Thursday 18 September 2014

Great Keppel, Great Time!

In Week 8, Year 10 went on an excursion to Great Keppel Island. First we took a 12 hour bus trip to Rockhampton and from there caught a ferry over to our destination. Once on the stunning island, we participated in many activities including boom-netting, snorkelling and kayaking, which were all incredible experiences for us. It was by far the most luxurious place to be staying and we met so many wonderful people from places like Italy, Mexico and England. Whilst on the island, there was never a cloud in the sky which allowed us to soak up every bit of sunshine. The water was crystal clear and the sand was pristine white. On the way home we stayed in Bundaberg for the night, which was then followed by a trip to Australia Zoo the next day. Overall our journey was absolutely magnificent and we would like to say a massive thankyou to Mr Taylor, Mr Deszecsar and Mrs Bryant for coming along and enjoying the time with us. The biggest thank you to Ms Sharpe for being the best Year Advisor, organising this excursion, as well as making our time there something we will never forget.

Kirra and Cate Year 10
Farewell to Year 12 2014

Year 12, you have reached another milestone in your life. Today is the last day you have formally arrived at school. It is a long way from your first day at preschool where some friendships that formed then, continue to exist today.

As you exit here today there are lessons learned beyond the rigour of the syllabuses that I hope you carry with you in life. I have thirteen lessons from thirteen years of school.

Lesson 1. Seventeen or eighteen years ago you were born into a family. They gave you the most precious gift…a name and a sense of belonging to generations. Take care of it and your family.

Lesson 2. Act with honour and integrity. You are characterised by how you behave towards yourself, family, friends, community and other people.

Lesson 3. Life isn’t fair. Accept that and do not let this make excuses for not rising to challenges.

Lesson 4. Work hard…few things come easy. There are few people who are born into wealth…most have to work hard to get anything worth having…love, strong relationships, jobs, promotions.

Lesson 5. Parents and carers were like you once…young with few responsibilities. They worked hard despite life not being fair. They have nagged you and cleaned up after you…they do this because they love you. Make sure you say thank you.

Lesson 6. Be grateful…we have taps with clean running water, we have family and friends and we live in a democratic country where bombs and terrorists are not familiar. We can access medical treatment, education and are surrounded by clean air. We have a lot to be grateful for.

Lesson 7. Say thank you…to those who played a part in your life. Say sorry if you make a mistake…they are small words that are powerful.

Lesson 8. Don’t be a bully…care about others and show compassion. You cannot know what other things are going on in people’s life.

Lesson 9. Be brave…dare to try new things and allow being scared to be okay. Remember you have people in your life who will pick you up if you fall.

Lesson 10. Don’t whinge…remember lesson 6…be grateful. Not going to a party, not getting your license first time round, not attending schoolies, having mince two nights in a row, not having your own car and no new apple 6 phone…These are not first world problems.

Lesson 11. Just be the best you can be with no regrets.

Lesson 12. Smile…laughter can make a difference to you and to those around you.


Continued next column............

To the parents and carers, we say thank you. Over the last 18 months vocabulary such as ATAR, VET, early entry and assessment tasks were bouncing of the walls and your lives. You have most likely cooked, washed clothes, nagged, ignored the messy bedrooms, picked up papers and wondered what you could say that would be right. You have had a chance to watch these young people grow into gorgeous young adults who are beginning to find their way in the world.

To the staff, thank you for your efforts. You always go above and beyond what is expected in your work. You have all contributed to them achieving in their lives and supported them in ways not always recognised by results in a HSC exam. To the SASS staff, Canteen, cleaning and grounds staff thank you for giving your best to support these students.

To your Year Advisor, Lindy Ruangsri. You have been their strongest advocate and their high school mum. While parents and students are feeling teary about their son or daughter today…spare a thought for their Year Advisor who is trying to let go of more than one.

Kyogle High School and all our local feeder primary schools, our whole community, parents, friends, grandparents, local sporting and cultural clubs have been part of your lives to this day and we wish you the best in your exams, in your future and in the many moments that will make your life great.

Jimmy Barnes said “Everyone can sing. They just have to find the right song for their voice.” Year 12 2014…find your song, find your voice and may you sing loudly and often throughout your life.

Year 12 2014 all the best for your HSC exams and your future.

Janeen Silcock
Principal

From the Deputy’s Desk—Gae Masters

During the last fortnight I had the pleasure on two occasions to represent Kyogle High School in our community.

The first event was the Inaugural Billy Cart Derby where KHS was well represented by students either in the Schools Event or as individuals. It was so much fun being part of this day and I am already looking forward to it next year.

I also attended the Kyogle Quota Club meeting where I was presented with a cheque for $1000 for the continuation of the Year 10 Love Bites Program. It is very generous of the Quota Club to donate this money but also highlights the positive links the school has with the community. A huge thank you to the Kyogle Quota Club.

Currently, Year 6 students coming to KHS next year have been experiencing ‘taster’ lessons on a Wednesday afternoon. These lessons have been made possible with a generous donation from our P&C and have been a huge hit with our future students. Thank you to our P&C. I wish everyone a wonderful break over the holidays and look forward to returning for a very busy Term 4.
Name: James McPaul  Year: 10  Sport: Athletics

Why is James a Kyogle High Sports Star?
James knew he was always a fast runner from his days playing league, but it was not until recently he unleashed his natural athletic ability and took to sprint track events in running. Over the recent months gone by, James has been on a fast learning curve in the running world. He has gone from the ‘quick kid’ on the footy field to being the second fastest sprinter in Australia for his age in a highly contested track event and also a CHS Athletics State Gold medal Champion and Bronze medal winner. Athletics must be in the blood for this keen athlete as James’s aunty Louise McPaul held an Australian National record for javelin until recently. With such talent flowing through him, we are certain to see bigger things yet to come from James in the running world. James took the time to fill us in on his achievements.

What were your most recent achievements in Athletics?
At the CHS Zone Athletics carnival I came first in the 100m, 200m and 400m track events and broke the 400m record for my age group (15Yrs Boys). At CHS North Coast Athletics I once again came first in the 100m and 400m track events for my age and placed second in the 200m event. Then at CHS State Athletics I came first in the 200m track event in a time of 23.30sec which was fast enough to beat the currently ranked second fastest male in Australia for my age group. I also managed a third placing in the 400m track event in a time of 54.00sec. My 100m event was not the result I wanted as on paper, my personal best time of 11.60sec was fast enough to maybe win on the day in the final but due to a hectic schedule and recovering from an ankle injury I was not able to get the result I would have liked.

How much training per a week are you involved in? What sort of diet do you have to have with these sports?
I complete sprint training Monday –Friday for around 1.5 hours each session and then do a 2 hour session every Saturday, leaving Sunday as a rest day. I try to eat as healthy as I possibly can; nice lean meat and fresh vegetables. I’ve been really working on keeping my diet healthy.

What is your favourite sport – league or athletics?
I am struggling to decide what I should really focus on because I find league really fun and it’s a good way to keep fit. My recent athletics results have really changed my way of thinking and I have to now work out what I should train more for.

What are your future sporting goals?
I am currently preparing for the All Schools Championships, which is in three weeks’ time down at Homebush in Sydney. From there I also hope to gain selection to compete at Nationals. Eventually it would be nice to represent Australia at the World Titles or even the Olympics.

As you’ve just read, James has certainly achieved a lot in a very short period of time. We would like to wish James 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.

Mr Brad Rasborsek—PDHPE Teacher

Education Week Awards
In early September 2014, a number of people in our learning community were recognised with Education Awards. These were presented in a ceremony at Lismore. Congratulations to: Bobbie Sharpe for her work in the Performing Arts and the Lantern Parade, Kendal Bryant for her work on introducing students to the world of Robotics, Susan Tulloch for her leadership in the building of the new TAS Block, Jenny Kershaw in leading technology and 21st Century learning in our library, Michael Donnolley for his work in P&C and IGA who support the school in a myriad of ways.

Mrs Janeen Silcock
Kyogle High School has launched a Facebook page. We are joining Facebook as we are hoping it will be an effective way to get out alerts and short messages to our school community very quickly. *Add the app to your phone or search for us on the Internet.*

**Careers Corner**

Congratulations to Year 12 students who have completed university entry requirements.

**Reminder:** Students applying for university need to complete scholarship applications by the relevant due dates. Please see Mrs Riesinger ASAP if you are unsure about these dates.

**SCU HEADSTART** applications have been submitted and the results of this will be available in Term 4.

**SCU Unibound Year 7 excursion.** – Thirty Year 7 students have the opportunity to attend a workshop day at SCU Lismore campus on Thursday October 16. Permission notes were handed out this week and are due back by October 10. As there are limited places notes need to be returned ASAP.

**Year 11 – SCU** will be holding their annual Seniors Day at the Lismore Campus on October 30. Information and permission notes will be issued early next term.

**Work Experience**

A number of Year 10 and four Year 9 Work Education students completed Work Experience at the beginning of September. The placements were varied including nursing, hairdressing, mechanics, baking, childcare and retail to name a few. I would like to take this opportunity to thank all of the businesses that support this important and worthwhile program. *Mrs Riesinger—Careers Advisor*
Combined High Schools State Athletics Championships

I have been so fortunate to assist these students reach for their dreams.

- **Mikailah Piggott**: State level 100m Sprinter, she will achieve her goals in the future.
- **Sam Walters**: 5th in Discus, 5th in Shotput. 5th in the State in both, a great effort.
- **Shania Porter**: 2nd (Silver Medal) 200m and 4th in the 400m.
- **James McPaul**: 1st (Gold Medal) in 200m and 3rd (Bronze Medal) in the 400m.
- **Carleta Owen**: Reached the State Championships in high jump but injury limited her training and she decided to attend the Year 10 Excursion.

Shania Porter’s and James McPaul’s efforts in the 400m final only two hours after competing against the states best 200m sprinters was exceptional. Other students also have trained and maintained their efforts and enthusiasm and will, with improved techniques, also find future success.

Some of the abovementioned students chose to chase their athletic dreams rather than attend the Year 10 excursion to Great Keppel Island. For six months they have trained and as their coach I was so proud to see them achieve so much.

These students represented their North Coast Region, their Northern Rivers Zone, their School and themselves with great honour. They should feel great pride in their efforts.

Larry Condon—Athletics Coach

On Friday September 5, six SRC members, Eloise, Rosie, Brayden, Holly, Estelle and Jayme volunteered their time to participate in the Legacy Badge Day. These students, accompanied by Legacy members, visited businesses in Kyogle selling Legacy items in order to raise funds for legacy.

This organisation helps women and children of the men who have lost their lives serving their country in the past wars. It is a great foundation and we thank all the businesses in Kyogle for donating money and buying goods for this important cause. We students had a lot of fun and would definitely volunteer our time again.

*Eloise, Holly & Estelle - SRC*

KYOGLE SHOW TIME

Calling….MISS TEEN: 12-17 Years

All entrants are to meet at the Kyogle Show Office—
Saturday 27th September at 10:30am

Winners will be announced at the Grand Parade.
 Please call Amanda 0429 637 341 for all enquiries

School resumes on Tuesday 7th October 2014 for all staff and students.

Uniform Shop will be open on Wednesday 8th October 2014

8.30am to 9.30am

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The canteen is always looking for more volunteers. If you can help out please phone Faye Rose on 6632 1300.