

KEMPSEY HIGH SCHOOL NEWSLETTER



Issue 8, Term 4 2016

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2017 School Leaders Take the Reins



The 2017 school leaders have taken the reins of leadership following their induction at a formal assembly held towards the end of term 3. The new leaders are:

Captains: Sean Groth and Ashlee Stanton;

Vice Captains: Kate McMillan and Cooper Wilson;

Prefects: Jack Powick and Jessica Welsby .

Voting by students and staff followed a nomination process which included speeches by all candidates to the assembled school. All eleven candidates spoke well



about their future role as school leaders and are to be congratulated for standing for a leadership position. During the ceremony, the outgoing leaders invested the new leaders with their badges and were thanked for their service to the school over the past year. The outgoing leaders were Drew Walsh, Merinda Kyle, Kyle Willhite, Kate Harwood, Abigail King and Jennifer Mitchell. It was straight down to business for the new leaders . They met to prepare to lead groups of the Students Council in various school projects. They represented the school at the Remembrance Day commemoration, led school assemblies, chaired the Year 12 Farewell Assembly, the Year 12 Formal and Presentation Night.

2017 Calendar

January

Friday 27	School Development Day
Monday 30	Years 7, 11, 12 commence
Tuesday 31	Years 8, 9, 10 commence

February

Thursday 2	Swimming Carnival
Wednesday 8 To Friday 10	Year 11 Study Skills Camp

April

Friday 7	Term 1 ends
Monday 10 To Friday 21	School Holidays (includes Easter)
Monday 24	School Development Day
Tuesday 25	ANZAC Day
Wednesday 26	Years 7-12 start Term 2

June

Monday 12	Queen's Birthday Holiday
Friday 30	Term 2 ends

July

Monday 3 to Friday 14	School Holidays
Monday 17	School Development Day
Tuesday 18	Years 7-12 start Term 3

September

Friday 22	Term 3 ends
Monday 25 To Friday 6 October	School Holidays

October

Monday 9	Years 7-11 start Term 4
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December

Friday 15	Term 4 ends for students
Tuesday 19	Term 4 ends for staff



kids health
the children's hospital at Westmead
Child Health Promotion Unit

CPR Training for Parents

WHAT WOULD YOU DO IF A CHILD STOPPED BREATHING?

Learn life-saving skills
FREE online CPR program at cprtrainingforparents.org.au

The Sydney children's Hospitals Network
care, advocacy, research, education

The Children's Hospital at Westmead has made an online learning platform to deliver a FREE CPR program. Go to atcprtrainingforparents.org.au The program is designed to teach the steps involved in CPR for a baby (aged less than 12 months) or a child (aged over one year), which can also be used on an adult.

Award For Public Service

The Kempsey High School Recycling team was named a finalist in the 2016 Premier's Awards for Public Service. The program was named in the Keeping Our Environment Clean category along with major projects including the Sydney Trains Cleaning team, the Broken Hill Lead Clean Up and the Newcastle Steelworks site remediation. The program reduced the annual quantity of waste to landfill from 376,000 litres to 73,440 litres (a reduction of 80.4%). The program saved the school \$12,000 in waste collection annually and Kempsey Shire Council \$1697.49 in NSW Government waste levy charges. This saving has been directed to the provision of more playground seating and refrigerated filtered water bubblers as an incentive for students to recycle.

Winner Winner Chicken Dinner



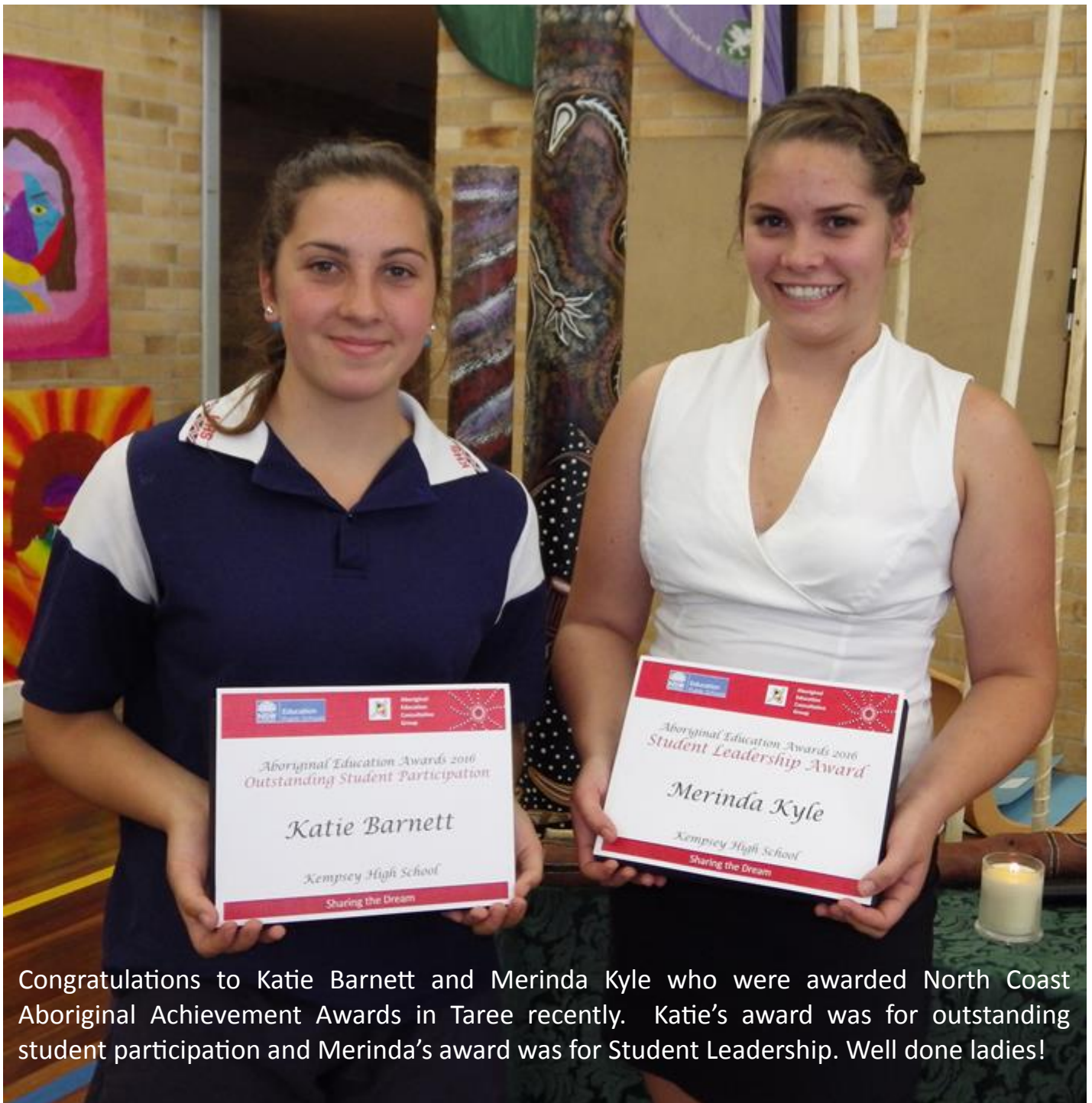
A team of seven Year 7 students won an Encouragement Award at the 2016 Rec YA Shorts film festival shown at the Slim Dusty Centre. Joel Berry, Declan Dries, Jason Herbert, Clay Hickson, Ben Lever, Nicholas Murray and Mitchell White were awarded the ETC Encouragement Award and received a GoPro for the school. The boys' short film is called "Winner Winner Chicken Dinner" and follows the adventures of three boys who have run out of cash and hatch a plan to feed themselves with a chicken dinner.

Happy New Year 2017 Greetings Quotes

We wish all parents, students and families a Happy New Year.



North Coast Aboriginal Awards



Congratulations to Katie Barnett and Merinda Kyle who were awarded North Coast Aboriginal Achievement Awards in Taree recently. Katie's award was for outstanding student participation and Merinda's award was for Student Leadership. Well done ladies!



2016 School Reunions



Targeted Sports Trip to Sydney



Twenty-three boys attended the end of year Targeted Sports Program excursion to Sydney recently. The boys did the Bondi—Bronte return hike and had a day at Wet N' Wild Sydney. The boys met the Parramatta NRL squad including star players- Corey Norman, Tim Mannah, Semi Radradra and Frank Pritchard along with the first grade coach Brad Arthur. At Bronte Surf Club the group met Max the life guard from Bondi Rescue.





Volunteers Luncheon

The annual luncheon for the volunteers who give their time to assisting in the canteen and the breakfast club was held in the Red Onion Café towards the end of term 4. Twenty volunteers were able to attend. They were treated to a five star meal prepared and served by the hospitality students. About 600 hours were donated to the school by volunteers for these two programs during 2016. We thank all the volunteers sincerely for their strong support of the school.



Bulletin Board

312 SQN

ARE RECRUITING

Thursday 12 February 2017, 5:30pm
Kempsey Defence Facility, Cnr Middleton and Lachlan Sts

FOR MORE INFORMATION, CONTACT:
0408 486 859 or email admino.312sqn@aafc.org.au

AUSTRALIAN AIR FORCE CADETS

www.aafc.org.au

High Achievers

Several students have achieved highly in sport in second semester at the NSW Combined High Schools Athletics held at Sydney Olympic Park.

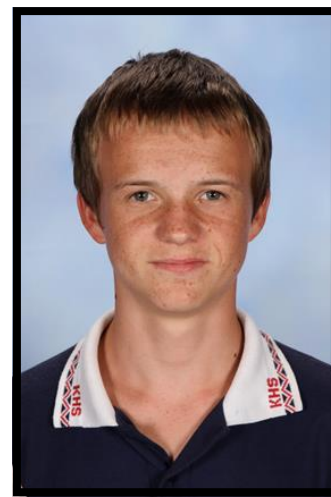
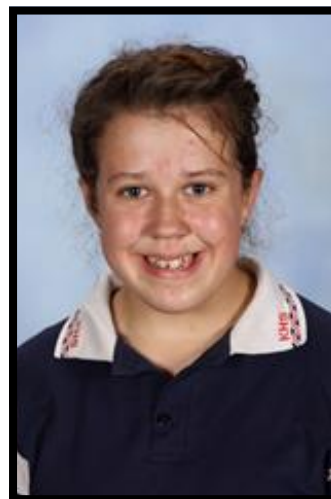
Jarno Dolezal came third in the u14 Boys 100m (11.67 secs.) , Sarah Fry was 12th. in the u15 Girls 200m AWD (38.17), Jai Sammartino was 9th. in the u15 Boys Shotput (13.07m) and 9th. in the Discus (45.58m) and Jake Davison was 8th in the u16 Boys Long Jump (6.05m).

The Boys Relay team of Jake Davison, Jarno Dolezal, Jai Sammartino (taking Thanakorn Phakphai's place) and Cooper Wilson were 22nd. (49.08 secs.)

Jarno Dolezal also competed in the NSW All Schools Track and Field Championships held at Homebush. Jarno took 4th. place in the 100 metres final with a time of 11.69 secs., narrowly missing a bronze medal by 0.17. In the 200 metres, Jarno took 5th. place in the final (24.86 secs.)

Zac and Emma Bell qualified for the Australian Martial Arts Championships - Zac for point sparring, freestyle and demonstrations and Emma for point sparring, freestyle and weapons. Both needed to qualify through two rounds prior to reach nationals.

In an open powerlifting competition competing against adults, 15 year old Jai Sammartino lifted 135kg (backsquat), 150kg (deadlift) and 100kg (benchpress). 17 year old Khai Martin lifted 150kg (backsquat), 210kg (deadlift) and 100kg (benchpress). Congratulations to these eight talented athletes.



Kempsey Family Day Care Inc.

Offering Child Care Vacancies



- Family Day Care: 0-12 year olds - In the Educator's home
- In Home Care: Care in the Child's home
- Out of School Hours Care: 5- 12 year olds. Available at Aldavilla, Frederickton & South West Rocks public schools

Child Care Benefit & Child Care Rebate available for all Services

- Career opportunities also available: offering child care while working from home

Read all about us at our new website:
www.kempseychildcare.com.au

Or contact us to discuss your interest: Email kfdcadmin@tsn.cc
Phone 6562 6387

On the weekend of the 26th. to 28th. August 2016, Thanakorn (Darm) Phakphai won a gold medal at the Boxing Australia Golden Gloves tournament held in Brisbane. Darm won his gold medal in the under 60kg junior A division. He was selected in the A squad Boxing Australia camp to move forward to select a squad for the 2020 Tokyo Olympics. We all wish Darm well in his quest. Photo: Darm is congratulated by NSW Country Cockatoos player, Teacher, Mr Adam McCormack.



2016 PARENT SURVEY

Parents / Carers of students in Years 7-12 are asked to complete the survey included with this newsletter and return it in the reply paid envelope provided

Coaching the kids at Kempsey West



Thirty students studying the Physical Activity and Sports Studies course completed their annual sports coaching assessment at Kempsey West Public School earlier this term. In the lead up to the coaching session, the students learnt, prepared and practised how to deliver a coaching session. The feedback received from the primary school staff indicated that our students were exceptional in their responsibility, politeness, attitude and preparation. All the students thoroughly enjoyed the experience. We thank Kempsey West for this opportunity.



John Lincoln Youth Award



Earlier in the term, School Captain Drew Walsh received a John Lincoln Youth Community Service Award from the NSW Order of Australia Association. The award was presented by Vice Chancellor of Macquarie University, Professor S. Bruce Dowton.

The association formally recognised twenty-three young people including Drew who do so much for their communities across NSW.

Drew received his award for his service to young people and the community through his leadership at school and in agriculture, sport and scouting.

His service work as School Captain and as a leader in these fields has empowered other young people. Drew has assisted other students to build their skills, self-confidence, sense of worth and character.

The school will long remember Drew's days of arduous voluntary participation in the 2013 Macleay Valley flood recovery effort repairing fencing and clearing debris for farmers in need.

His huge commitment of time given to coaching sporting teams, leading groups of scouts and enabling fellow students to achieve in agriculture has been extraordinary.

Learning Express Tuition

- * Maths
- * Reading
- * Spelling
- * English

Other subjects by request

Gifted, Struggling or "In-between"
Primary or Secondary - (Adults by request)

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www.learningexpress.com.au
sharon@learningexpress.com.au



Lower North Coast Futsal



Thirty students in four teams comprising under 14 and under 16 boys and girls competed in the Lower North Coast Futsal Tournament earlier in the term. It was a great day with all students showing excellent sportsmanship. The 14 boys were beaten in the final while the other teams had a mixture of one win and one loss.



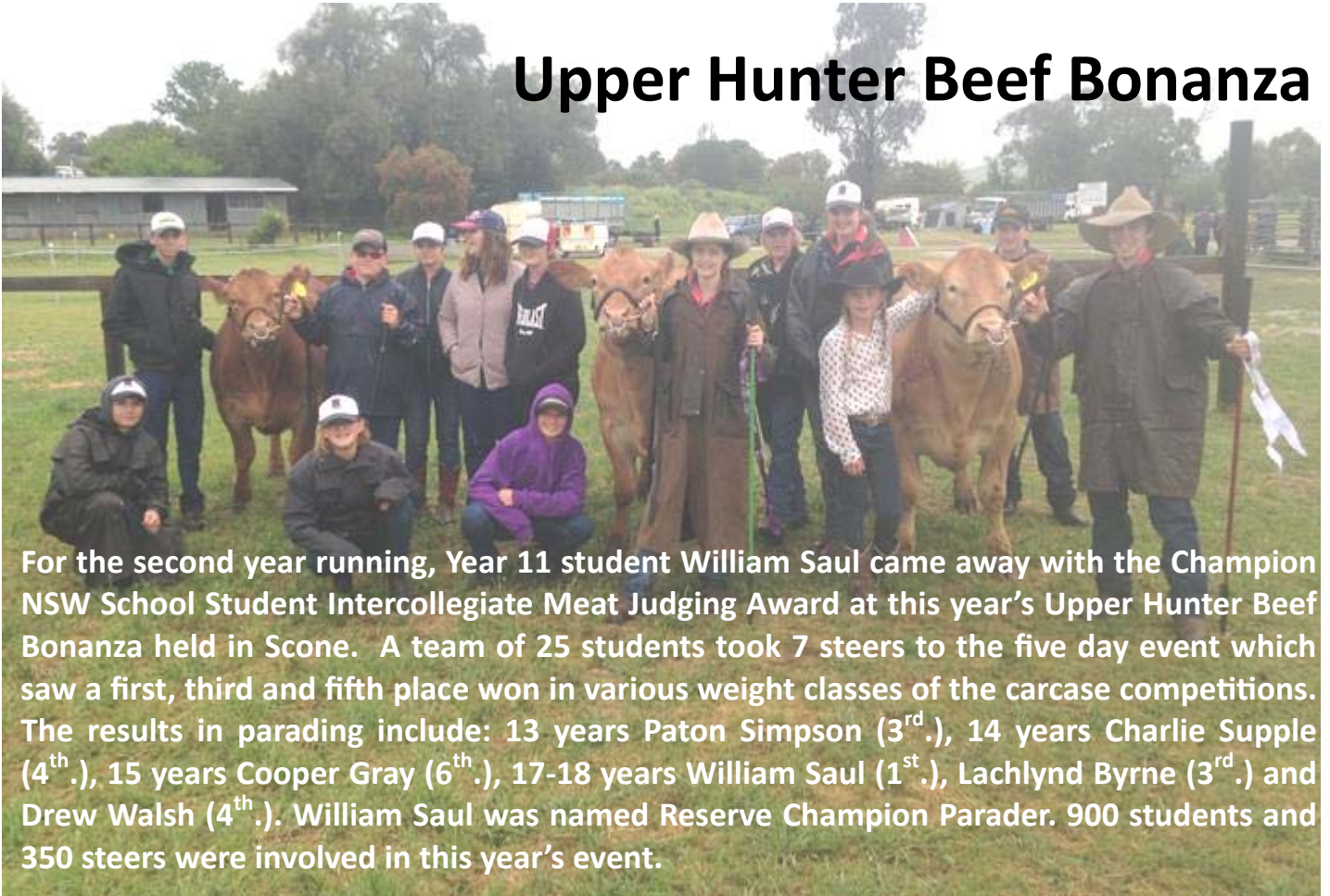


Learning Faculty Rewards Day

As a reward for their consistent wearing of school uniform, the students in the Learning Faculty classes were rewarded with a double period of fun activities during term 4. The gymnasium was turned into a round robin indoor games venue and the students participated in ten pin, darts, putt putt and dodgeball. Top performing teams were rewarded with some icy poles. It was great to see that the wearing of the uniform was maintained after the monitoring period and the rewards day.



Upper Hunter Beef Bonanza



For the second year running, Year 11 student William Saul came away with the Champion NSW School Student Intercollegiate Meat Judging Award at this year's Upper Hunter Beef Bonanza held in Scone. A team of 25 students took 7 steers to the five day event which saw a first, third and fifth place won in various weight classes of the carcass competitions. The results in parading include: 13 years Paton Simpson (3rd.), 14 years Charlie Supple (4th.), 15 years Cooper Gray (6th.), 17-18 years William Saul (1st.), Lachlynd Byrne (3rd.) and Drew Walsh (4th.). William Saul was named Reserve Champion Parader. 900 students and 350 steers were involved in this year's event.



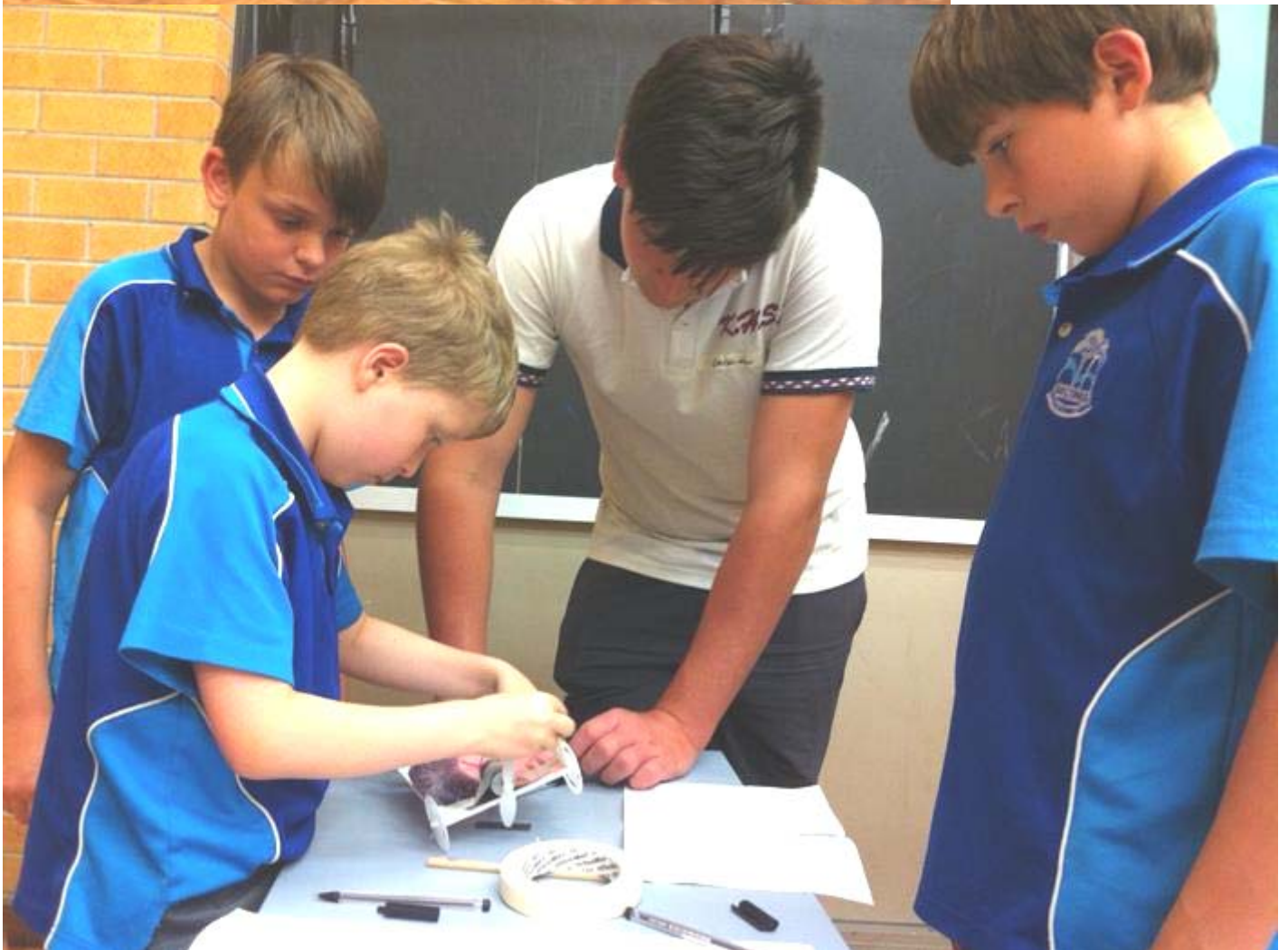
Premier Beef Festival

Eighteen year 7 and 8 agriculture students attended the Armidale Premier Beef Challenge in term 4. A highlight in the festival results was Aydan (AJ) Galea who was named "Overall Herdsperson" of the festival – first out of 220 competitors. Trent Fernando, Paton Simpson and Makayla Stackman won Reserve Champion Carcass (Meat Standards Australia Index of 89.57) with a Geoffrey and Rhonda Saul donated steer. Chyenne Cameron, Kelsey Kennedy and Emily Moore took 4th. place in the overall carcass with a steer donated by Mark Haywood. Only 0.9 points separated the first four places. These are great results from our junior cattle team. Well done.

STEM Day



Melville High School hosted the Macleay Public Schools STEM (Science, Technology, Engineering, Mathematics) day in term 4. Students from 22 public schools in the Macleay and Hastings valleys came together to solve problems with robots and assorted digital equipment. Pictured below are students from Wauchope Public School being coached by Lachlan Brauer as they build a vehicle that could race a circuit in the fastest time.



700 Year 7 students converge on Kempsey



700 students from ten lower North Coast high schools participated the Year 7 Gala Day hosted by Kempsey High School. The students played for their schools in sports including touch football, t-ball, soccer and netball. Games were played in a spirit of fun where the emphasis was on participation and sportsmanship. Organiser, Mr Vonbun came to a sound agreement with the weather gods with the showers staying away until the end of the day. Several Kempsey High staff gave up their day to help and the students and staff from the Kempsey High Clontarf Academy kept a busy canteen running all day.



Book Packs

Year 7 \$37, Year 8 \$20 available at the Canteen

Citizenship Award

At the Rotary Club of Kempsey West annual Citizenship Awards, Kempsey High School's girl captain, Ashlee Staunton was awarded for her outstanding service which has continued since Year 7. As a year 7 student, Ashlee gave freely of her time in the school's Macleay flood relief program helping farmers with

the clean up. Ashlee gives hundreds of hours of voluntary time to maintain various school farm enterprises. She was elected the current president of the Kempsey High Agriculture Students Association (KHASA) and has led her peers in supporting the farm programs and fellow students in being able to participate in major cattle and meat judging events through numerous fundraising BBQs. Ashlee was elected the girl Captain of Kempsey High School for 2017 and is pictured with Kempsey West Rotary President, Sue Gorman.



Public Speaking

Kempsey High School Year 10 student Sarah Honess represented the Rotary Club of Kempsey at the recent zone final of the Rotary District 9650 Public Speaking competition held in Bellingen. Sarah spoke about the United Nations and assessed its performance in relation to the Rotary Four Way Test:

1. Is it the truth.
2. Is it fair to all concerned.
3. Will it build goodwill and better friendships.
4. Will it be beneficial to all concerned.

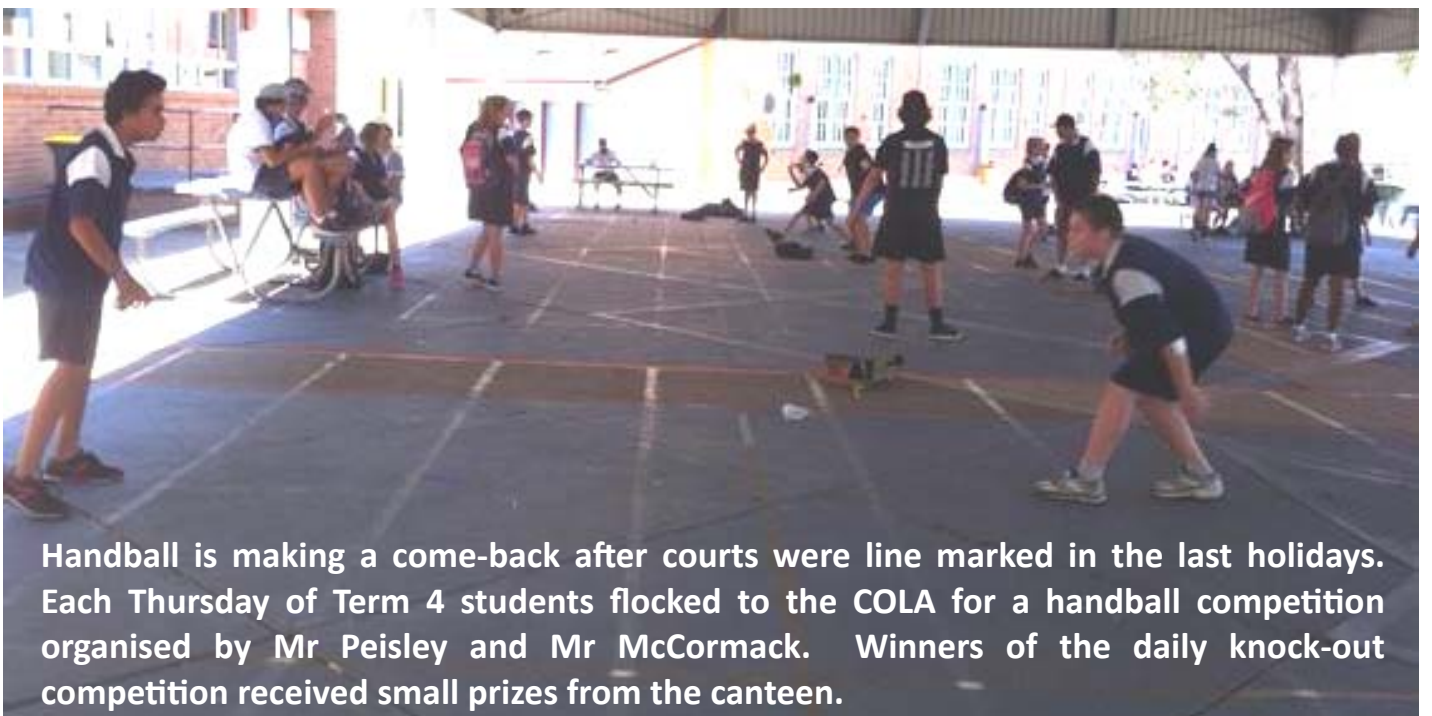
The annual competition attracts speakers from a district that extends west to Lightning Ridge, north to Woolgoolga and south to Bulahdelah.





UNE Discovery Bus Visits Kempsey High

The first week of Term 4 saw the visit to Kempsey High School of the University of New England Discovery Bus. The crew from UNE ran workshops in exercise science and human performance for senior students of Personal Development, Health and Physical Education and biomass and precision agriculture for agriculture students. The groups came together at the end for a very entertaining interactive demonstration on how sound works. Thanks to UNE for a great day!



Handball is making a come-back after courts were line marked in the last holidays. Each Thursday of Term 4 students flocked to the COLA for a handball competition organised by Mr Peisley and Mr McCormack. Winners of the daily knock-out competition received small prizes from the canteen.

White Ribbon Day



Kempsey High's student leaders attended the White Ribbon Day Breakfast at the invitation of the Mid North Coast Local Health District. The breakfast was attended by student leaders from the Port Macquarie and Kempsey high schools, universities, TAFE and community groups to raise awareness about the prevention of violence against women. The students and other guests present were addressed by Port Macquarie Mayor, Peter Besseling and the CEO of the Mid North Coast Local Health District, Stewart Dowrick. During the breakfast the audience were shown a short film of Kempsey High School students and staff pledging their support of White Ribbon Day: "I will stand up, speak out and act to prevent men's violence against women". We thank St. Pauls College for enabling our student leaders to travel to and from the breakfast with them in their new bus.

The Class of 2016



The Year 12 students of the Class of 2016 completed thirteen years of schooling at the end of Term 3 this year. A large number of parents and friends joined the staff and students to mark Year 12's final day prior to the HSC examinations. The occasion started with breakfast at the Red Onion Café and was followed with the traditional final day assembly at which representatives from each year group bid farewell to the Class of 2016. It was a day of mixed emotions for the students.

The Year 12 Formal was held on Wednesday 9th. November 2016 in the school hall. Thirty-eight of the group (or 80%) received awards for numerous academic, sporting and civic achievements illustrating the variety of talents among this diverse group of students.

The thousands of hours of school work which culminated with the HSC written examinations in October and November will drift into the distant past as students now seek further training and employment.

Best Wishes to the Class of 2016.

