The Year 11 snow trip was an awesome week. 23 students along with Mr Stewart, Ms Tulloch, and Ms McDonough spent a day in Canberra, visiting the War Memorial, Parliament House and Questacon and then headed toward Jindabyne. After what seemed like forever, we arrived at Bullock’s Flat and were greeted with our ski’s or boards, helmets, goggles and who could forget those every so comfortable ski boots! Off to our accommodation we went...looking for warm showers and a nice hearty meal. Vika’s Lodge provided us with both! We were up early the next morning to start our lessons and before we knew it we were sliding, skidding and skiing down the slopes of Blue Cow! The last day saw us gather up courage and off to Perisher we went.

The three days we spent at Blue Cow and Perisher were fantastic. A big thank you to the three teachers that organised and made our last school excursion such a memorable time, and to Paul and Daniel from Simes Bros Coaches and of course Vika’s Lodge—Jindabyne.

Holly Mitchell, Year 11.
Kyogle High School has been a busy place over the last fortnight. We hosted, under the leadership of Jason McKee and the SRC, the North Coast District SRC Conference. We accepted nominations for 2015 School Captains and Leaders have begun elections. Our Year 12 Music had a performance night. Our Year 11 returned from a terrific snow excursion as our Year 10 get ready to go to Great Keppel or work experience. Year 12 are busy completing applications for Early Entry to universities, tidying up HSC performances in Music and Drama and students have submitted major works in Textiles, Industrial Technology, Extension English 2 and Visual Arts. We have three students attending Stewart House in Sydney for two weeks and many getting excited about Kyogle Billy-Kart racing and buying a Year 12 student for a day.

I have said it on Assembly and I have said it in newsletters but I am so proud of our staff and the way they continue to provide great learning opportunities for all our students. There are too many staff to name individually who have been involved in not just the events named above but in a multiple of other ways across the learning environment.

I am proud of our students and each of their accomplishments. We have students attending State Athletics, students who look after others, students who arrange year group events and students who come every day and do the right thing. Last year we introduced a new Award, Principal’s Medal, and we are beginning to see worthy students applying for this. We want to celebrate all that is terrific about our young people.

Have a great week

Janeen Silcock
Principal

Raising teenagers is one of the most rewarding yet frustrating job many of us will ever do, and I like most parents are often wondering if I am getting it right! I have been reading an interesting article by Michael Grose, an Australian author on parenting, called “Raising Space Cadets”. The article talks about the importance of working with our children to teach them to ‘learn to stop and think before reacting’ to ensure that their school experience (and social life) is a fulfilling and rewarding one. It is a simple strategy of schooling our children that when something evokes an unpleasant emotion (anger, frustration or anxiety) that they STOP: avoid reacting impulsively. Take deep breaths; THINK: what happened? How are you feeling? What are you thinking; ACT: How can you best respond?

I do believe that it does take a village to raise a child and the importance of positive parent-school partnerships is increasingly important in a society where the challenges are different from when we were kids. If you have the time, visit the following website for some great strategies they may help your child have a better experience at school. www.skoolbag.com.au.

Mrs Gae Masters
Deputy Principal

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Mrs Gae Masters
Deputy Principal

Struggling with Assessment Tasks?
Lots of students and their families struggle to complete the assessment tasks set by the classroom teachers for any number of reasons. It might be that the task is super hard or it might be as simple as you have run out of paper at home to print. Help is at hand! If you or your student are struggling to get your head around a task, your student can make an appointment at the learning centre to get some help to finish off that task during the school day.

Sonya Soulsby
Learning and Support Teacher

From the Deputy’s Desk

Year 7 2015 Enrolments
We are now taking enrolments for Year 7 2015.
If you have been sent an enrolment form please return it completed to the Front Office as soon as possible.

If you have not received an enrolment form and would like one or know someone who is interested in enrolling their child at our great school please contact the school on 6632 1300.

Flu season is here!
Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

- Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
- Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching eyes, nose or mouth. Germs spread that way.

If your child is sick please do not send them to school; we are unable to look after sick children all day. Parents will be contacted to collect their child. Thank you.

Office Staff

Week 7 & 8 FOCUS - Respect and Care for One Another & Arriving and Leaving School

Kyogle High School students speak to others how we would like to be spoken to. We treat people equally, speak up for those that cannot speak for themselves, show kindness and compression and support one another in times of need.

At Kyogle High we enter the school grounds as soon as we arrive at school, we are sensible at the bus stop, follow bus drivers and teachers instructions.
Athletics Success

On Friday the 1st August a large contingent of students made the effort to travel to the Coffs Harbour International Sports Stadium to represent Kyogle High School and the Northern Rivers Zone at the North Coast Regional Athletics Trials. Congratulations to the following students for their various achievements on the day: Brittany Alvos, Kyle Armstrong, Nathan Farragher, Marty Ferguson, Jenna Jones, James Leese, Lily Martin, Kayla Matthews, Mpi Mayangi, James McPaul, Carleta Owen, Mikailah Piggott, Shania Porter, Jakob Smith, Kodii Stephen, Holly Walters and Sam Walters.

This carnival set the scene for students to test their abilities against other students throughout the region from Kingscliff to Kempsey and this year we had a number of students that were successful in qualifying for the CHS State Championships to be held in Sydney starting on the 4th of September this year. We would like to wish the following students all the best at State Athletics this year: Sam Walters for shot put, James McPaul for 100m, 200m & 400m track events, Marty Ferguson for shot put & discus, Shania Porter for 200m & 400m track events and Mikailah Piggott for the 100m sprint. Mr Rasborsek—Sports Coordinator

Kyogle High Sports Star

Name: Miles Brown Year: 9 Sport: Tennis

Why is Miles a Kyogle High Sports Star?
Miles first picked up a tennis racquet as a seven year old and took his first step onto a tennis court right here in Kyogle. He remembers fondly of his school holidays being spent at tennis holiday camps which he claims to be the start of the enjoyment and success he has gained from the sport. Miles is now our very own Kyogle High tennis star who is currently ranked in the top 1800 players in Australia, nationwide against other top players such a Lleyton Hewitt and Bernard Tomic. As a member of the Junior Development Squad for future tennis stars, Miles humbly acknowledges that there is still a lot of hard work to be done before he accomplishes his goals in the sport, but when we did some investigation it is clear that Miles is well on his way to being very successful at his chosen sport. Miles took some time to answer a few of our questions.

What is your highest achievement in the sport?
I was selected in an U/15 boys’ team to represent NSW at the Brisbane Teams Event. This is a tournament where you play teams from other States and Territories around Australia and also some international teams from around the globe.

What is your most recent achievement in Tennis?
Last weekend, I just won the Medibank Junior Development Squad Tournament. I also made selection in the U/16 boys team to represent the North Coast at the CHS State Tennis Championships which is to be held later on this year in Term 4 down at Sydney. This is the second year in a row that I have made this team.

How much training per week are you involved in?
I usually have two coaching sessions every week. One session is a private session with the coach and the other is with a tennis squad. I also complete 1-2 running sessions every week to maintain general fitness and compete nearly every weekend in tournaments to develop my match fitness.

What are your future goals in Tennis?
I am working towards having a ranking of 1000 or lower in Australia by the time I finish school. I also want to be selected again for the NSW State Team to compete in the Brisbane Teams Event against national and international competition. For the short term though, I am looking at competing in the Champions of Champions Tournament in Grafton which is another Junior Development Squad (JDS) tournament that I am attempting to make top 8 in, so that I can progress to the next level and eventually end up playing in Sydney which will be a major JDS event.

We would like to wish Miles all the best in his efforts to achieve his sporting goals in the future. If you know of anyone who has had outstanding success in sport recently or you yourself would like to share your sporting accomplishments, please make a nomination at the PDHPE staffroom. Each KHS Sports Star that gets published in the newsletter receives a $5.00 canteen voucher for their achievements.
McCrindle Research study surveyed 961 Australians on the number of hours they spend each day viewing, browsing, interacting, engaging, playing, and listening to electronic media channels. It must be time to put the screen down and read the newsletter and do a puzzle.

Last Week’s winners: Daniel Williams and Reagan Friederich

Question for this week: Can my 60cm umbrella, fit into a cylinder that has a 30cm diameter and has a height of 40 cm?

Mr Essery’s Year 8 Technology class has been busy this term making Movies!

“We had to get into groups and form a scene about any topic we were interested in. We learnt about how to film and take pictures on a video camera. It’s a pretty interesting and fun topic. When we finish our movie we will present them to the class’.

Neve Petherbridge, Year 8

Our Year 12 Drama students are performing their pieces next Tuesday 26th August at 8:30am. We wish them all the best and congratulate Ms Bobbie Sharpe on guiding this group of students!

GREAT KEPPEL ISLAND EXCURSION

On Sunday, 21st of August, 47 Year 10 students will be accompanied by four teachers as they head off to Great Keppel Island. The group are very excited and are looking forward to snorkelling, sailing, surfing and some fun in the sun!

We have celebrated the “Reading Hour” for Saturday August 16 by reading during lunch Monday & Tuesday. Lisa Price and Jayden King won a $5 Canteen Voucher for their efforts on these days.

So many books are turned into film and we will spend Thursday and Friday watching a movie, where we can listen to stories. (You will need a ticket for entry. See Mrs Kershaw)
Your PDHPE Faculty:
This term the PDHPE Faculty has been busy introducing new sports to the students at Kyogle High. In Core PE lessons, students have been enjoying the fast pace action of Ultimate Frisbee, a game where two teams battle it out by scoring goals using a frisbee. They have also been undertaking a unit in Lacrosse, which is a game played with a net attached to the end of a stick and students are required to pass the ball around and shoot it into a goal. Additionally, the elective PE classes known as the subject PASS, has been enjoying participating in AFL as part of a term long unit called Australia’s Sporting Identity. This unit looks at the history of the development of sport in Australia and engages students to participate in Australian based sports such as AFL, Netball and Cricket. Once this unit is complete, they will then venture into the world of international sports such as Gridiron and European Handball. PDHPE Department

SOUTHERN CROSS UNIVERSITY HEADSTART PROGRAM
SCU HEADSTART is a program that allows Year 11 students to complete a university subject while still at school. There are three subjects offered – Communications in Organisations, Engineering Project and new for 2015 – Biology. The selection process includes a comprehensive application and recommendation from the school based on academic performance. There will be an INFORMATION MEETING – 1PM Monday August 25 – Kyogle High School Library. Interested Year 10 students and their parents are invited to attend.

TVET
Students in Year 10 who have selected a TAFE course for 2015 and Year 11 students who would like to change their TAFE course must complete an Expression of Interest Form.
Forms are available from Mrs Riesinger and must be returned no later than Wednesday August 27.

YEAR 12
Year 12 are extremely busy making decisions regarding their future options. Year 12 students are reminded to check their school emails as relevant information regarding Universities, Scholarships, Resume templates and possible job vacancies are sent via this media. Please read all emails and act upon this information if it applies to you.

YEAR 10 WORK EXPERIENCE - (Students NOT attending the Great Keppel Island excursion)
Reminder that Work Experience forms are now due.

Richmond Valley Council will be offering a number of full-time apprenticeships and traineeships as well as school-based apprenticeships. Council will be hosting a careers evening on Thursday 28 August in the Casino Community and Cultural Centre between 4pm and 6pm. Years 10, 11 and 12 students with parents/carers are welcome to come along.

P&C Dinner
Thurs 4th September
$25 per head
Please leave name and money at the Front Office

Volunteers are URGENTLY required for our Canteen. If you can spare a couple of hours a week or fortnight please Call Faye Rose on 6632 1300.

CANTEEN ROSTER

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