FROM OUR PRINCIPAL

Growth mindset, resilience and 'grit' - building blocks for success

This week I attended two school events that made me think about the central importance of attitude and effort.

On Tuesday night, a number of our students performed at our annual music evening at the Kapunda Institute. It was great to see them perform polished pieces to an appreciative audience but while I was sitting there I wondered about how many hours of practice they had done to get to the stage where they could perform in public. How many 'dodgy' notes had they played before they got them right?

On Wednesday evening, I attended the session organised by our Learning Support team to explore employment pathways for students with learning difficulties. Our Apprenticeship Broker, Nicholas Mathew, was the guest speaker. One of the key things he shared from his experience of working with employers over many years was the importance of positive comments and effort grades on reports. His view was that someone who got 'C' grades and excellent effort was far more likely to gain a school based apprenticeship than an 'A' student with inconsistent effort.

In a newsletter last year I wrote about the difference between people with a fixed mindset who believe that achievement is a result of natural talent and...
Year 8 students, Joshua Pasfield, Taidan Press-Damaini, Sarah Zito, Madison Roehrs & Bevan Darke enjoying their lunch break on the lawn.

As you would be aware, the last several weeks have been quite difficult for a number of our students following the passing of one of our Year 11 students, Jacob Dunbar (Delaney). Our thoughts continue to be with his family and friends.

In that context I would especially like to acknowledge the work of our Student Wellbeing team led by Peter Norde, Shani Robinson and Mine Van der Bank, Year 11 Co-ordinator, Penny Hanks and the wider staff team for their support of our students.

Before the end of the term, we will have a special memorial assembly where we can focus on Jacob’s contribution to our school and his role as a friend to many. Prior to this, letters will be sent home with details so that you can make decisions regarding your child’s attendance at the assembly.

Kristen Masters
Principal

Please Note:

The second immunisation session previously planned for Tuesday, 10 June has been postponed until:

Tuesday 1 July (Week 10)
Year 8 girls & boys
& Year 9 boys

Any queries, please contact Ann Richardson at the school.

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Students enjoyed knockout style activities with Drew Mickan. The Toilet Roll balance, Gumboot Toss and Non-musical Chairs were some of the games. Congratulations to Dylan Copeland who won the overall activity, which ended with Heave Ho.

This Swedish lawn game is thought to have originated during the Viking Age and is sometimes described as a combination of bowling and horseshoes. The object is to knock over wooden blocks by throwing wooden batons at them.

The staff team won this game, but students will be aiming to win the next one!

Jack Mickan, Kerry Brown and Ben Dibb formed a staff team, playing against students in a game of Kubb last Friday.
The Year 11 Agriculture students had a great opportunity to participate in a Lamb Marking practical held at Neil and Roxanne Weichert’s property.

Both Roxanne and Neil gave students instructions and students took up the challenge; having a go at each task. Amy Anson (left) was keen to give some comfort to the waiting lambs.

Rob Stansborough
Agriculture teacher
Hello,
Due to a recent tragedy with in our school community I thought might be timely to have a focus on loss and grief. The information attached to this newsletter is adapted from the Child and Youth Health website which is also my website of the week. This information was compiled by Mr Fahlbusch for staff to assist in their support of students.
If you have any concerns about this or other things related to school, please contact me through the school.

Peter Norde
School Counsellor

Material Services & Charges
Options for payments can be made with the school (To be finalised by 27 September 2014)

Instalment options
- Suggested payment dates:
  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)
Hello, my name is Jesse Rawson and I am an aboriginal student. I attend a program which is only for aboriginal students called SAASTA, which stands for South Australian Aboriginal Sports Training Academy. Three other senior students and I attend the program every Friday at Gawler District College with other students from Craigmore, Nuriootpa and Gawler. There are also some extra days during the year for special occasions or events.

It is not compulsory and students sign a contract before they begin. SAASTA tries to achieve the highest results, with their students trying to raise the bar of expectation for aboriginal students. SAASTA students are encouraged to be role models, grow as strong people and have a good attitude at all times as we not only represent SAASTA, we also represent our schools, families and communities.

The SAASTA program involves improving literacy and maths skills, learning football skills, a TAFE course for Certificate III Sport & Recreation and first aid training to enable skill development for future pathways which can lead to coaching, personal training and other options. Another opportunity is to play in a Power Cup (inter-academy) football game.

In the mornings we enjoy a cooked breakfast at the college as the coach says that we need to eat before we do any training or go through the day on an empty stomach.

A uniform is given to us to wear at all times during the program. We designed the football Guernsey as a group and got to wear them at the Power Cup event. SAASTA gives young aboriginal students the opportunity to play sports, learn about their culture by actually finding out where they come from and to meet new people. Some students can meet people from their own tribe/group.

The people that I come from are the Pitjantjatjara from Alice Springs, Central Australia. I didn’t meet anyone from there, but I did meet some people from other places and that was really interesting as I could see how different the languages were. I enjoyed making some new aboriginal mates.

I felt we all join into one and became one big family as no one was discriminated against and we are all there for the same reasons. There are lots of young aboriginal people willing to do this program and see where it takes them.

SAASTA has a number of academies across the state, including Ceduna, Christies Beach, Coober Pedy, Gawler, John Pirie, Le Fevre, Maitland, Mawson Lakes, Port Augusta, Port Lincoln, Salisbury and Whyalla.

Jesse Rawson
Year 11 student
Wednesday, 11 June, eight girls travelled to Balaklava to compete in the first round of Knockout Netball. We played against Balaklava, Clare and Horizon schools. The girls started out really well against Balaklava and then let a 4 goal lead slip by the end of the first game, next a close win against Horizon by 2 goals and then the girls were thinking about their lunch too much when it came to the game against Clare.

Thank you to Imogen Hook, KHS old scholar, who umpired for us all day and thanks again to Ultimate Engineering and Maintenance for the loan of their bus.

The girls showed great sportsmanship throughout the day and the new uniforms were a hit with other schools and the team. The team ‘selfies’ were apparently needed!

Megan Samain
Netball Coach

Back L to R - Caitlin Kelly, Hayley Higgins, Elise Shephard, Shaye Toet & Emily Patrick
Front L to R - Madi Rose, Adele Laubsch & Jessica Read
COMMUNITY NOTICES

KAPUNDA ROTARY CLUB
are seeking host families for their Youth Exchange Program. If you are interested in being one of the host families (for around 3 months), please contact Andrew Amos on 0414 741 145.

MID NORTH JUNIOR GOLF
MONTHLY COMPETITION – ALL WELCOME
Sunday, 29 June 2014 at Balaklava Golf Club
18 hole players with handicap – register at 8:30am for a 9:00am tee off
Full 9 hole players will follow on from the 18 hole players
9 hole shortened course – tee off time 9:30am
$10 casual fee for non members or $50 annual membership (March to November)
Drinks & lunch are included. Please confirm your attendance for catering purposes via email to Christine Gumm on bluegumms@hotmail.com
For more information contact
Christine Gumm – Mid North Junior Golf
Co-ordinator Mobile 0404 981 985

2014 | 2015 Entertainment™ Book and the new Entertainment™ Digital Membership!

We have sold 38 books with a profit of $494 dollars! Two entertainment books remain which we are selling off for $50. Please contact the school if you would like one.

Payment to KHS Administration Office.

Music Career Development Scholarship 2014

SCHOLARSHIP INCLUDES $50,000 WORTH OF PROFESSIONAL PRODUCTS AND SERVICES:

- Your own album produced
- Professional photo shoot
- Professional video clip
- 500 copies of your CD
- Website
- Biography
- Publicity blurs
- Electronic press kit
- Business plan
- Career building consults and
- Media coaching

All you need to crack the big time!

Applications close 31 July 2014

For more information visit www.pacificinternationalmusic.com or www.jmusicaustralia.com.au
Grief is the term used to describe the feelings we have after a loss. It is natural to feel overwhelmed with emotions like pain, anger, and sadness. Sometimes you can even feel numb. Loss can come into our lives in lots of ways, and it affects each of us differently. One of the biggest and most difficult losses is the death of someone really important to you. There are many types of loss where you might experience sadness, confusion, and anger.

* The death of someone you love
* The death of a pet
* Your parents or other important people splitting up or getting divorced
* Separation from a parent, both parents and your family
* Separation from friends or your community
* Moving away from home or leaving your country
* Splitting up with your partner
* Being forced to give up something you want to keep (like your job, your child, or your home)
* Losing your job
* Leaving school or university
* Losing the ability to do things through disability.
* Becoming really sick or seeing someone else become really sick.

When we have a loss in our life, we go through reactions of grief. These reactions and feelings are different for everyone. You always feel loss in your own unique way.

When you grieve you might notice some of these feelings. You might not feel all of them, and you might not feel them in the same order.

* Denial, shock, or disbelief - ‘It hasn’t really happened’, ‘This isn’t real’, ‘I must be dreaming’, ‘She is just fooling around’, ‘He will be back’. This is like a temporary relief and helps you to avoid getting completely taken over by grief.
* Questions, questions, questions - You try to make sense of the loss. These might be related to feelings of guilt - ‘Why didn’t I?’; ‘If only I had…’, ‘I should have…’; or confusion - ‘What is going on?’, ‘I don’t understand’, ‘What happened?’.
* Anxiety - Loss can be scary. You might think about your future - ‘What will I do?’, ‘How will I cope?’; or have a fear of losing control - ‘I’m going to lose it…’, ‘I can’t stop it…’, ‘What else might I lose without me being able to stop it?’.
* Anger - Anger comes from other feelings, like feeling abandoned, hurt, or scared. You might express anger in many ways. You might direct your anger at people you think caused the loss. ‘Why did you…?’; ‘You always…’, ‘You never cared’ - or feel helpless - ‘I couldn’t stop it’, ‘I can’t change anything’, ‘I can’t cope’.
* Sadness, crying, depression. Sadness might feel like a black cloud over your whole world. You might long for what you have lost. You might lose interest in life - you don’t want to go out, see or do things you usually do. You might feel loneliness, or feel you have no one to turn to.
* Reality and acceptance and adjusting to new life patterns - You realise what has happened and the pain does not hurt so much. Everything is different but the struggle is not so huge. Life goes on with the memories and experience of knowing what you once had. You start looking toward the future.

Coping with Grief

Grief affects you in lots of ways. Not only do you have a rush of emotions that can be hard to cope with, but you might also do things that can be harmful!

* Some people might use drugs and alcohol to try and cover up the pain or make it go away. Some think using drugs or alcohol is the only way, or a good way to deal with the pain. But this method may just ‘put off’ or prolong the natural process of grief, as well as doing you harm.
* Some might hurt other people. It’s natural to feel angry when you grieve. Anger is sometimes the emotion you show when there are a whole heap of other emotions happening underneath. If you think you’ve no safe place to express yourself or don’t understand what’s going on, you might turn anger on other people. Anger is a natural emotion; violence is a chosen behaviour. Anger can be expressed in a safe way without hurting others.
* Some might hurt yourself. Choosing to hurt yourself is only one choice to express the pain that is happening for you. There are lots of other ways you can choose to express yourself.

If you have chosen any of these things, it can be useful to talk to someone you trust or find other ways to express yourself. Some people express themselves through art or music, others like to write down what feeling tired, having no energy. You might find you get sick more easily.

These feelings can happen at any time and for any length of time. You might have more than one at once. You might feel really good one day and awful the next. Special times like Christmas, birthdays, or anniversaries can be difficult. You may return to a feeling and go through it again. Sometimes it can feel worse in the morning, or as you are about to go to sleep.

Sometimes you might wonder if you will ever feel ‘normal’ again. You will - gradually the pain is with you less often and life finds a new sense of meaning.

If you find you are stuck in one of these feelings and not gradually moving on over time, it would be a good idea to talk to a counsellor about it.
they are feeling. This can also be a stepping stone to explaining how you feel to other people.

**TIPS TO HELP**

* Accept your own feelings - understand that what you are feeling is natural. Let yourself cry, talk about the loss, or have a laugh. Check out the stages of grief. Let yourself feel what you are feeling. The feeling will pass.

* Express your feelings - talk to someone you trust. Write a letter, poetry or a journal. Paint, draw or sing. Express what you are feeling - your fear, your hurt and your loss. Talk about what you have gained by knowing the person or having the experience you have had. Talk about the good and not so good times.

* Ceremonies or memorials can be important. They are opportunities to share your grief with other people, or help accept the end of a part of your life. This is an ending of one phase in your life and the beginning of a new one. Maybe you could do something special with friends and family, like have a remembrance meal.

* Take each step at a time - live each day as it comes. Understand and accept disruption in your life. Take control of things you can. Understand there are things you have little or no control over. Give yourself permission to grieve.

* Move forward - what have you learnt from that person, place or experience? What memories do you have? How have they become part of your life? How might you carry these memories? Will you share them with children or others? What place might these skills, attributes, stories or knowledge hold in your future?

* Support is essential. Talk to a friend, family or someone you trust. Sometimes it might feel people ‘don’t understand’ or ‘get sick of your grieving’. It can be useful to check out a counsellor or have a network of supports in your life.

* Have a laugh - your sense of humour can be a great tool at any hard time. It is OK to laugh at things you would usually laugh at. Advantages of laughter are that they give you just a little break from the pain and release healthy, healing chemicals into your body.

* Celebrate your memory - plant something as a living memorial. Carry or wear something that reminds you of the person who died or the thing you have lost. Create a memory book or journal with photo’s, stories, pictures or poems. Put up a photo or something else that reminds you of that person. Spend time at a place or doing things that you used to do.

* Explore your spirituality - Meditate or spend some time with nature. Use your own personal spirituality to explore what death or loss means to you.

* Change - be open to new ways of doing things. When it feels right, start something new. Don't feel guilty about this, it is part of healing and you will never lose what your relationship with the person you have lost has given you.

* Be aware - it is natural to become more dependent on others immediately after a loss. It is not useful to keep this going for a long time. Keep an eye out for signs that indicate that you are not gradually feeling better. Give yourself a pat on the back when you do things for yourself.

* Reward yourself - be kind to yourself. Do things you like doing. Treat yourself to things that make you happy. When you feel ready, do something to help someone else. Soak up the enjoyment as much as you can!

* Think about and maybe record the things you have learnt - what have you noticed about yourself in this time? What have you found hardest? How did you overcome the hard things? What did you find easiest? What does this tell you about yourself? What have you learnt about your life? What beliefs have you gained, let go of or are new to you? How might you use this knowledge in your future? If you write it down, you will see how you are gradually feeling better.

Grief affects different people differently. Some people don’t like to make a fuss; others let everyone know how they are feeling. Men and women are treated differently in our society. This can mean they may express their grief differently. Different cultures and religions see death, loss and grief in different ways. How you express your grief and the meaning you give to loss will be in your own way, based on your own beliefs and view of the world.

When you are grieving for someone or something, it is natural to feel that you are alone in this. Everyone in the world has to deal with loss. Know that you are not alone, and reach out to others. Some may not be good at supporting you, but all will understand what you are going through.

**HELPING SOMEONE WHO IS GRIEVING...**

Be a good listener
Grieving people need to talk about their loss, acknowledge that they have been through a difficult experience. You can’t fix their grief but you can be there, hear their story, and share their journey.

Be a shoulder to cry on
Allow them to cry with you, crying helps the release of emotions and this helps with healing.

Be in touch with them
Drop in, call on the telephone and say ‘I was thinking of you today’ write a letter, message, send an email, and remember special days like Christmas, birthdays and anniversaries.

When someone has experienced a loss, there will be big and small adjustments to be made in their lives. These could bring uncertainty, frustration, fear, sadness and change as each new day comes along. Grief is about adapting to change in life, thoughts, hopes, beliefs and the future.

Be a friend
Often being there is all that is needed to support someone who is grieving.