



Kempsey High School Newsletter

Issue 1, Term 1 2020

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Important Dates

TERM 1

Week 7

Tuesday 10 March
to Wednesday 11
Year 7 Camp

Thursday 12 March
P & C Meeting,
2:15pm Library

Week 8

Thursday 19 March
Cross Country, Hat
Head

Week 10

Friday 03 April
Dash with A Splash

Positive Start to High School for Year 7

Another group of eager Year 7 students have had a great start to high school and have adjusted well to all the changes associated with entering the next stage of their schooling. The ease with which students have adjusted is due in large part to the transition program started in 2019, which involved extensive consultations with partner primary schools. The program involved primary school visits by the transition team of Sue Marsh (Coordinator), Kendi Cramer (Year 7 Adviser), Sue Ring (Head Teacher Special Education) and Georgie Murphy (Aboriginal Education Officer) and two full day visits to Kempsey High School.

It did not take long for many of the Year 7 students to find their way around and many of the students have enjoyed their classes and in particular their time on the basketball courts.

They now have school camp to look forward to and there will be many positive experiences gained from the adventure.





Term 1 Calendar 2020

Year Advisors and Head Teachers

KEY DATES

Week 7 March 09 - March 13

Tuesday 10 - Wednesday 11 Year 7 Camp

Thursday 12 P & C Meeting, 2:15pm Library

Week 8 March 16 - March 20

Thursday 19 Cross Country, Hat Head

Week 10 March 30 - April 03

Friday 03 Dash with A Splash, Kempsey

Week 11 April 06 - April 10

Friday 10 Last day Term 1

Easter Holidays Monday 13 - Friday 24 April

Tuesday 28 April - Term 2 begins Yrs7-12

CONTACT DETAILS

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Phone 65 626 166

Fax 65 628 570

Email kempsey-h.school@det.nsw.edu.au

Website: www.kempsey-h.schools.nsw.gov.au

Facebook: <https://www.facebook.com/KempseyHigh/>

School Canteen 6562 4811

School starts times:

9.00 am - Monday, Thursday, Friday

8.55 am - Tuesday

9.30 am - Wednesday

School finishes at 3.30 every day.

STAFF

Principal	Mick Eller
Deputy Principal	Denese Kennedy
Deputy Principal	Jed Peisley
Aboriginal Ed Officer	Georgie Murphy
Clontarf	Grant Schubert
	Richard Dixon
	Sam Drew
Girls Academy	Juli Morris
	Misty Kelly
	Jaimie Lee Morris
Careers Advisor (Mon-Wed)	
	Mark Rix
Careers Advisor (Thurs-Fri)	
	Tim Squires

Year Advisors

Year 7	Kendl Cramer
Year 8	Kristy Hinchcliffe
Year 9	Rowena Hensley
Year 10	Lara Harrison
Year 11	Jo Maio
Year 12	Anissa Peterson

Head Teachers

Art/Music	Sue Marsh
English	Sharyn Rix
Learning	Sue Ring
Maths/PDPHE	Jo Maio
Science/HSIE	Harriett Ware
TAS	Aaron Hinchcliffe

Canteen Volunteers Needed

Parents/Carers/Grandparents—Our wonderful canteen is in need of some volunteers to help out. If you have a couple of hours to spare please come and talk to our friendly canteen staff on 6562 4811.

Principal's Welcome

In an average year about 90 beginning year 7 students will join us at Kempsey High and about 70 students in other years will either return to Kempsey High or transfer from another high school. I welcome all of these students and their parents and caregivers to the Kempsey High School Community.

You are joining a very large group of different sorts of people – thousands of them for whom Kempsey High School was their old school and who value their association with the school and the people they shared the school with. We've been educating students since 1930 on this site. We're one of the oldest high schools on the North Coast, certainly the oldest in Kempsey.

We're a comparatively small high school as far as student numbers go. I think this offers particular advantages that are obvious: smaller class sizes, space to learn and play and, I hope, a size that enables good relationships to grow more easily among the students and with the parents and carers with whom we share the important responsibility of raising young people.

There are a few things that are different at Kempsey High. We spend extra time improving students' literacy and numeracy; our agricultural section and farm have been named as one of six lighthouse schools in NSW; our hospitality Trade Training Centre and the Red Onion Café provide real world experience to students seeking careers in the hospitality industry; students complete an extra 100 hours of Personal Development and Health; partnerships with industry enable our students to be trained in animation and digital technologies and through the Enterprise Centre, students get more personal tuition and develop employability skills as they transition to jobs.

We want our students to enjoy these benefits and to accept their responsibilities to keep the school rules. Students are expected to cooperate with their teachers and fellow students, to show respect to them and receive respect back. We want you to work hard for your future – as the school motto says: *Finis Coronat Opus* – the end crowns the effort.

We will mail you a newsletter twice a term and we hope you'll read the *Kempsey High School News* printed in the Macleay Valley Happynings each fortnight. P&C meetings are held once a term at 2.30pm in the school library, usually on the second Thursday of the first month of each term.

I want your association with Kempsey High to be happy and satisfying. I hope that you will contact me if something isn't working for you or your child or if there is anything I can do for you.

Mick Eller
Principal

School Reminders

Mobile Phone and Electronic Devices Policy

- All students at Kempsey High School are encouraged to leave their mobile phones at home and their parents/carers are encouraged to contact students through the school office on 6562 6166. In the case of emergencies this ensures students receive any support they may need.
- If students bring their mobile phones or other electronic devices to school they are the student's responsibility at all times. School staff will **not be** responsible for their loss or damage.
- Mobile phones which are brought to school **must be used appropriately at all times**.
- A mobile phone will be considered to have been used inappropriately if:
 - * It disrupts the learning environment or interferes with the operation of the school.
 - * It threatens, or is likely to threaten, the safety or wellbeing of any person through SMS, text, messaging, photographic, video or other data transfer system available on the phone.
 - * Its use is in breach of the law, such as sending sexually explicit or suggestive pictures or photos to websites.
- Mobile phones may be used before school, at recess, lunch and after school. Phones are not to be used in the buildings or during lessons and cannot be used between lessons.
- All phones must be placed on silent or turned off once the bell rings to signal movement to class and before students enter the school buildings.

Thank you.

Every day counts: school attendance.

Participating in school every day gives teenagers the best chance of achieving their goals. A student's level of school attendance is a major influence on their achievement.

Your teen may not be aware of the impact that missing school can have in the long term. Having conversations about the importance of going to school every day will show them you value education.

<https://www.learningpotential.gov.au/>



PARENTS/CARERS



If your child is leaving school during school hours, please provide your child with a note before he/she leaves home for school. When your child arrives at school, he/she is to present the note at the front office, so a leave pass can be processed.

This will greatly assist the office staff in ensuring your child can be ready for you to pick them up when you arrive.

Thank You.

Girls Academy

Aunty Juli, Misty and Jamie Lee hope you all enjoyed your holidays and stayed safe and are looking forward to the new school year of 2020. Being a fresh year, “new beginnings”, we encourage any ATSI girls who are not registered with Girls Academy to please come down and register. We have many rewarding activities and outings planned for this year and would love to have you join us. We are here to support you.

Some of the exciting activities planned for this term include:

- ♦ Girls Fitness Group
- ♦ CWA mums & daughters cook ups
- ♦ Year 7 induction camp
- ♦ Year 8 & 9 induction & teambuilding lunch
- ♦ Year 10,11,12 induction & teambuilding lunch
- ♦ Clean Up Australia Day volunteers
- ♦ International Womens Day Morning Tea
- ♦ Dash with a splash
- ♦ Seniors CSU visit with Dunghutti Elders



Riding For The Disabled

Ten Riding For The Disabled (RDA) volunteers were on hand last fortnight to assist in training 25 Kempsey High School Students for the 2020 RDA program. The students participated in four workshops on the induction day which involved the correct placement and adjustment of the horse helmet, the correct procedure for horse bridle placement, grooming and foot care for horses and suitable student support positioning for RDA lead students.



P&C Annual General Meeting

The Annual General Meeting of the Kempsey High School Parents and Citizens Association will be held in the Kempsey High School Library on **Thursday 12 March 2020, from 2.15pm.**

Parents and Carers are invited to attend.

Community News

AUSTRALIAN NAVY CADETS (ANC) - Training Ship Culgoa

The ANC is for youth aged 13-19, if you're turning 13 this year you can join now. Cadets experience exciting personal challenges and opportunities for growth in an adventurous maritime environment. Make some new friends and learn some new skills, such as:

- *Sailing, Boating, Seamanship skills
- * Water safety
- *Navy ceremonial
- *Safe handling of firearms
- *Navy Ships and Establishments

The ANC is supported by trained staff that assists Cadets to conduct an exciting activity program. Navy and community groups help fund and support the ANC.

For more information on our South West Rocks Navy Cadet Unit

Contact Lieutenant Leonie Aitken 0407666801 or visit leonie.aitken.cadetnet.gov.au



PCYC | POLICE CITIZENS
YOUTH CLUBS

SAFER DRIVERS COURSE FOR LEARNER DRIVERS

PCYC SAFER DRIVER COURSE

If you hold a valid NSW Learner Licence, are under 25 years of age and have completed a minimum of 50 hours actual on-road driving then you are eligible to attend the Safer Driver Course run by PCYC Kempsey.

The course's aim is to help young people develop safer driving practices and skills so they are better prepared for when they transition to solo driving. The Safer Driver Course counts towards 20 hours of Learner Driver Logbook time and provides strategies for dealing with road risks and provides guidance to prevent risk taking behavior. Topics covered include safe driving distances, crash avoidance, speed management and hazard identification. These strategies are a great asset for young drivers who are transitioning to unsupervised driving, better preparing them for the potential situations and conditions that may face them during their driving. The course is educational, enjoyable and will help you drive more safely.

Our dates are as followed:

- March Saturday 14th 2020– 10am - 1pm for module 1
- Module two will be given after booking

Contact PCYC Kempsey 6562 8399 for information and booking details or you can visit online at <https://pcycdrivereducation.org.au/>

Sporting Opportunities



\$100 Active Kids Voucher registered providers in **KEMPSEY SHIRE** area | 2431, 2440, 2441

Parents—claim yours today!* Get 2 x \$100 vouchers to use towards sport & active recreation costs in 2020.

Active Recreation

1st Kempsey Scout Group: www.nsw.scouts.com.au/groups/1st-Kempsey-Scout-Group

1st SWR Scout Group: www.nsw.scouts.com.au/groups/1st-South-West-Rocks-Scout-Group

PCYC Kempsey: www.pycnsw.org.au/active-kids

SWR Country Club: www.rockscountryclub.com.au

AFL

Macleay Valley Eagles Auskick Centre: www.aflauskick.com.au

SWR Dockers Auskick Centre: www.aflauskick.com.au

Athletics

Kempsey Little Athletics Centre: www.lansw.com.au

SWR Little Athletics: www.lansw.com.au

Basketball

Kempsey Basketball Association: kempsey.basketball.net.au

PCYC Kempsey: www.pycnsw.org.au/active-kids

Boxing

PCYC Kempsey: www.pycnsw.org.au/active-kids

Cricket

For information on below clubs visit: www.cricketnsw.com.au

Nulla Junior Cricket Club

United All Blacks Junior Cricket Club

Frederickton Sports Cricket Club

Kempsey Heights Junior Cricket Club

Rovers Junior Cricket Club

Macleay Valley Junior Cricket Association

SWR Junior Cricket Club

Stuarts Point Eungai Junior Cricket Club

Macleay Indoor Sports & Development Centre:

www.macleayindoorsports.com.au

Dance/Performing Arts

Vogue Performing Arts Academy: www.artsmidnorthcoast.com/Listing/vogue-performing-arts-academy/

Garvey School of Dance: [Search Facebook](#)

Coastal Dance Academy: [Search Facebook](#)

PCYC Kempsey: www.pycnsw.org.au/active-kids

Kempsey Macleay Physical Culture: [Search Facebook](#)

Essence of Ardour Bellydance: [Search Facebook](#)

Gymnastics / Fitness

PCYC Kempsey: www.pycnsw.org.au/active-kids

GYM at South West Rocks: [Search Facebook](#)

Total Balance Health and Fitness MNC: [Search Facebook](#)

Golf

Frederickton Golf Club: www.fredericktongolf.com.au

Martial Arts

Australian Hapkido Association: www.hapkidoaustralia.com

Zen Chi Ryu Martial Arts and Fitness Centre: www.zenchiryu.com

Macleay Valley Martial Arts: www.mvmartialarts.com

Kempsey Hapkido: [Search Facebook](#)

Netball

For information on below clubs visit: <https://nsw.netball.com.au>

Frederickton Sports Club

South West Rocks Netball Club

Kempsey Saints Netball Club

Frederickton Netball

Pony Club

For information on below clubs visit: www.pcansw.org.au

Willawarrin Pony Club

Macleay District Pony Club

Wilson River Pony Club

Telegraph Point Pony Club

Congarinni Pony Club

Rugby League

For information on below clubs visit: www.playnrl.com/register

Smithtown Junior Rugby League

Kempsey Junior Rugby League

Lower Macleay Magpis Rugby League Football Club

Beechwood Rugby League Football Club

Rugby Union

For information on below clubs visit: <https://australia.rugby>

Kempsey Cannonballs Junior Rugby Union Football Club

SWR Rugby Union Football Club

Rugby Tots

Kempsey Rugby Tots: www.rugbytots.com.au

Soccer

For information on below clubs visit:

www.northcoastfootball.com.au

Frederickton Sports Club

Kempsey Hornets Soccer Club

Saints Soccer Club

Lower Macleay Soccer Club

Macleay Valley Rangers

Upper Macleay Soccer Club

South West Rocks Football Club

Stuarts Point Football Club

Surf Life Saving

Kempsey-Crescent Head SLSC: www.crescentheadslsc.com.au

SWR SLS: www.swrslsc.org.au

Swimming

Crescent Head Pointers Swimming Club: [Search Facebook](#)

Kempsey Swimming Club:

www.kempseyswimclub.websyte.com.au

Crescent Aquatic Centre: www.crescentaquaticcentre.com/swim

Hudswim & Fitness: [Search Facebook](#)

Tennis

Kempsey Tennis Club: [Search Facebook](#)

*How to claim your Active Kids Voucher



1. Visit service.nsw.gov.au and login to your MyServiceNSW account



4. Register your AKV number with a listed provider



2. Click on the Active Kids icon on the SERVICE tab



3. Fill out the requested info



Health
Mid North Coast
Local Health District

Masefield House Wins Swimming Carnival

Masefield House won the 2020 Kempsey High School Swimming Carnival with 532 points. Kipling House came in second (503 points), followed by Lawson (440 points) and Barrie (387 points). It was a day of great participation and fun with some good times recorded for a host of students who will move through to the Lower North Coast Carnival at Kempsey.

The elected House Captains were presented with their badges at the start of the carnival
Barrie House: Jarno Dolezal and Kirra Davison; Kipling House: Ben Lever and Thomas Felton; Lawson House: Lachlan O'Brien and Tia Mulchrone; Masefield House: Ruvish Udawatta and Maddison Sydenham.

The Age Champions are:

- 12 Years: Ella Saul and Joshua Fowler
- 13 Years: Lylah Weismantel and Tom Powick
- 14 Years: Alice McNee and Branden Sydenham
- 15 Years: Meave Pattern and Connor Crockford
- 16 Years: Demi Perrin and Justin Rench
- 17 + Years: Maddison Sydenham and Joel Crockford

