>
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<tr>
<td>Peter Norde</td>
<td>Co-ordinator, Student Well-being, FLO</td>
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<tr>
<td>Sue Coppin</td>
<td>Administration Officer, Finance</td>
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#### YEAR LEVEL MANAGERS

<table>
<thead>
<tr>
<th>Year</th>
<th>Manager</th>
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<tbody>
<tr>
<td>Year 8</td>
<td>Victoria Newbold</td>
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<tr>
<td>Year 9</td>
<td>Rob van der Wijngaart</td>
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<tr>
<td>Year 10</td>
<td>Nathan Brady &amp; Dani Ryan</td>
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<tr>
<td>Year 11</td>
<td>Penny Hanks</td>
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<td>Year 12</td>
<td>Tracy Warner</td>
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#### SUPPORT STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Sue Coppin</td>
<td>Administration Officer, Finance</td>
</tr>
<tr>
<td>Kaye Clancy</td>
<td>Student Services, Clerical, Finance</td>
</tr>
<tr>
<td>Ann Richardson</td>
<td>Secretarial, Clerical, Mentoring</td>
</tr>
<tr>
<td>Stephanie Bishop</td>
<td>Clerical</td>
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<tr>
<td>Jack Mickan</td>
<td>ICT Network Manager</td>
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<tr>
<td>Adam Kibble</td>
<td>ICT Assistant</td>
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<tr>
<td>Shalee Birajdar</td>
<td>Laboratory Assistant, Curriculum Support</td>
</tr>
<tr>
<td>Kerry Brown</td>
<td>Resource Centre Assistant</td>
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<tr>
<td>Anne Hornsey</td>
<td>Resource Centre Assistant</td>
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<tr>
<td>Madonna Dolphin</td>
<td>Curriculum Support, Mentoring</td>
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<tr>
<td>Emily James</td>
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<tr>
<td>Leanne Laubsch</td>
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<td>Miné van der Bank</td>
<td>CPSW</td>
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<tr>
<td>Andrew Mickan</td>
<td>Activities Co-ordinator</td>
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<tr>
<td>Steve O’Donnell</td>
<td>Groundsperson</td>
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<tr>
<td>Peter Murphy</td>
<td>Handyman</td>
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<tr>
<td>Deb Hook</td>
<td>Canteen Manager</td>
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<tr>
<td>Mel Coulter</td>
<td>Volunteer Groundsperson</td>
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#### TEACHING ROLES

<table>
<thead>
<tr>
<th>Name</th>
<th>Subjects</th>
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<tbody>
<tr>
<td>Nathan Brady</td>
<td>Technology Studies, PE</td>
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<tr>
<td>Karen Bromley</td>
<td>Agriculture, Science</td>
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<tr>
<td>Adele Butler</td>
<td>Home Economics, Science</td>
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<tr>
<td>Tony Cameron</td>
<td>Science, Electronics</td>
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<tr>
<td>Erin Carpenter</td>
<td>English, Media Studies, Drama</td>
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<td>Kathy Champion</td>
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<td>Craig Cope</td>
<td>Business &amp; Enterprise, ICT, Society &amp; Environment</td>
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<td>Lee-Anne Cummins</td>
<td>Home Economics</td>
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<td>Ben Dobb</td>
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<td>Scott Durand</td>
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<td>Christie Ewens</td>
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<td>Grigor Fahlbusch</td>
<td>Art, English &amp; D2C</td>
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<td>Tony Gabb</td>
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<tr>
<td>Liz Gary-Smith</td>
<td>Society and Culture, Research Project</td>
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<tr>
<td>Kristin Hodge</td>
<td>Workplace Practices, Community Studies</td>
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<td>Stuart Hoerisch</td>
<td>Art</td>
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<td>Natalie Knowler</td>
<td>Psychology, Science</td>
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<td>Mark Leslie</td>
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<td>Kristen Masters</td>
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<td>Greg McLachlan</td>
<td>English, Literacy, Pedal Prix</td>
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<td>Jill Nash</td>
<td>Research Project</td>
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<td>Music, Psychology, English</td>
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<td>History</td>
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<td>Craig Ramsay</td>
<td>Science</td>
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<td>Shani Robinson</td>
<td>Health/PE, English</td>
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<tr>
<td>Madeleine Rugari</td>
<td>English, Drama</td>
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<tr>
<td>Dani Ryan</td>
<td>Japanese, SOSE, PLP</td>
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<td>Megan Samain</td>
<td>Health/PE, SOSE</td>
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<tr>
<td>Neville Sloper</td>
<td>Technology Studies</td>
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<tr>
<td>Robert Stansborough</td>
<td>D2C, Maths, Agriculture</td>
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<tr>
<td>Trish Sweet</td>
<td>Art, Personal Learning Plan</td>
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<tr>
<td>Carolyn Thorne</td>
<td>Music</td>
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<tr>
<td>Ian Turrell</td>
<td>English, Media Studies, Society &amp; Culture</td>
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<tr>
<td>Dave Tye</td>
<td>Maths</td>
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<td>Cynthia Wang</td>
<td>Maths, Science</td>
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<td>Rob van der Wijngaart</td>
<td>Science</td>
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<tr>
<td>Tracy Warner</td>
<td>Health/PE, Maths</td>
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10 WAYS PARENTS CAN WORK WITH TEACHERS TO SUPPORT CHILDREN’S LEARNING

1. KNOW WHAT YOUR TEACHER IS TRYING TO ACHIEVE
2. KEEP YOUR EXPECTATIONS REASONABLE AND POSITIVE
3. SUPPORT YOUR TEACHER’S EXPECTATIONS AND ACTIVITIES AT HOME
4. SEND KIDS TO SCHOOL READY TO LEARN AND ON TIME EACH DAY
5. INFORM US EARLY OF YOUR CHILD’S CHALLENGES AND CHANGES
6. SKILL CHILDREN TO WORK WITH OTHERS
7. RESPECTFULLY SEEK JOINT SOLUTIONS TO PROBLEMS AND DIFFICULTIES
8. PARTICIPATE FULLY IN CLASS AND SCHOOL ACTIVITIES
9. TRUST YOUR TEACHER’S KNOWLEDGE, PROFESSIONALISM AND EXPERIENCE
10. TALK UP WHAT HAPPENS AT SCHOOL

For information from Michael Grose about raising exceptional kids...

2. Visit parentingideas.com.au to find ready to go resources and books
3. For the best parenting ideas and great advice join the Michael Grose Parenting community at facebook.com/michaelgroseparenting

phone. 1800 004 484 parentingideas.com.au
GOVERNING COUNCIL NOMINATION FORM
KAPUNDA HIGH SCHOOL

Nomination for Election Form

I ____________________________ nominate to be elected as a member of Kapunda High School Governing Council.

In doing so I declare that:

• I have not been declared bankrupt and do not receive a benefit of a law for the relief of insolvent debtors.

• I have not been convicted of any offence of dishonesty, or of a sexual nature involving a minor, of or violence against a person.

I understand that should I be declared bankrupt, receive a benefit of law for the relief of insolvent debtors or be convicted of any of the offences listed, my membership of Kapunda High School Governing Council will cease.

Signed:_________________________________   Date:_________________________________

Neil Weichert
Chairperson
Light Regional Council Australia Day Young Citizen of the Year Melanie Kruse, a Year 12 student of Kapunda High School, has always been one to ‘have a go’, help others and is a leader among her peers and community. These positive attributes led to Light Regional Council’s 2014 Australia Day Young Citizen of the Year Award to Mel who couldn’t believe her luck. ‘Mum had to read it to believe it’, Melanie said.

Sport plays a big part in Melanie’s life, being selected for many teams, both State and national in football, indoor cricket and also representing her school in athletics, swimming, netball and basketball as well as playing cricket for Kapunda and umpiring netball and much more.

By taking on non-traditional work roles, Melanie has completed her Certificate I in Construction and is working on her Certificate III in Bricklaying. By competing in sporting events, Mel has actively promoted the Kapunda area by her positive attitude and outlook. Her commitment and perseverance provide a positive role model for her peers. In the past 18 months, Mel has been selected in several State Teams:

- 2012 South Australian Secondary School Sport U16 Girls Football Team (competed at the Australian National Championship in Adelaide).
- 2013 South Australian U18 Youth Girls Football Team - competed at the Australian National Championships in Shepparton Victoria.
- 2013 South Australian U20 Womens Indoor Cricket Team - competed at the Australian National Championships in Brisbane, Queensland.

She has played an active role in the school community:

- Member of the Student Representative Council (SRC) / Prefect at KHS since Year 8.
- Participant of Doorways 2 Construction Program at KHS and has attained a Certificate I in Construction and is currently completing a Certificate III in Bricklaying.
- A Pedal Prix competitor for eight consecutive years, starting at age 10 in Primary School.
- Represented KHS in athletics, swimming, football, netball, basketball at local and regional levels.

She has completed work placements with a local builder and one work placement with a building supply firm whereby both gave her glowing references.

Mel was presented with a Certificate of Outstanding Merit at the 2013 Barossa District Rotary Club VET Student of the Year Award Presentation Evening, recently.

Mel also plays a very active role in the wider community:

- In 2014, she was Junior Rural Ambassador for the Light Agricultural Show (and helped with setting up, cleaning up and performing in the role of steward in the horse events). Whilst performing her role, Mel assisted in a first aid incident, from that experience she now has a keen interest in becoming a paramedic.
- In 2013, she attended RYPEN - Rotary Youth Leadership Camp.
- She plays basketball for Allendale Basketball Club (B Grade) and was presented best player for the 2013/13 season for her team. In 2012/13 she coached an U12 basketball team for Kapunda. She umpires Basketball on Monday and Wednesday afternoons/evenings.
- In 2012/13 she played Cricket for U16 Kapunda boys’ team on Saturday mornings and would then head to Adelaide to play SACA Women’s Grade Cricket in A & B Grade for TTG/ Northern District Bullets. In 2013 she played indoor cricket for Brahma Lodge.
- She previously played netball for Kapunda Netball Club (however had a break in 2013 for cricket commitments).
- Mel has also attained her bronze medallion, bronze cross and senior first aid and is currently completing her swimming instructors’ course. Whilst a junior swimming instructor in January 2013, she worked with a special needs student to assist in teaching water safety in and around the pool. She is also a qualified pool lifeguard.

(Information courtesy Barossa & Light Herald website)
Parents/caregivers at our school are informed by mobile phone Short Message Service (SMS) each time their child is away from school.

At Kapunda High School, student attendance and safety is a high priority.

We know that students who attend regularly are more likely to be successful and safe at school. To support this, we inform parents/caregivers about any unexplained absences for their child.

The school expects parents/caregivers to contact the school in advance if they know their child is to be absent.

An SMS test message is automatically sent to the mobile phones of parents explaining that our records show that your child is absent from school. The message will read as

```
KHS records show Jane Jones is absent MON 3/3/14. Pls reply SMS or ph school on 85662203 ASAP
```

The message arrives on the phone displaying the number, '0428937348'. Parents should store this number in their mobile phone under 'Kapunda High School' so that when the message arrives, the parent is aware the message has come from the school.

Parents can then reply by pressing the reply option on your mobile phone when you receive a message from the school and add your son or daughter’s name, year, date of absence and the reason they are absent or late.

e.g. Steven Scott, Year 11 was sick yesterday (Tuesday 15 November)
Text version = `Steven S yr11 sick Tues 15 Nov`
OR by phoning the school office or sending a note explaining the absence.

Please note that the 0428937348 number is text only, and we will only receive messages from phone numbers recorded in our text messaging database.

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**Miné’s Medley**

Welcome back to another year at Kapunda High School! A big welcome to all our new families. I hope your child has enjoyed their first week at Kapunda High School.

February starts tomorrow and during the month there is a challenge called FebFast. It is a challenge to kick a bad habit, start up a new one or just detox from something for the month. It made me think about some of my bad habits - that as usual feature brightly in my New Year's Resolutions! I bite my nails - horrid, I know - but have managed to stop (for this month at least!).

This February, I will be pledging to take a break from digital overload! It involves MINIMAL use of my phone, no Facebook (WHAT?) and minimal email. I am not sure if I will be able to last the 28 days, but will be hoping for the best! Hoping my husband and family keep me honest and on track!

For more information on FebFast, visit www.febfast.org.au!

Here’s to a refreshing 2014!

Miné van der Bank
Christian Pastoral Support Worker

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**Kapunda High School Centenary Foundation Scholarship and Education Grant 2014 Award Evening**

is to be held on Tuesday, February 11 at Kapunda High School Front Lawn of Eringa
6:30 pm - 8:00 pm.

Come along and support our successful senior students.
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.

IMPORTANT NOTICE
NEWSLETTER EMAILS
REGISTER PLEASE!

In 2013 Kapunda High School launched an improved website, acting as a portal for all your school news. As part of the improvements we invested in new mailing list software. This software allows users to subscribe and unsubscribe at will and be more in control of the news they receive.

To receive the newsletter link by email, log onto www.kapundahs.sa.edu.au and sign up to the mailing list situated at the bottom of the page.

All Year 8s receive the first newsletter as a hard-copy for Term 1, Week 1 newsletter.

While we encourage our community to register online, we understand that for some, this is not a feasible way to obtain the newsletter. If this is the case for you, please complete the tear-off slip below and return to the school administration office to ensure that you are registered on our hard-copy distribution list.

Register online or complete the tear-off slip below to ensure you continue to receive the newsletter. Thank you

NEWSLETTER

Please register my child’s name on the school’s hard-copy newsletter distribution list.

Student Name:

Signed: __________________________

Name: __________________________
Starting secondary school is a time of change and uncertainty, which places new demands on kids. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make. Getting used to new subjects and new teachers, as well as forming new friendships are just some of their challenges during this period.

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly as it’s accompanied by the potentially unsettling transition from childhood to adolescence. It’s no coincidence that children’s learning levels out in the transition year presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the 3 P’s to assist your young person to settle in:

1. **Patience**
   
   Be patient and understanding in the early weeks. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel nervous in new circumstances. Let them know that many of the difficulties they face will be temporary.

2. **Positive attitude**
   
   Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in problems with the appropriate person such as a year level coordinator, but give your young person time to handle them on their own before seeking help.

3. **Process their day**
   
   Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They can be sensitive to many things, which they would have shrugged off in primary school. It helps if you can listen without judgement and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off some steam in the safe and stable environment of a loving family.

   If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school’s culture and communication methods.

   Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools one aspect is the same – *outcomes for students is maximised when schools and parents work together in the best interests of the student*.

   One way to support your young person’s school is by actively promoting the schools’ values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

   Most importantly, talk your young person’s new school up, rather than talking it down as kids of all ages take their cues from the most significant adults in their lives- their parents!
Tuna Sushi 3.50
California Sushi (crab meat) 3.50
(Sushi available only Term 1 & 4)

Sandwiches/Rolls
Cheese & Salad 3.00 3.50
Roast Chicken 3.00 3.50
Roast Chicken/Lettuce/Mayo 3.50 4.00
Roast Chicken with the lot 4.50 5.00
Ham 2.00 2.50
Ham/Cheese 3.00 3.00
Ham & Salad 4.00 4.50
Egg/Lettuce/Mayo 3.00 3.50
Little Mo’s Pizza Scroll 4.00
Little Mo’s Vegemite Scroll 4.00

Sauces - Tomato, Mayo, Mustard Pickles .50
and Curry

Salad extras - Lettuce, Tomato, Cucumber, Grated Carrot, Cheese, Egg, Sundried Tomato .70

Healthy Choice Packs
Small Tossed Salad 220ml 4.00
Large Tossed Salad 550ml 5.00
(Salad includes lettuce, cherry tomatoes, cucumber, carrot sticks, cubed cheese & 1/2 boiled egg)
Ham & Roast Chicken Add 1.00

Hot Foods
Chicken Nuggets (3pk) 1.50
Chicko Rolls 2.50
Com Jack 2.00
Chicken & Com Roll 2.00
Spicy Chicken (pce) 2.00
Chicken & Garlic Ball (2pk) 2.00
Spring Rolls (3pk) 2.00
Hash Brown 1.00
Chicken Burger, Lettuce & Mayo 4.00
Sweet Chilli Chicken Burger 4.00
Baguette, Lettuce & Mayo 4.00
Southern Chicken Baguette, Lettuce & Mayo 4.00
Southern Chicken Bites (3 pk) 2.00
Oriental Chicken Bites (3 pk) 2.00

Extras: Cheese, cucumber, tomato carrot, sundried tomato or olives Add 1.00

Healthy Choice Snacks
Low Fat Muffins
Assorted flavours 1.50
Paul’s Vanilla Custard 2.00
Bulla Frozen Yogurt Strawberry, Raspberry, Fruit Salad, Mango 2.50

Drinks/Iceblocks
Bottled Water 600ml 1.50
Aqua Pura (flavoured water) Berry, Apple & Raspberry, Tropical 3.50
Nippy’s Reduced Fat Milk 375ml 2.20
Chocolate, Honeycomb, Mocha 3.50
Nippy’s Iced Chocolate or Honeycomb 2.20
500ml (Fat reduced milk) 2.00
Pura Classic Chocolate 2.50
Berri Juice 350ml Apple & Blackcurrent 2.20
Apple, Orange, Multi-V, Pineapple 2.50
Just Juice 2.50
Zooper Dooper 1.50
Nippy’s (Assorted) Fruit Juice 500ml .60
2.50

Hot Foods
(Winter menu only)
9” Aust. Garlic Bread 2.00
Allied Chef Lasagne 4.00
Macarone Cheese 4.00
Spagheti Bolognase 4.00
Tucka Tubs - Chicken & Rice 4.50
Beef & Potatoes 4.50
Chilli Beef 4.50
Cheese Toastie 2.50
Ham & Cheese Toastie 3.00
Little Mo’s Pizza Slice 2.50
Southern Chicken Slice (3pk) 2.00
Oriental Chicken Bites (3pk) 2.00
NOTICES

YEAST 8 CAMP REMINDER

The first camp will be in
Week 3, Wednesday 12 - Friday 14
February.

The second camp will be in
Week 5, Wednesday 26 - Friday 28
February.

Please pay
outstanding
amounts to
front office as
soon as possible.
Students not
attending camp
are required to
attend school as
normal.

SCHOOL MAGAZINE

The 2013 school magazine is available at the
front office for purchase at $20 each.

2014 Magazines may be ordered at the front
office of the school now and during year.

If you ordered your 2013 magazine and
haven't collected it yet - please do so from
the front office at your earliest convenience.

Attention Year 11s

Are you interested in Canberra, our constitution,
the Australian parliament, meeting fellow
students from around Australia?
The Rotary Adventure in Citizenship is held May
10 - 17 in Canberra. One delegate from a school
is selected to attend and whilst in Canberra are
hosted by a Rotary family or friends along with
a delegate from a different state. Delegates are
sponsored by their local Rotary club or pay their
own way or some combination of this with fund
raising, the cost is $1000. The website www.raic.
org.au gives more information or Mrs Hodge has
a pamphlet. Chloe Trotta, a Yr 12 student from
KHS last year is happy to come to school and talk
about this project; she was an attendee in 2012
and really recommends it.

VISITORS TO KHS

Please be advised that from
3:30 pm on Tuesdays, the front
office will be closed, due to
various staff meetings.

Material Services & Charges

Options for payments can be made per the
information package (To be finalised by
27 September 2014)

Instalment options
Suggested payment
dates:

14 Feb 2014
14 March 2014
2 May 2014
6 June 2014
25 July 2014
22 Aug 2014

Bank Details:
Bank SA
BSB 105-006
Acc No. 057125140
Family ID: eg SMIT10
(Left hand side of invoice)

SA Healthfirst Solutions, in conjunction with the
Light Regional Council, will again be conducting an
Influenza Vaccination Program at Kapunda High
School.

Consent forms, available from KHS Administration
office to be returned on the day with
payment ($22).