

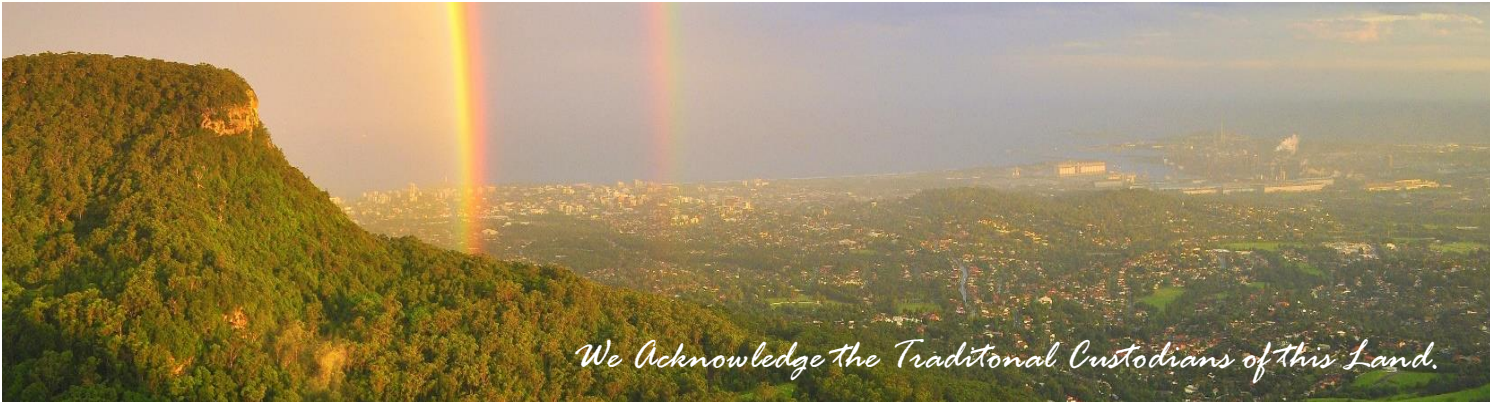
# KEIRA

April 2019

# News



*Great traditions, a confident future.*



*We Acknowledge the Traditional Custodians of this Land.*



*From the Principal*

## **A Celebration of Student Leadership**

Our first term of 2019 has allowed all members of the Keira Community of Schools the opportunity to experience the amazing depth of student leadership across all 7 schools.

Building leaders for today and tomorrow remains a central focus of Keira. Our school is recognised as a place that not only values celebrating achievement but in deliberately enacting programs to support all our students to develop a skillset essential to successfully lead others.

It gives me great confidence in our nation's future to see the quality of young people keen to contribute to their school, community and world.



*Great traditions, a confident future.*







## Keira Community of Schools Leadership Ceremony



## Captains Induction and Induction Dinner

Keira's induction of school captains is reflective of our motto **Excelsior** and our school's mantra of **Great traditions, a confident future**. The ceremony is steeped with ritual that has been enacted for 73 years and simultaneously celebrates to potential for growth and future success in the leadership aspirations of newly inducted captains.

Congratulations to our senior leadership team of 2019.





# EXPO 2019

What an incredible event EXPO 2019 was. Our annual celebration of all that makes Keira an outstanding example of comprehensive education was certainly on display and demonstrated by our fabulous students and staff across the curriculum.



The school's population soared as hundreds of Year 6 students and their parents toured the school experiencing the quality programs that always makes Keira the school of choice for our local community.

Thank you to all our student guides and demonstrators who collaborated with their amazing teachers in delivering a wonderful set of learning experiences for our prospective Year 7 students of 2020.

**Mr D J Robson**  
Principal

Upcoming Events	
Date	Event
<b>Term 1</b>	
<b>Week 11</b>	
Monday 8 April 2019	Parent Teacher Interviews Years 7 & 8 3.30-6.30pm
Tuesday 9 April	Year 7 Immunisations
Friday 12 April 2019	Rescheduled School Cross Country
Friday 12 April 2019	Last Day Term 1
<b>Term 2</b>	
<b>Week 1</b>	
Monday 29 April 2019	Staff Return
Tuesday 30 April 2019	Students Return
Wednesday 1 May 2019	P & C Meeting 7.30pm



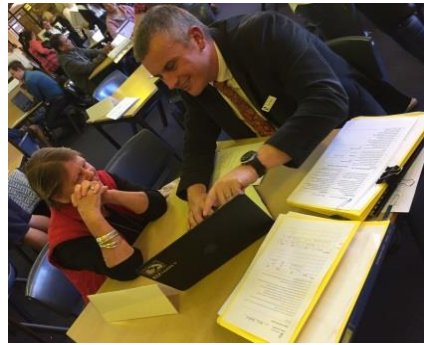
## *From the Deputy Principal*

### ***Building Towards a Successful HSC***

*Adding Value* is a key project within the *High Impact Teaching* strategic direction of our School Plan 2018-2020. The project focuses on the implementation of a strategic and planned approach to enable all teachers to identify and monitor expected growth for each student, and to embed explicit strategies to ensure continued growth occurs for each student.

#### **Term 2 Key Events in Building Towards a Successful HSC**

- Year 12 Reports: Friday 17 May 2019
- Year 12 Student, Teacher and Parent Conferences: 3.30-6.30pm Monday 20 May 2019
- Year 12 Assessment Free Period: Tuesday 11 June – Friday 21 June
- Year 12 School Based Examination Period: Monday 24 June – Friday 5 July



### ***Year 8 Student, Teacher and Parent Conferences***

**Monday 8 April 2019**  
**Learning Centre**  
**3.30pm-6.30pm**

Communication between home and school is very important in enabling us to meet the needs of all students to the best of our ability. Attending a Parent Teacher Night is an important step towards building relationships and fostering communication between school and home.

Year 7-8 students received an information letter and appointment form on Monday 1 April. Documents have also been mailed home.

Students are required to make an appointment with the relevant person using the [Appointment Form](#) prior to the event.

### ***Student Change of Details***

Communication between home and school is very important in enabling us to meet the needs of all students to the best of our ability. We are currently in the process of ensuring student details are up to date to support effective communication. If any student details have changed recently please ensure a 'change of address' form is completed and return to the front office. A copy of the form may be found at the back of the newsletter.



## Keira's Musicians Wow the Crowd at Pleasant Heights

A trio of our talented music students were recently honoured in being invited to perform at the Pleasant Heights Leadership Assembly. This invitation was especially important for Isaiah Dutton, Tess Halling and Orlando Bardevski as all three Keira students had begun their music careers as students at Pleasant Heights and were thrilled to return and perform for their old school. Congratulations to the new Leadership Team at Pleasant Heights. The depth of student leadership is significant at this fabulous primary school. We look forward to working with the student leaders throughout 2019.



## It's been a while, buddies meet up at Pleasant Heights



Peer Support is an important program in all schools across the Keira Learning Community and recently one of our HSC students met up with the student he was buddy to way back in 2014.

When our jazz maestro, aka Year 12 student Isaiah Dutton, was in Year 6 at Pleasant Heights he was buddy to the kindergarten student Noah. Now in Year 6 Noah was in the audience when Isiah returned to his old stomping ground to perform at the Pleasant Heights Leadership Assembly.

It was proud moment for both boys. Noah was able to see how much Isiah had grown as a talented musician while the HSC Keira student was able to witness Noah Inducted as a student leader and proudly perform Acknowledgement of Country on behalf of his fellow students.

**Mrs S Gray**  
Deputy Principal



## From the Deputy Principal

*Riley McElhone School Captain 2018  
Receives prestigious Nanga Mai Award*

Riley McElhone received the *Excellence* in Student Leadership at the recent Department of Education Nanga Mai Award ceremony. She was one of 17 aboriginal students across the state to receive this prestigious award Riley was nominated because of the outstanding leadership qualities she has developed whilst at Keira high school.

Riley successfully nominated and was selected for the position of School Captain at Keira in 2017/18. During the year she led the senior student leadership team as a role model for other students and an ambassador for the school. She led presentation events, formal ceremonies and lead the NAIDOC celebrations. In addition, Riley delivered a successful Captains initiative called Leadership for Change which involved working with Aboriginal and Torres Strait Islander students and those with diverse needs to develop their leadership skills.

She has represented her school at a State level as a member of the NSW Public Schools Aboriginal Dance Company since 2014 and as a senior member has played a significant role in mentoring the younger dancers in the troupe. The company has performed at a number of events including the State Dance Festival, School Spectacular and many Government and Corporate functions.

Riley has extended her commitment to dance as a partner in a business called Mandharr Galban, providing cultural entertainment including dancing and singing, at Community, Government and Corporate events, both locally and nationally, most recently performing for Australia Post at their RAP events. She enjoys teaching others about her culture by providing workshops for Aboriginal and Torres Strait Islander students at other schools and in her role as AIME Ambassador. In addition to this in 2017 Riley co-led a series of Dance workshops for primary school students. She planned, choreographed, mentored Year 7 dance leaders to create a performance on the day. Additionally, in 2018 she initiated the formation of a local Dance troupe and choreographed and led this troupe to a performance at the Northern Illawarra Reconciliation Day celebrations



**Staff and student Nanga Mai award winners**

She has represented the school and was part of the winning NAIDOC debating team in 2016 and was selected to be one of two Keira High Aboriginal students to MC the local Deadly Awards 2018 and Regional Aboriginal Awards in 2016. In 2018 she led the local schools Reconciliation Morning Tea celebrations.

Riley has grown personally as a wonderful leader in our school and community as she has been eager to engage in all opportunities that have been made available to her.

**Mr D Sharpe  
Deputy Principal**





## From the Acting Deputy Principal

### Expo Evenings Market Place

A highlight of the Keira Expo this year was the huge number of staff and students that worked together to show our community the great things that happen at Keira every day. This was clearly on show at the 'Marketplace' that showcases all of the **Special Interest Programs** that our students are involved in. Keira students took great pleasure in sharing their school with the Year 5 and 6 students of our community and beyond. A huge thankyou to all those students and teachers that contribute to these varied and vibrant aspects of our school life.



### Year 9 and 10 Parent Teacher Night

The students, parents and carers of Year 9 and 10 attended a very successful Parent Teacher Night on Monday of Week 9. Teachers were able to give valuable feedback to students and their families on the progress in learning that has been made in Term 1. Feedback from parents in the exit survey was very positive about the quality of the feedback that they received and the organisation around the event. We are always seeking ways to improve the operation of these events.

**A reminder that the Parent Teacher Night for Year 7 and 8 is coming up Monday Week 11 3:30pm – 6:30pm**



*Parent Student Teacher  
Partnerships for Success*

**Mr Trystan Loades  
Acting Deputy Principal**





## Keira's Alumni

*Where are they now?*

### Colin Markham

I attended Wollongong Junior Technical College for 3 years in 1953, 1954 and 1955. Today the school is known as Keira High School.

In 1956 I commenced studies at Wollongong TAFE in Applied Electricity. I was working in the Power Generating Industry for 6 years before working in the Coal Mining Industry for 26 years as an Electrical Fitter (2 years at Kemira Colliery and 24 years at Coalcliff Colliery).

On the 19 March 1988 I was elected to the Legislative Assembly of the NSW Parliament representing the seat of Keira which I held for 11 years (1988 to 1999) then Wollongong for 4 years (1999 to 2003).

As a member of Parliament I was promoted to the Shadow Cabinet on 19 May 1989 and was given the portfolio of Aboriginal Affairs by the leader of the Opposition Bob Carr, which I held for 6 years till the 1995 Election, which Labor won. Premier Bob Carr appointed me to be Parliamentary Secretary for Aboriginal Affairs and Parliamentary Secretary for the Illawarra, which I held till I retired in March 2003.

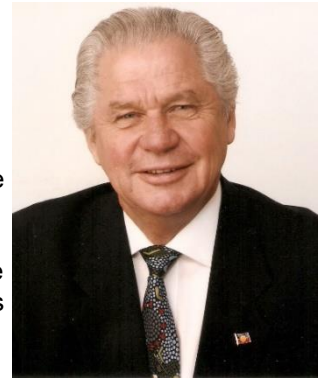
I was appointed to the Governing Council of the Wollongong University in 1995 and served for 8 years till 2003. I was honored by being made a Fellow of the University in 2003.

Currently I hold positions as Ambassador for Aboriginal Reconciliation for the NSW Aboriginal Reconciliation Council, Director of the Illawarra Steelers, Director Scope Home Improvements Board, Director Future World Eco Technologies Center, Patron Mt Kembla Mine Disaster Memorial Committee and Patron Kokoda Aboriginal Service Personal, Committee.

Let me say to all the students at this fine educational center, The Internet, the World Wide Web and Computers all have changed the way of society. What does the next generation of Internet Technologies have in store in the way of improving social outcomes that can benefit the present and future societies? This is the real challenge for students today.

***Never be afraid to dream because some dreams have a habit of coming true. Stand up for what you believe in, strive for excellence in the goals you may set yourself and most important, listen to other people's views.***

It has been said you cannot photograph an idea, but you can build a pyramid with it, you can start a war, or make a generous peace with it, or you can build systems to explore the stars, you cannot see an idea, but you can see and use the results of an idea. Teamwork reinforces ideas because different people have different views and unity is strength.



### *Leaders Celebrated at Fairy Meadow Dem.*

Term 1 has certainly been the time for celebrating student leadership across the Keira Community of Schools. Fairy Meadow Demonstration School has significant programs that foster leadership in all its students from kindergarten to Year 6 and this was certainly on show at their recent Leadership Assembly.

Two of our school captains, Shannon and Lachlan accompanied Ms Gray to this event and were so impressed by all student leaders. Shannon, an ex FMDS student herself, was very proud to return to her primary school as one of Keira's senior student leadership team.





# Keira Events



## *Captain's Induction 2019*

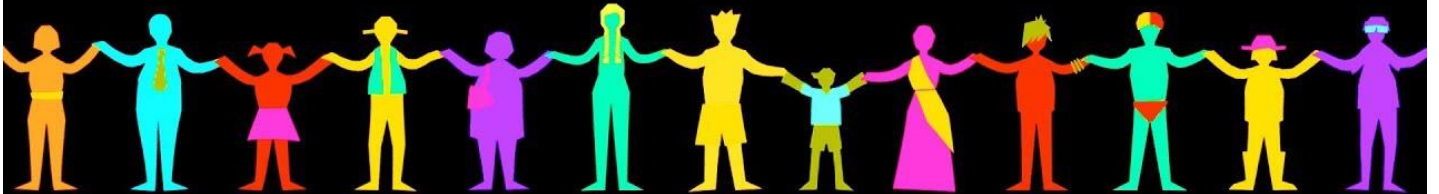
On Tuesday 21 February, the Keira community recognised and celebrated the 2019 captains' induction with two wonderful events. The ceremony in the hall was steeped in tradition with the passing on of leadership. The outgoing captains Riley McElhone, Sara Al Arnoos and Sam Manns handed their badges to the family of the newly inducted captains to pin on their son, daughter or sister. Mitchell Brown and Sophie Steemson did an excellent job of running the proceedings. A heart felt recitation of the Captain's Oath promised that the newly inducted school leaders Lara Yagmur, Lyndon Kerr, Aaliyah Sigabalavu, Andrew Nguyen, Shannon Wood and Lachlan Booth would honour, lead by example and set high standards for their captaincy.

Over 100 guests including Year 12, staff, executive and special guest, Director Margaret Turner had the pleasure of celebrating student leadership at The Lagoon Restaurant in the evening. In between three delicious courses, we were inspired with the quality of speeches about the Captains' individual journey with leadership and their hopes for the future. Drew Bourgeois who was school captain in 2009 told us all about his captaincy and how his education at Keira has inspired his life of music, travel and study since leaving school.

The Captains were very appreciative of the support Year 12 and the staff demonstrated by attending this celebration of leadership. As the Year Adviser of this fine group of young adults, I was very proud of them all.



# HARMONY DAY



On 21 March Keira celebrated *Harmony Day*. There were festivities run throughout the entire week including an UNO tournament organised by the interact club. This tournament encouraged students to come together and celebrate diversity. It also helped us solidify the culture we have at Keira of safety and belonging for all students. The UNO tournament was held every lunch time for the whole week and culminated with a finals event on Friday.

In addition to the UNO tournament Year 7 had the opportunity to participate in a workshop run by Strategic Community Assistance to Refugee Families (SCARF). This workshop outlined some of the important work SCARF do within our community as well as what students can do to help support one another when faced with challenging situations.

Every student received a bookmark to take home to remind them that while it is important we have this day to acknowledge and celebrate diversity here at Keira, ***diversity is our strength*** and we are grateful for this every day.





# Clean Up Australia Day

## Community of Schools Visits



On Friday 1 March, six SRC students and Mrs Matts attended Coniston, Mount Ousley and Balgownie Public Schools to raise awareness for Clean Up Australia Day. The purpose of our visit was to educate, raise awareness and support our Community of Schools in the importance of keeping our environment clean and enhance the lives of the people and animals of the world. All students involved had an enjoyable experience and were shocked at how much litter was collected in the hour that was spent at each school. It was a successful day, we were pleased by the results, reactions and overall participation and collaboration between all students and teachers involved. One of the key messages that we left with our Community of School students was that we should not wait until Clean Up Australia Day to clean up our environment and that it is something we should all be responsible for on a daily basis.



### So, how have you helped our environment today?

**Aisa Karalic  
SRC Year 10**



*Keira students working with our Community of Schools to clean up our environment*



*Aisa Karalic and Erica Domazet presenting certificates  
Coniston Public School*



*Keira students, Cameron Herzog, Alex Bolous, Isabella Mitev,  
Helena-Halios-Lewis, Erica Domazet and Aisa Karalic raising awareness  
Mount Ousley Public School*



## Clean Up in Wollongong Harbour

On Tuesday 26 February, Susie Crick spoke on assembly to educate Keira students on the history behind Clean Up Australia Day and the importance of caring for our environment. Susie also promoted Clean Up Australia Day in Wollongong Harbour on Saturday 2 March, of which, nine Keira students dedicated 2 hours of their time to assist in our community. Thank you to these students for giving back to our community in which we all live and love.



Xavier Jerimijenko, Year 7



Motamad Al Arnoos, Sara Al Arnoos, Hassan Altinawai, Moayad Al Arnoos, Nhi Thai, Andrew Nguyen, Flora Nguyen, and Rouaa Altinawi



# *COS Leadership Ceremony 2019*

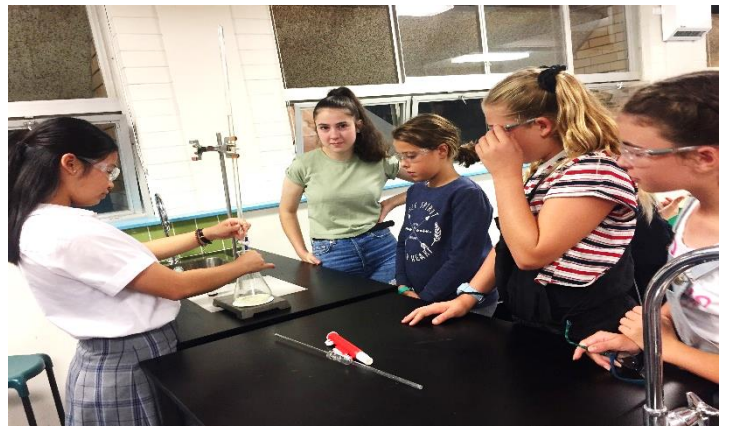
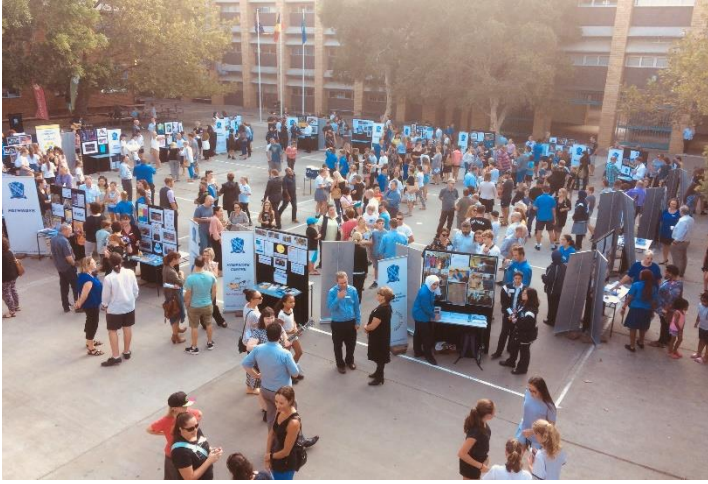


## *Celebrating Student Leadership*





# EXPO 2019





## School Photo Day

School Photo Day is:

# Monday 6 May 2019



***It is very important on this day to have all students in the correct school uniform.***

### ***Year 7 and 8 are required to wear:***

- Either navy blue shorts or trousers, navy blue slacks or the dark blue pleated check skirt along with a blue school shirt with Keira crest

### ***Year 9 and 10 are required to wear:***

- Either navy blue slacks or the dark blue pleated check skirt along with a blue school shirt with Keira crest
- Either navy blue shorts, navy blue or grey trousers or along with a blue school shirt with Keira crest

### ***Senior students are required to wear:***

- Either a grey and blue pleated check skirt or navy blue slacks with a white school shirt with Keira crest
- Long sleeved white shirt with Keira crest along with either navy blue or grey trousers

All students are to wear white socks and full black leather, leatherette or suede shoes.

All clothing aspects of the school uniform can be purchased at Lowes.

Students will receive an envelope with available packages and order information in Roll Call at the beginning of Term 2. An example of the envelope is shown over the page.

Students who wish to have a family photo taken can collect this information from ***Mr Slattery in the Head Teacher Administration Office.***

All Year 7, Year 11 and all new students to Keira High School will receive a free student ID card. This allows students to have proof of age for various businesses and transport payments. It also allows for quick access when borrowing books from the school learning centre. Should you wish to purchase a new ID card, please indicate so on your order form.

We look forward to this year's photo day and are excited to see all of our students in pristine uniform, as we do see on a regular school day.

***Mr P Slattery  
Relieving HT Administration***

# HOW TO ORDER

EACH STUDENT MUST HAND IN **THEIR OWN** COMPLETED ENVELOPE

**Sibling Envelopes** are available at the School Office  
PLEASE DO NOT PLACE YOUR SIBLING ENVELOPE INSIDE THIS ENVELOPE

## WE ACCEPT THE FOLLOWING PAYMENT METHODS:


- |                               |  |
|-------------------------------|--|
| 1. CASH                       | Please enclose correct money as NO CHANGE will be given  |
| 2. MONEY ORDER                | All Money Orders are to be made payable to "The School Photographer"   |
| 3. ONLINE CREDIT CARD PAYMENT | Simply visit our website <a href="http://www.theschoolphotographer.com.au">www.theschoolphotographer.com.au</a> and follow the prompts - Please write your receipt number in the space provided below (Handling fee applies) |
| NO CHEQUES                    | Due to a change in bank policy <u>Cheques are no longer accepted</u>   |
| COMBINED PAYMENTS             | If combining payments for more than one child please complete the 'combined payments' box below  |
| LATE ORDERS                   | Any orders placed after school photographs have been delivered to the school will incur a \$15.00 handling fee (includes postage)  |

## PLEASE TEAR HERE

(3)

SUPREME

I am paying by:

- Please Tick  Cash (Enclosed) 
- Money Order (Enclosed)
- Online Payment by credit card - Use the purple code below to order online.

[www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au)

**X1185SUP41K**

MY ONLINE RECEIPT NUMBER IS:

Student Name: \_\_\_\_\_

School Name: Keira High School

Homeroom/Roll Class & Year:  /

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### COMBINED PAYMENTS

(Each student MUST have their own envelope - please mark an X in the appropriate box)

This child's payment is in

Name: \_\_\_\_\_  
Class: \_\_\_\_\_

This envelope includes payment/s for

Name/s: \_\_\_\_\_ Class/s: \_\_\_\_\_

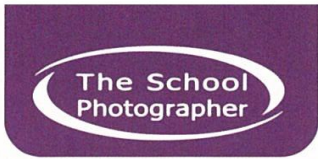
I give permission for my child's name to be included underneath the class/year group photograph. If I DO NOT wish my child's name to appear I will notify the school IMMEDIATELY.



If you have any concerns upon receiving your photos, please email or call us directly at:  
The School Photographer (not your school)  
[enquiries@theschoolphotographer.com.au](mailto:enquiries@theschoolphotographer.com.au) (02) 9674 9824  
**100% MONEY BACK GUARANTEE**  
If you are not totally satisfied with your photographs, please post them (WITHIN 7 DAYS) to:  
Unit 20, 14-18 Stanton Road, Seven Hills NSW 2147

	Price		Qty	=	
<b>BLUE</b>	<b>\$46</b>	x	<input type="text"/>	=	<input type="text"/>
<b>RED</b>	<b>\$43</b>	x	<input type="text"/>	=	<input type="text"/>
<b>GREEN</b>	<b>\$41</b>	x	<input type="text"/>	=	<input type="text"/>
Group Only	\$26	x	<input type="text"/>	=	<input type="text"/>
Portrait Only	\$25	x	<input type="text"/>	=	<input type="text"/>
ID Card	\$ 5	x	<input type="text"/>	=	<input type="text"/>
ID Card is FREE for Years 7,11 & New Students					
The products below may only be ordered with the purchase of one or more of the above options					
Drink Bottle	\$19	x	<input type="text"/>	=	<input type="text"/>
Mug	\$20	x	<input type="text"/>	=	<input type="text"/>
Keyring	\$ 7	x	<input type="text"/>	=	<input type="text"/>
Magnet	\$ 7	x	<input type="text"/>	=	<input type="text"/>
Gift Pack	\$ 6	x	<input type="text"/>	=	<input type="text"/>
<b>TOTAL:</b>					<b>\$</b>





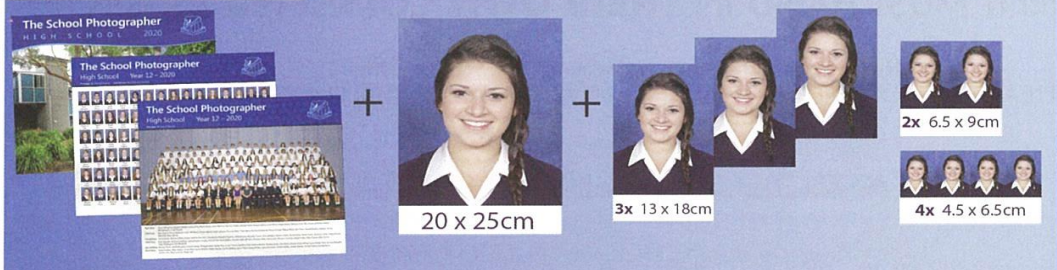
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ABN: 47 083 674 613

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P 02 9674 9824  
F 02 8602 5399

**SUPREME**

**BLUE PACK**

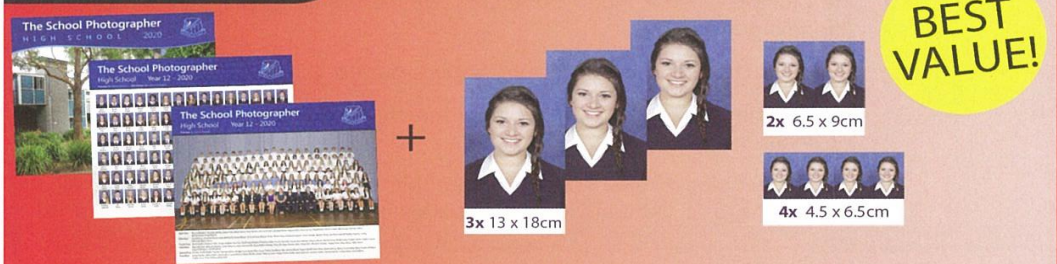


\*Groups may be Composite or Traditional as determined by your school

**+BONUS!**



**RED PACK**



\*Groups may be Composite or Traditional as determined by your school

**+BONUS!**

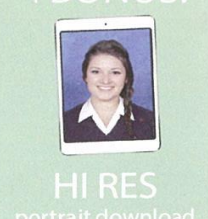


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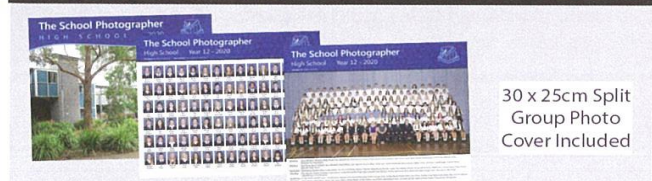


\*Groups may be Composite or Traditional as determined by your school

**+BONUS!**



**GROUP ONLY**



\*Groups may be Composite or Traditional as determined by your school

**PORTRAIT ONLY**



Does not include portrait download

The products below may only be ordered with the purchase of one or more of the above options



\*All image sizes are approximate.

*Great traditions, a confident future.*





## Years Adviser's Address



Year 12 have had a strong start to their final year of high school. Refreshed after a summer break, and with one assessment task for each subject completed, they are looking forward to the next three terms with mixed emotions.

Teachers have spoken to me about their positive work ethic. Many students spent some of their holidays completing summary and study notes. These skills were recently revised and practised during a series of workshops titled *'Building Towards a Successful HSC'*. Students and parents are reminded that assistance and feedback regarding assessment tasks or study notes is available at the learning centre during study periods and at the homework centre on Tuesday afternoons.



Whilst the HSC will dominate the thoughts of many students, there are many other experiences and events to look forward to. Year 12 will be practising mindfulness techniques to remain calm during the year as well as ensuring they are aware of effective strategies to promote optimum wellbeing. Year 12 have been introduced to our new and very experienced careers adviser, Mrs Ellem. They have kept her busy with questions and have been proactive in seeking advice to ensure they are well prepared for a future beyond the HSC.

***Well done Year 12. Your hard work will be well worth the effort.***

***Ms Power  
Year 12 Adviser***

## Central Australia Tour 2019

Thirty four very lucky students will begin a once in a life time adventure shortly. These students will experience the unique history, scenery and wildlife of our wonderful land. Accompanied by Mr Wenzel, Mrs Holliday and Mr Weber, they will travel over 7000km within 16 days. We wish them all the best on their journey and hope they enjoy learning many new things about themselves and their country.



***Ms Alexander***



## News from English



# Kirli Saunders Visit

In our last newsletter we introduced **Kirli Saunders**, a talented writer and artist who would be addressing our year 7 cohort. Students recall aspects from the presentation:



*On the 15 of March, Year 7 at Keira High met Kirli Saunders, a proud Gunai woman with ties to the Yuin, Gundurra, Gadigal and Biripi people. She is an inspirational woman....she is a beautiful poet.*

**Madison Sullivan-Bateup**



*She talked about her poetry and her motorbikes. She is in a motorbike club with other women. She wants the club to expand around the world. The picture book she wrote called "The Freedom Machines" is based on her motorbikes.*

**Maya Vanlierop**



*She taught us to be imaginative, creative and to push through anything. She told us about her life, her struggles and the victories even though she was discriminated against. The odds were against her and now she is a poet.*

**Miles McAndrew**



*Kirli talked about her life growing up and her interests. I gained inspiration from her stories. The advice she gave me was to never give up and to keep trying.*

**Callum Burge**



*As a young child Kirli was heavily into sport. Her mother wanted her to grow up and become an athlete. Kirli enjoys reading and writing. She now goes into schools and does workshops.*

**Daniel Cohen**



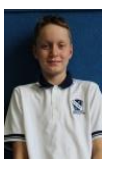
*Kirli described how she partnered up with Matt Ottley, an illustrator. She advised that we should always help the world if we see something that does not feel right. I loved her visit. It was amazing.*

**Jumana Al-Zubaid**



*Her first inspiration for writing poetry was love and heartbreak.*

**Jess Burgess**



*When Kirli was younger she did not know much about poetry. After her visit I gained confidence. It made me want to try hard at everything.*

**Joel Read**



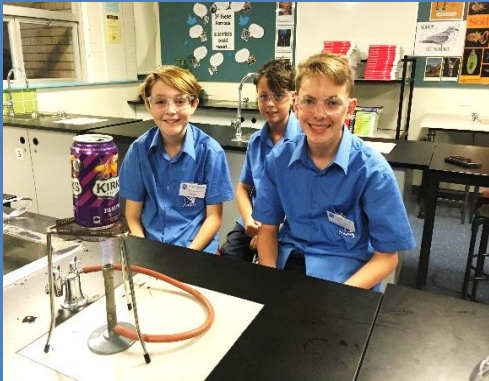
*Kirli Saunders told us just to be who you are and to believe in yourself.*

**Aiden Grimmer**

*Kirli Saunders shared her amazing journey and adventures. She inspired me to follow my dreams...to write my own poetry.*

**Amber Brown**

## News from Science



Running the Expo night for Science was great! We got to show the Year 5 and 6 kids some great and fun experiments like the teabag rockets and the imploding can! For the teabag rocket, we ripped open a couple of teabags, emptied the tea leaves, and then set the bags on fire. We've all heard the saying "hot air rises" so they flew up to the roof and amazed the kids. The imploding cans were fun to do, because they imploded and popped and surprised the kids (and their parents!) The science behind this was we put a little bit of water in the bottom of the can and boiled it. We then put it in cold water and it imploded. This was a great time at the Expo night!

**By Cooper, Hector and Tyler  
Year 7**

# Keira High School Expo

Thank you from the Science Faculty to all of our fantastic student volunteers, who represented their school with pride as marketplace presenters and lab demonstrators at Expo. The maturity and school pride that they brought to their roles, as well as their confidence and skill in working scientifically, made a very positive impression on our visiting primary school students and their parents. Our list of enthusiastic and capable Science ambassadors:

*Year 7 – Tyler White, Cooper Prendergast, Hector James*

*Year 9 – Maddie Toll, Rachel Barnes*

*Year 10 - Rawan Altinawi*

*Year 11 – Natalie Ng, Christopher Le, Ebony Akers-Hughes,*

*Teekada Forsyth, Dylan Boyd, Jayden Sara, Tallulah Davison, Ceegee Hudson, Clancy Lowe, Bryan Luu*

*Year 12 – Cing Hatzaw, Aleksa Lakic, Nhi Thai, Hana Alghazi, Kris Sangsrichan*





## Year 11 Chemistry ANSTO excursion



On 19 March, the Year 11 Chemistry class went on a thrilling excursion to ANSTO, a nuclear science facility. We journeyed around the site by coach and foot, having scientist's explaining various aspects of the site whilst we were still thoroughly engaged by our guides. We learnt about various things like how the radioisotopes are utilised in different fields e.g. the medical field to diagnose and treat disease. Furthermore, we were able to enter a newly opened facility that facilitated this technology. Moreover, their facilities are also utilised to prohibit other areas from illegally creating nuclear weapons by taking a sample from their workspace. Hence, keeping us safe from potentially

world destructive weaponry. The guides also gave us a demonstration on how radioactive some household items were. Overall it was a fantastic day with many laughs and smiles, and we highly recommend that Keira continues to send Chemistry students to the astounding facility.

**By Teekada Forsyth  
Year 11**



Going to ANSTO was probably one of the amazing things I could ever do in my life. I learnt so much about nuclear chemistry and what they do such as making isotopes for medicine. Watching the scientists working on one of the reactors was amazing. They had silicon tubes going into a giant reactor. One of our tour guides said this was her first time watching it happen live. The security there was strict; the federal police got onto our bus to check that we didn't have any bags, phones or other recording devices.



**Newton Luu  
Year 11**



Once again, Keira High School students were excellent ambassadors for our school, combining respectful behaviour with intelligent questioning, resulting in compliments from the tour guides about how much they enjoyed hosting our students.

**Dr S McKenzie  
Head Teacher Science**

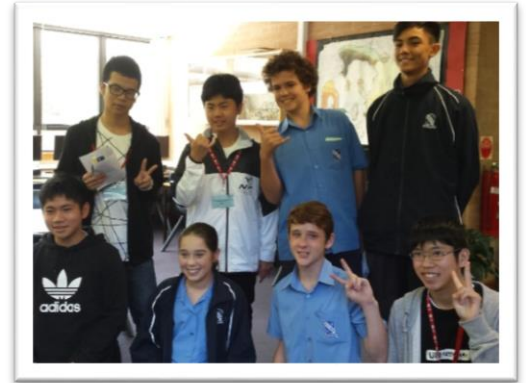




## News from Languages

The languages faculty promoted a possible study tour of Japan in 2020 during the expo evening. There was a great deal of interest from prospective parents and students on the night. Many parents expressed their appreciation of the range of experiences on offer at Keira high. This was further increased with our interactive presentation, incorporating whiteboard tables and technology when studying Japanese scripts.

We proudly hosted 22 students from Ryukoku High School on Thursday March 7. A range of Year 9 and 10 students buddied up for the day. They participated in a range of activities aimed at fostering positive intercultural communication as well as improving their Japanese language skills. Ryukoku students presented Keira High with an outstanding performance, expressing their singing and dancing skills. We look forward to hosting students from Ryukoku next year.



**Ms M Cara**  
**Relieving Head Teacher of**  
**Teaching & Learning / Languages**



# News from Personal Development Health and Physical Education

## Sport



**Regional Swimming Carnival** Thursday 12 March the Regional Swimming carnival was held at Dapto Swimming pool. Keira had five students who finished in the top three at the Illawarra Zone Carnival and were selected to represent the Zone at this carnival. These students were Libby Churchill Year 11, Lauren Sheppard Year 9, Emma Lowe Year 9, Callum Burge, Year 7, Sam Rolfe Year 7 and Dustin Moffit Year 7. All students have represented the school proudly in their sport of swimming over all events they entered in throughout the day. At the conclusion of the event we saw three students qualify for the South Coast Swimming team to represent their region at the New South Wales Secondary Swimming Championships to be held at the Olympic Swimming centre in Homebush between 7 -9 of April. These students were Lauren Sheppard, Emma Lowe and Sam Rolfe. A huge congratulations to all students on their performances this year and best of luck to the students who will be representing the South Coast region next month.

**Cross Country Carnival** Once again the annual Keira Cross country carnival will be held on Friday 12 April Week 11. This is a whole school carnival is compulsory for every student. It is an opportunity to earn those valuable house points for the overall sporting house championship. Participation is key on this day if you choose the run or walk the course being active involved in this whole school event is our goal. Information sheet has been distributed in regards to what to bring on the day and finish times of the event. Students are reminded to wear full PE/Sports uniform to this event.





## Representative Sport



Term one has once again been filled with opportunities in representative sport at Keira High School. Sharnee Behr attended the NSW Combined High School (CHS) Softball state championships in Wagga Wagga and was voted most valuable player of the South Coast team.

In baseball Drew Behr represented South Coast at the NSW CHS Baseball State championships in Baulkham Hills Sydney.

In football news Keira has had three students selected in the South Coast Opens Boys and Girls Football Team in Aaliyah Sigabalavu, Lola Sossai and Brandon Angelevski.

Phillip Dopud was selected into the South Coast Basketball team who will compete next term in the CHS state championships.

In tennis we had three students qualify in the Combined High School Tennis Championship representing south coast in Damian Premovic, Isabella Poposki and Alina Mcbryde. Alina secured third position in the Under 15s doubles competition of the tournament, which is a fantastic achievement in her chosen sport.

In cricket Dharmini Chauhan was selected into the South Coast Open girls cricket team who travelled to Campbelltown for their state championships.

We had two brothers compete in the NSW all schools triathlon event in Castlereagh these were Dane and Callum Burge.

In rugby Union Heath Robinson was selected in the Opens South Coast Rugby Union Team.

In Field Hockey we have had three students nominate in the regional team to trial for the south coast team being Mia Vorster, Charlie Corbin and Archie Smith.



## Grade Sport Year 7-10

Grade sport is about to commence starting early Term 2. Grade sport is an opportunity for students to trial for Junior Year 7 and 8 and Senior Year 9 and Year 10 teams in a sport of their choice. If students are selected into these students will have the opportunity to represent the school in a weekly inter school competition every Wednesday afternoon during sport time. Nominations for grade sport teams will be distributed to students during the final two weeks of the Term 1. It is important that every Year 9 and Year 10 student signs up to trial as this will commence Week 1 Term 2.



## NSW CHS Cricket Success



Dharmini Chauhanin year 12 has continued her representative cricket career. Dharmini again recently represented her state at the NSW Combined High School competition. At this competition saw three teams play each other over a range of one day and twenty over matches. The three teams included NSW Combined High Schools, NSW Catholic High Schools and NSW Independent High Schools. At this competition Dharmini's team won this competition, which is an excellent achievement both individually, and her team. Dharmini was one of the leading run scorers of the tournament. As a senior student of our school it is great to continue to see her passion for her sport along with dedication to studies. We wish Dharmini all the best for 2019 both on and off the Cricket pitch.



**Mr O Walker**  
**Sports Coordinator**



## Fit Fun

This term, twelve students have been participating in Crossfit or Xfit for sport each Wednesday afternoon. Crossfit is a high intensity fitness program incorporating elements from several sports and different types of exercise.

We have been walking to Lionmode Crossfit in Montague St, Fairy Meadow, where we do a fun workout then cool down with stretching while we talk about nutrition. Our workouts are varied and often contain squats, rowing, burpees, push ups and anything else our trainers can think of. We have learnt lots of important nutrition lessons.

*For example: Protein, Carbohydrates and Fats don't make you gain weight; they give you energy to work out.*

During each session, we have been working on our technique and competing against each other in teams. One of the techniques we have learnt is how to use the rower. We have learnt to lead with your legs then pull your arms straight, then repeat. Every time we complete an activity, our instructors teach us how to do it safely. Overall, Crossfit is an awesome sport because we enjoy doing it with our friends and it make us happy. I would recommend it anyone at all above the ages of 13, because it is fun and all of the activities can be adjusted to suit different fitness levels.

**Molly Rigby**  
Year 9



# Crossfit



## Open Girls basketball

On 7 March I had the opportunity to take the open girls basketball team to the Northern Illawarra Knock Out Basketball Tournament held at Beaton Park.

Despite having low numbers due to a couple of our team members having to pull out at late notice the girls played tremendously strong to win their first game against Corrimal High School by 40 points. This demonstrated a high level of fitness and motivation as they maintained a high level of energy and pressure throughout the entire game.

Our second game was against Wollongong High School of Performing Arts. They proved to be extremely tough competition and a very well drilled basketball team. Unfortunately we were unable to get the win however our team demonstrated a high level of resilience and team work to represent their school with pride and respect.

Given the majority of our team was made up of junior players it is extremely encouraging signs for the future of our basketball team. I am looking forward to working with them and returning next year.



**Mr J Berry**  
**Special Education**



## News from Wellbeing

As we get closer the end of Term 1 and two weeks break I'm particularly focusing on the Physical Wellbeing of our students. I've included below information relating to the spine health of our younger females and changes to the Meningococcal vaccine available for our students aged 15 years and older in 2019.



The two week break from school provides an opportunity for students to improve their physical health through increased exercise and more time to plan for healthy eating habits. I encourage all students to consider how their Physical Wellbeing might be maximized so they can return to school in Term 2 ready for a 10 week period of vigorous learning through the cooler months.

### Scoliosis National Self-Detection Program

Scoliosis (spinal curvature) is an important health problem for adolescent girls. In the early stages the condition is most often asymptomatic so screening in the age range of 10 to 12 years is a sound preventative measure. When school screening for scoliosis was abandoned some years ago, the National Self-Detection Program for Scoliosis was established as a practical alternative.

In Week 9 all Year 7 female students were given a fact sheet on Scoliosis and the self-detection method. This fact sheet is available online at [www.scoliosis-australia.org](http://www.scoliosis-australia.org), as is a discussion forum where students and parents can engage with healthcare professionals and patients to ask questions or get support.

### Meningococcal ACWY vaccines for students 15 years and over

Year 10 students will soon be provided with immunisation consent cards for the MenACWY vaccine that protects against four strains of meningococcal disease.

This vaccine is different to the meningococcal C (MenC) vaccine that children born between 2003 and 2018 were offered at the age of 12 months under the National Immunisation Program, as the MenACWY vaccine protects against an additional three strains of meningococcal disease.

To ensure all older adolescents have the opportunity to protect themselves against meningococcal disease caused by strains A,C,W and Y, anyone between the ages of 15 and 19 years who missed the vaccine at school can access free vaccine from their GP.

This vaccine does not protect against all strains of meningococcal, so all people should be aware of the signs and symptoms of meningococcal disease, even if they are vaccinated. For more information on meningococcal disease and the NSW school vaccination program see the [NSW Health website](https://www.health.nsw.gov.au/Infectious/Pages/default.aspx) (<https://www.health.nsw.gov.au/Infectious/Pages/default.aspx>).

You can also find out about other important infectious disease alerts by visiting the [alerts page](https://www.health.nsw.gov.au/Infectious/alerts/Pages/default) (<https://www.health.nsw.gov.au/Infectious/alerts/Pages/default>).



**Mrs L Crockford**  
**Supervisor of Female Students**



## **Bullying. No Way! Day**



Friday 15 March was the National Day of Action against bullying and violence – **Bullying No Way Day!** This year's theme was ***Bullying. No Way! Take action every day.***

As part of this day – students of all year groups were taught that bullying is repeated verbal, physical and social behaviour that intends to cause physical, social and psychological harm to another person. It can involve an individual or groups. Bullying can happen in person or online and can be obvious or hidden. Bullying behaviour is repeated, or has the potential to be repeated, over time.

Students were reminded that if they are being bullied or know that someone is being bullied, they must do something about it. There are many people that you can talk to at school – year advisers, teachers, deputy principals and the school counsellor and they can speak with their parents/ caregivers. BUT - It is important that you speak to someone about it.

All students were given pockets cards that contain student tips about what bullying is and steps to follow if you are being bullied or if you see someone being bullied. Some resources for students to access are:

<https://kidshepline.com.au/>

<https://headspace.org.au/>

<https://esafety.gov.au>

For fact sheets for parents and carers about bullying please click on the link below. These cover definitions of bullying, harassment and discrimination, key facts and statistics about bullying and violence, types of bullying, and signs of bullying

<https://bullyingnoway.gov.au/Resources/FactSheets/Pages/For-parents-and-carers.aspx>

Parent fact sheets that have been translated

<https://bullyingnoway.gov.au/Resources/FactSheets/TranslatedFactSheets/Pages/default.aspx>

If at any time you are concerned about your child, please contact the school to speak with their Year Adviser.

**Mrs D O'Keefe**  
**Year 10 Year adviser**

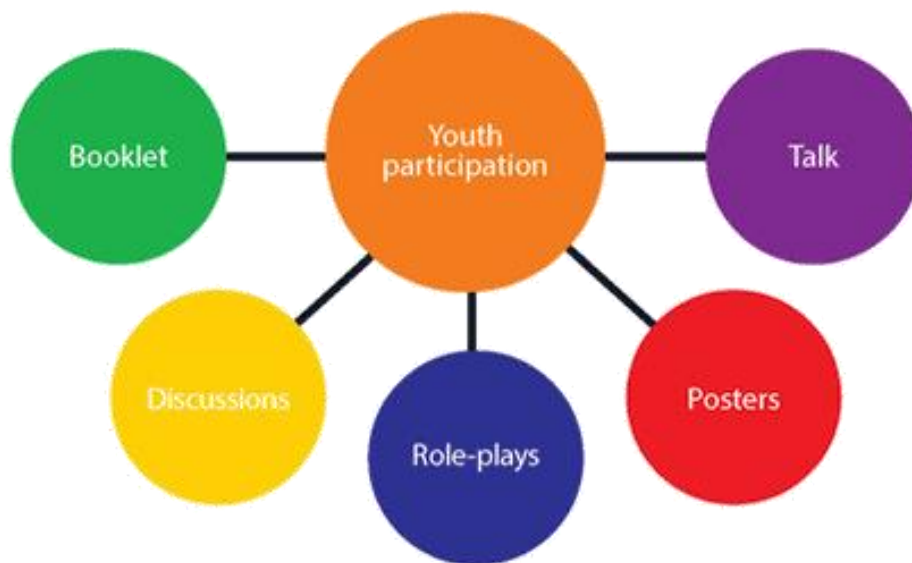
# YAM YOUTH AWARE OF MENTAL HEALTH

Year 9 have engaged with the **Youth Aware of Mental Health (YAM)** program this term. An initiative of the Department of Education and the Black Dog Institute, the program provided students with three sessions, with each focusing on a different aspect of their mental health and wellbeing literacy. These sessions are designed to assist students in recognising the signs and symptoms of issues with mental health, as well as to help them identify where they can seek assistance within the school community. The students engaged in role play and discussion surrounding important issues for their age group.

Students found the program valuable saying, *“I just wanted to say after last week’s role play I went home and spoke to my mum about how I felt every time I was about to leave to visit my dad. I found the program really great at helping me find my voice.”*

The YAM program is run every year at Keira to support our year 9 students.

## YAM is



**Ms M Cara**  
Year 9 Adviser