

KEIRA

March 2021

News



Great traditions, a confident future.



From the Acting Principal

We have made a **Strong Start @ Keira** this term, congratulations to everyone.

It has been wonderful to see excursions and events beginning to take place in a Covid-19 safe environment.

We are feeling very lucky to have the whole school back in the quadrangle for whole school assemblies again, these play such an important role in establishing our strong Keira culture of respect.



Already so much has happened and we look forward to the rest of a very busy term.

In Week 7, we will welcome Year 6 students and their parents/carers to the school for our **Expo Evenings** for 2021. This year these will happen across six sessions over three evenings with each session having a capacity of 60 people per session. Tickets for each session are available at www.Trybooking.com/719404

We are looking forward to showcasing our fantastic school and the achievements of our students.

EXPO Evening 2021

We look forward to meeting you at one of our Evenings

	Monday March 8	Tuesday March 9	Wednesday March 10
Session 1	4:30 pm – 5:30 pm	4:30 pm – 5:30 pm	4:30 pm – 5:30 pm
Session 2	6:00 pm – 7:00 pm	6:00 pm – 7:00 pm	6:00 pm – 7:00 pm

Use the link <https://www.trybooking.com/719404> to book your tickets for your chosen session

Mr T Loades
Acting Principal





From the Deputy Principal

Year 11 students begin their journey in building towards a successful HSC

We welcome students and parents to the 2021 academic year. This year Year 11 makes an exciting transition into the senior school. At Keira, we have a strong commitment in supporting students to maximise their success in learning at all stages of their schooling.

Success in the Higher School Certificate is largely determined by quality partnerships between parents, students and teachers. To support these partnerships, we held two information sessions for Year 11 students and provided an online resource for parents/carers.

Outcomes of the student information sessions:

- Develop an understanding on how to maximise learning in the senior years.
- Develop a deep understanding of Keira High School Assessment Policies and Procedures.

Parent/Carer Information

An online resource has been provided via a shared google drive link to explicitly guide parents/carers through the Year 11 Assessment Booklet to ensure clarity in understanding of the roles and responsibilities of students and their teachers.

Celebrating Student Leadership



Keira Community of Schools Leadership Ceremony 2021

Tuesday 2 March

The **Keira Community of Schools Leadership Ceremony** is a significant annual event that allows us to recognise and congratulate the student leaders from all schools within our learning community.

It is an important moment as it allows each Principal to introduce their student leadership team and for the student leaders to speak on behalf of their schools.

We look forward to celebrating this upcoming event with the Keira Community of Schools.



Keira Community of Schools Leadership Ceremony 2021

Great traditions, a confident future.



School Uniform

Keira High School community has a strong commitment to a school uniform policy and students have been provided with a variety of uniform options to cater for varying tastes and climatic conditions.

The tone and prestige of a school is important for the future of students as they leave and join the wider community. The correct school uniform helps in creating a sense of belonging and assists in developing the correct mind set in the student about the purpose of school for the day.

Students have a responsibility to be in full school uniform every day, including the wearing of sports uniform on a Wednesday. Only those Year 11 students participating in Wednesday sport are permitted to wear their sport uniform.

Note on shoes:

- Due to Health and Safety requirements, black shoes with a firm leather/leatherette or suede upper must be worn
- Black joggers with a mesh or canvas upper are NOT permitted
- Shoes must be all black

Note on socks:

- Socks must be plain white without any logo on the sock
- Socks must be at least 3cm above the shoe

Our school uniform is available at Lowes - Crown Street Mall, Wollongong. The school will no longer stock new uniform items for sale. We will continue to have on offer second-hand items. If you need to discuss any uniform needs please contact your child's Year Adviser or the Deputy Principal responsible for their cohort.



Upcoming Events			
Date	Event		
Term 1 2021			
Week 7			
Monday 8 March	EXPO Evening 1	Session 1: 4.30 - 5.30pm	Session 2: 6 - 7pm
Tuesday 9 March	EXPO Evening 2	Session 1: 4.30 - 5.30pm	Session 2: 6 - 7pm
Wednesday 10 March	EXPO Evening 3	Session 1: 4.30 - 5.30pm	Session 2: 6 - 7pm

Mrs S Gray
Deputy Principal



From the Deputy Principal

Hello parents and caregivers,

Mr Langford has taken leave for five weeks during Term 1 in order to spend time with his family. I have been acting in the relieving Deputy Principal role during this time. This has meant that I have been responsible for supervising Year 7 (Stage 4) and Year 10 (Stage 5) during this time. I would like to provide you with an overview of some significant events that have occurred recently:



- **Strong Start:** Over the first four weeks of this year, our school conducted a series of Year Meetings in order to engage students with key support systems and staff. The meetings had a strong wellbeing focus and we identified and introduced key personnel in the KHS Wellbeing Team e.g.: Year Advisors, Head Teacher Wellbeing, School Counsellors and our Student Support Officer. We also highlighted opportunities such as the Tuesday afternoon Homework Club in the KHS Learning Centre – 3:30 to 4:30pm. This is staffed by teachers and is a safe and pleasant after school learning environment. Great space to catch up on homework or assessment tasks with added teacher support.
- **Record of Student Achievement - RoSA:** Year 10 marks the first opportunity a student can earn a leaving credential. This external credential is the Record of School Achievement (RoSA). It is important for students to consider their ideas or attitudes about school, work and the organisation and effort required throughout the year. As part of our school academic culture, we have high expectations that students will be engaged with taking full advantage of their opportunities and achieve their best results. This includes completing all set classroom activities, homework and assessment tasks. Failure to engage with these aspects of learning in Stage 5 could result in N-Warnings, or the N-determination of ROSA qualifications. This means that students will not be awarded a Record of Student Achievement (ROSA) We want students to do their best, at all times. Please note that an essential part of student success is ensuring regular attendance at school and in class. Please be aware that we will be meeting in Week 8 for the Stage 5 Parent Teacher interviews (15 March).
- **Year 7 'Meet the Teacher' Session:** On Tuesday 23 February, Keira High School conducted our annual 'Meet the Teacher' information afternoon. Due to the current pandemic context, we were unable to conduct this as a relaxed afternoon meeting in the quadrangle like we had in previous years. This year we used the online Zoom format to connect with families for the afternoon's event. The focus of this event is to build relationships and foster communication between school and home. We believe that it is vital for all teachers to get to know Year 7 parents in order to support a strong start for all students. Through completing an online Google Form survey, parents were provided with the opportunity to offer important information about their child. This information will assist teachers with providing the very best learning opportunities, challenges and support for the students in their classrooms. It was pleasing to see so many families in attendance. If you were unable to attend, please be aware that we will be connecting again in Week 10 for the Stage 4 Parent Teacher interviews (29 March).
- **Technology Policy:** A key area of our school Welfare and Discipline Policy, is our focus on keeping students safe. Part of this focus is our policy regarding mobile phones. Phones need to be off and away when students enter school gates, and they can then access their phone when they leave school at the end of the day. We encourage students to leave their phones and earphones / pods in their bag (or at home) in order for them to be able to dedicate their attention to positive learning – both academic and social. There are numerous studies highlighting the benefits of 'being present' or 'living mindfully', and we believe that having a 'phone free' day will assist students with managing their wellbeing. Please support

us by encouraging your child not to be using their phone whilst at school, and accept that consequences will arise from non-compliance with our policy.

- **Uniform:** It is great to see so many of our students wearing our school uniform with pride. If there is a need for students to access special assistance in order to be in uniform every day, please notify us here at the school and we will always be able to help.
- **Year 7 success:** Year 7 students have started 2021 showing consistent and outstanding behaviour. They are being recognised by their teachers for a variety of Keira qualities that include, but are not limited to, 'organisation', 'teamwork', 'communication skills', 'creativity' and 'commitment to studies'. Congratulations to all of the students who have been recognised for their efforts in these areas. What an excellent way for our Year 7 students to commence learning in their first year of high school. Keep up the great work.

If you have any questions or matters that you wish to discuss with staff here at the school, please do not hesitate to contact us here at Keira High.



Mr K Weber
Relieving Deputy Principal



From the Deputy Principal

Congratulations to staff and students for engaging in what has been a strong start in 2021.

Maximising success in the Higher School Certificate

Congratulations to our HSC students who have quickly settled into their study as they enter the second term of their HSC year. The higher school certificate is a fantastic opportunity for all students to demonstrate their learning of new knowledge and skills across a broad range of assessments. After the achievement of our 2020 HSC students, we are excited by the possibilities for current students as they navigate their way towards HSC success.

The Directed Senior Study continues to engage our HSC students in purposeful learning, effective revision, and structured planning. Staffed by experienced HSC teachers each student is provided with individualised support to further assist them in successfully meeting the demands of the HSC courses.

Across the course of this year Stage 6 teachers delivering Biology, Business Studies, English (Advanced and Standard), Industrial Technology, Mathematics (Advanced and Standard 2), Modern History, PDHPE and Visual Arts will be engaging in a scope and sequence of exciting HSC Professional Learning that explores proven methods for outstanding HSC student achievement with expert HSC Teachers from across the state, further enhancing student achievement.

If you require any additional support or information to enable your child to maximise their success in the higher school certificate, contact me directly at the school by phone or through the school email address.



Year 9 Electives

Year 9 Have made a strong start in a year that is critical as they consolidate their learning and build new skills across the broad range of Stage 5 subjects. This term students are excited to be exploring new elective subjects. They have enjoyed making choices that will shape their pattern of study beyond Stage 5. Over the beginning weeks I have visited Year 9 classrooms and have seen motivated and engaged students. During these visits I have asked students what they have most enjoyed about engaging with their new electives.



Benita stated "I have thoroughly enjoyed the addition of electives to our subjects for this year. I have enjoyed having the opportunity to choose something I am particularly interested in. I also think choosing electives gives us the chance to consider what we would like to be doing in our careers beyond school. I have chosen music because I absolutely love to sing and perform."

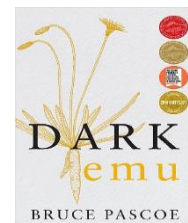


While Mohammad added “I have chosen *Transition to Trade*, I am really enjoying this elective. I am learning new skills and making things I have never even thought about making. I am currently making a small hammer. I mostly love this subject because it requires me to be creative and solve problems”

It is important all students are engaged and enjoying their learning as they continue to develop an understanding of themselves and their needs as a learner. If you require any support to assist your child in this area please contact our Year 8 Advisers, Ms Ashleigh Pike and Mr Kieron O'Brien.

Aboriginal Education

The Aboriginal Education Committee have been meeting since the beginning of term in preparation for working with Aboriginal and Torres Strait Islander (ATSI) students and their families in the development of Personalised Learning Pathways (PLPs) for all our ATSI students. This process will take place over the next three weeks.



All Aboriginal and Torres Strait Islander (ATSI) students recently took part in a special ceremony where Mr Loades presented them with two significant publications *Welcome to Country* by Marcia Langton and *Dark Emu* by Bruce Pascoe. This presentation was to reflect the importance we as a school place on supporting students in a deep learning and understanding of culture.



Ms P Havilah
Relieving Deputy Principal

News from the Office



Business Manager

REVITALISING OUR LEARNING SPACES

During January we took the opportunity to complete further improvements across the school. Our main entrance pathway and Mathematics classrooms have been refurbished and we are continuing to update and replace furniture. Mr Robson and the school community have restored the beauty of our rainforest that is once again looking incredible. The donations of plants from staff have regenerated a peaceful cool learning environment and the school is very appreciative of the generous donations of plants and time in making this happen.

SIGNAGE

Stage 2 of our signage project is now complete and we now have clear directional signage across our grounds. A campus map in the main quad in conjunction with the map available in their diary is helping our new students to find their way around our school and clear gate signage assists with access into our grounds.

Our dedicated and hardworking General Assistant has been spotted splattered with blue and white paint lately. Juan has been hard at work in refreshing areas in our hallways and several of our classrooms. Our students have been very understanding of room changes and are sensible in moving around contained areas. They have subsequently shown appreciation in enjoying and respecting the finished product.

We have begun to install marine carpet in areas leading outside as it has been effective in increasing safety in wet weather, we will continue to roll this project out across the school.

More sprucing up to come during the July holidays.



Mrs T Tzanopoulos
Business Manager



Administrative Manager

Statement of Account

Keira High School is committed to providing the very best of learning programs and resources for all our students and acknowledge with sincere gratitude the consistent support we have received from our parents and carers. Accordingly, to maintain such standards, each term a Statement of Account is issued for each student.

I would like to take a moment to clarify some areas which can cause confusion:

- **Sports Levy Fee** – This covers the cost of venue hire for our swimming and athletics carnivals which are compulsory school sporting events.
- **Unallocated Credit** – This results when monies have been paid for a purpose and later withdrawn, such as excursions, that have been cancelled or simply for non-participation in an event. This indicates funds which can be used at a later date for any student in a family and avoids the process of applying for a refund. Similarly, funds can be paid directly to unallocated credit and be held for a later time when the Parent /Carer nominates for the funds to be applied. At any time, these funds can be fully refunded.

Should your Details Change

Due to the structure of our system, the Statement will always be addressed to the “Financially Responsible Adult”. This term refers to the Parent /Carer nominated at the time of enrolment to be responsible for payment of fees. Should this ever change, please notify the school. Similarly, it is vital that the school be updated if your address, telephone, email or emergency contact details change. If your child is sick or the school needs to contact you, it is vital our system is kept up to date to avoid unnecessary delays.

Office Hours

Our Office is open from 8.30am until 3.30pm each school day. The school can be contacted anytime via email: keira-h.school@det.nsw.edu.au. For more urgent matters, please telephone on **4229 4644**. Due to COVID restrictions, we still advise limiting visitors into the school, however, if you do need to visit, we have a thorough sign in process and QR Code.

On line payments are our preferred method of payment and can be made www.keira-h.schools.nsw.edu.au



anytime via

Log onto the Keira High School website at: www.keira-h.schools.nsw.edu.au and click on the 'Make a Payment' icon. This is a secure payment page hosted by Westpac.

If a parent/carer is experiencing financial difficulties and is having trouble making the payments, please apply to the school for student financial assistance, so that alternative arrangements may be made. We are also able to accept payment in instalments throughout the year.

Mrs L Deitz
Administrative Manager



News from Administration

Attendance Matters

Attendance Matters!



Every Student, Every School, Every Day

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children. Once enrolled, children are required to attend school each day it is open for students.

The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On certain occasions, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

The school will notify you via a text message on the day of the absence. Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. Each week, a letter is provided to each student as a reminder of all unexplained absences in the past 7 days.

Please be prompt in returning absentee notes to roll teachers in order that the school may maintain accurate recording and reporting of your child's absences.

Mr P Slattery
Relieving Head Teacher Administration



News from the Wellbeing Team

Welcome back to all our students and a special welcome to new students and their families who have joined our learning community. Congratulations to the student body for their smooth return to the 2021 academic year.

As Head Teacher Wellbeing, I lead Wellbeing programs that focus on enhancing student wellbeing, that ultimately, foster academic success and engagement. The Wellbeing of our students is a priority to every staff member and at Keira High School we support students through a holistic approach that focuses on enhancing every aspect of student wellbeing. Students also have access to a Wellbeing Team that is comprised of a dynamic group of individuals such as, Head Teacher Wellbeing, School Counsellors, Year Advisers, Assistant Year Advisers, Supervisor of Female Students, Student Support Officer and Deputies.

2021 Wellbeing Team

Head Teacher Wellbeing- Vicky Kalatzis-Vlahakis

Year 7 Year Adviser- Tess Agim Assistant- Jackson Bentley

Year 8 Year Adviser- Josh Berry Assistant- Jordan Van De Voorde

Year 9 Year Adviser- Ash Pike Assistant- Keiron O'Brien

Year 10 Year Adviser- Blake Thompson Assistant- Dylan Page

Year 11 Year Adviser- Madeline Holliday

Year 12 Year Adviser- Aaron Kellaway

Supervisor of Female Students- Campbell Ruddy

Student Support Officer- Trea Randall

School Counsellors- Asima Ahmed, Peter Comino

Please do not hesitate to contact myself or your child's Year Adviser if you have any concerns regarding their wellbeing.

Vicky Kalatzis-Vlahakis, Head Teacher Wellbeing



Wellbeing Team 2021

Student Support Officer

What a great start to the year it has been here at Keira High School.

I am the newest member of the Keira Wellbeing Team and I have had a wonderful introduction thanks to the warm and friendly environment of this school and its community. My name is Ms T. Randall and I am the new Student Support Officer. This is a new full-time non-teaching role designed to allow increased accessibility to wellbeing support for all students. My job is to contribute to the promotion and improvement of wellbeing outcomes across the school through evidence based/informed practices. Examples of such practices include psychoeducation, structured mediations, social skill development, and the implementation of impulse control and behaviour regulation strategies. This will involve individual, small group, and whole-cohort support of students.

My support of students extends beyond the school through connection to and liaising with external services such as Headspace, Beyond Blue, and Lifeline. This is to assist students who's needs can be better met by external agencies.

Ultimately, I strive to optimise support of students at Keira High school by working collaboratively with the existing school Wellbeing Team. Key members of this Team include the School Senior Executive, Head Teacher Wellbeing, Year Advisers, School Counsellors/Psychologists, and Supervisor of Female Students.

But where can you find me? Students may access me through self or staff referral. Self-referral may be made in person by students at my office which is located between classrooms 205 and 206.

This term I have already met so many interesting, valuable, and kind students. I have had the pleasure of meeting all our new year seven students and have been pleased to see how well they have settled into their new normal here at Keira. I look forward to working with you and your young person soon.

Ms T Randall
Student Support Officer



School Counsellor

At Keira High School we currently have two School Counsellors, Mrs Asima Ahmed and Mr Peter Comino, servicing the school through the week. We provide individual and group counselling support to students. We work with the Welfare Team, Learning Support Team, parents, teachers and external support agencies to provide guidance and support to meet the social, emotional, behavioural and learning needs of our students. Parents are welcome to contact the Head Teacher Welfare, the Year Advisor or the School Counsellors, if they need advice or support regarding the wellbeing of their child.'

Ms A Ahmed Counsellor



Supervisor of Female Students

I am excited to take on the role of Supervisor of Female Students this year. As a member of the Welfare Team, I work closely with the Head Teacher Welfare and Year Advisers to ensure all female students at Keira High School feel safe and supported in all aspects of their schooling.

Physical and Emotional wellbeing is an important part of student success. One of the programs I organise is the Immunisation Program. Every year, NSW health works closely with schools to offer vaccines to adolescents that are recommended by the National Health and Medical Research Council (NHMRC). In 2021, all students will be offered the Human Papillomavirus Vaccine (HPV) that provides protection against a virus which could lead to disease in later year. They will also be provided with the Diphtheria, Tetanus, Pertussis (whooping cough) vaccine.

These vaccinations will be provided on the 12 March, 25 May and 15 October.

An information kit has been sent home. Please complete the consent form and have your child return it to Miss Rutty. If you wish to withdraw your child from these vaccinations, you may do so by phoning the school.

For more information about the immunisation program, please visit the NSW health website at www.health.nsw.gov.au/immunisation or contact Miss Rutty.

Ms C Rutty
Supervisor of Female Students

Year Advisers



Year 7 – Ms T Agim

Welcome Year 7 to the Keira High School community. I, Ms Agim and Mr Bentley, form the Year 7 Adviser team for 2021. We have watched Year 7 begin high school with such confidence and excitement. They have been commended by various staff members on how well they have settled in and engaged with the high school experience. The true definition of a strong start for 2021.

We are thrilled to continue to support Year 7 in settling into high school and embrace the experience with an open mind. Our passion lies in supporting the whole child and we look forward to facilitating initiatives which continue to build happiness, resilience, and engagement in all aspects of wellbeing.

Year 7 have completed their first session of the Peer Support program, facilitated by Year 11 student leaders. The students mature approach and willingness to work with students within their groups lead to a successful learning event. The initiative of peer support will continue across Terms 1 and 2, running on a fortnightly basis and will continue to aid students transition into high school.

Over the year, our focus will be on developing strong relationships and ensuring that Year 7 engage in responsible behaviours when building connections with others, in person and online. This will be facilitated through kindness workshops and addressing the issues of bullying and digital citizenship.

Year 7 have already completed a writing activity, writing a letter to themselves which will be placed in a time capsule and delivered to students at the conclusion of Year 12. The pride and care students showed in composing these letters highlights the significance of their new beginnings as Year 7 students at Keira High School.

Mr Bentley and I look forward to navigating the high school journey with Year 7 and are excited by the opportunities and learning which students will continue to immerse themselves in across the next 6 years.

The best way to understand the Year 7 experience so far would be to go straight to the source. We have had many students eager to share their thoughts with you, family and friends, some of which are currently in Year 6, waiting for your turn to begin Year 7 in 2022.

My High School Experience So Far:

Nicolas M : *In English I have learnt about similes and metaphors and how to use them in poems.*

Nellie B: *I have learnt how to light a Bunsen burner and make an explosion out of milo tin and gas, it was fascinating! I feel more independent especially because I can catch the bus.*

Shelby B: *I have enjoyed being at high school and meeting a lot of new people. I am excited that I have a lot of new friends. The swimming carnival was really fun.*

Tyeisha B: *The best thing about high school is doing different subjects everyday and moving through the school to find your next class. I am happy that I had a good start to high school.*

Violet R: *Science and DAT are the subjects I have really enjoyed so far!*

Soe R: *In Woodwork I have learnt to be precise about measuring timber and it has become my favourite subject! The teachers are awesome and the Swimming Carnival was really enjoyable.*

Baw R: *Peer Support was very fun, the Year 11 students were helpful and cool. The teachers and our Year Advisers have been helping us out to enjoy high school.*

Jude W: *Making friends is easy because there is so many kids. I always feel excited for the next class coming up.*

Nicholas M: *I have been able to adapt to new rules and school structures which I thought might have been tough. I have surprised myself with my cooking skills and have really enjoyed Food Technology.*

Jacob S: *I have really enjoyed being in new social situations where I have made some new friends. I came from primary school by myself so I am happy that I've been able to meet new people.*

Ethan C: *I thought that the work in high school would be really hard for me, but I have been able to understand new topics and complete the work. I find Mathematics difficult but have been successful in the topic Financial Mathematics. I have enjoyed the new challenges.*

I have received so many copper merits which means I have been able to get canteen vouchers and spend it on the delicious food in the canteen.



Year 8 – Mr J Berry

It has been wonderful to see our students return with excitement and hunger for starting this year strong.

Our first year assembly was a successful one. It gave our students an opportunity to reflect on 2020 and celebrate a number of major achievements. They used this reflection as an opportunity to set new goals for the academic year and continue building on the strong foundations they have already made. We discussed the importance of using their diaries as a communicative and organisational tool, as well as, ensuring they are doing the fundamentals such as eating healthy, getting enough sleep and maintaining balance across school and extra-curricular activities. This will help to embed positive learning habits and ensure they are maximising all of their learning opportunities throughout the year.

I would like to thank Ms Agim on behalf of our year cohort as she moves into her new role of Year Adviser of Year 7 2021. We are extremely grateful for the level of commitment and dedication she showed towards our students throughout 2020. We are very lucky to have Ms Van De Voorde stepping into this role as Assistant Year Adviser of Year 8. Ms Van De Voorde brings a wealth of knowledge and experience from working across a number of roles within the Wellbeing Team. This will undoubtedly go a long way in supporting the wellbeing of our students and we are very excited for the year ahead.

Looking forward we will be rolling out a number of programs aimed at supporting the wellbeing of our students. The first of which is a joint collaboration with Year 9. Students will be engaging in a production by Smashed Live aimed at increasing knowledge and understanding of safe behaviour and practises surrounding drugs and alcohol. This will complement and support the learning students will be engaging with in PDHPE as this program will run concurrently with students studying the Drug Aware unit.



Year 9 – Ms A Pike

What a start to 2021 so far! Hello parents, carers, students and community members. My name is Ashleigh Pike and I am lucky enough to continue my journey as Year Adviser to the wonderful cohort of Year 9 2021. Joining me along for the ride again as Assistant Year Adviser is Keiron O'Brien. Together, we are beyond excited to lead Year 9 towards a successful year. As a group,

we made a strong start to the year with the roll out of an important initiative around mental health. This initiative is called Youth Aware of Mental Health. Youth Aware of Mental Health, also known as YAM, is a school-based program for young people ages 13 to 17 in which they learn about and discuss mental health. YAM is an evidence-based program that takes place in classrooms around the world.

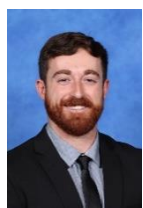
The following two students have written about their experience with the program.

'Yam (Youth Aware of Mental Health) is a really exciting program run in 5 hourly session that helps educate young people about mental health, relationships and emotions. The volunteers who lead the groups at Keira are very supportive and accommodating and do their best to make everyone feel comfortable. Part of this program includes discussion about possible scenarios and what strategies and support could be helpful. YAM is a great program that can benefit all young people in understanding mental health and how to manage and meet any challenges they may experience.'

- Callum Finlay

'This term we were lucky enough to have the YAM (Youth Aware of Mental Health) program come to our school to speak to Year 9. In YAM we learnt how to deal with our mental health by reading different scenarios and acting them out. YAM is a great program because it has given us different ideas and options to seek help for ourselves and our friends when dealing with mental health issues.' - Chelsea Davison

Within the next few weeks Mr O'Brien and I will begin planning for our next initiative for the year, Study Skills. This will involve students learning about effective ways to study, managing workload, planning, how to identify your preferred learning style and much more. Students will receive information on this soon.



Year 10 – Mr B Thompson

Hello all and welcome back to another semester of learning! My name is Mr Thompson and I am the Year 10 Adviser for 2021. I am looking forward to working with and supporting all Year 10 students as they work towards the completion of the RoSA (Record of School Achievement).

Leadership Opportunities: Year 10 students will be provided with a range of leadership opportunities during 2021 such as Peer Support Training, Nominations for School Sporting Captains 2022 and Work experience. All students will be provided with further details regarding these opportunities.

Wellbeing Program: During Term 1, Year 10 students have engaged with the NRMA Young driver road safety program, specifically Unit 2 the Fatal Five program. This program was designed to educate students around the leading risk factors and challenges young drivers may experience whilst learning how to drive.

Initially students were required to watch a series of videos and identify specific hazards within each clip. Within small groups, students were provided with the opportunity to design strategies that the driver could implement to eliminate these risk factors. The session concluded with students completing a quiz to test their knowledge and understanding.

"I felt this session helped most students in understanding certain things you should be cautious of whilst learning how to drive" Brandon Lolli, Year 10.



Year 11 – Mrs M Holliday

Our new Stage 6 senior students, Year 11, have settled quickly into their final years of secondary schooling. We have some new students in the cohort and on behalf of Keira High School, and Year 11, I extend a really warm welcome to them all. I have no doubt they will be part of the rich tapestry of Keira before long. Some students have adjusted their pattern of study and most students are engaged and working hard to achieve their goals.

As stated in the previous newsletter, some students will leave Keira to embark on more appropriate journeys prior to the end of Year 12. Already some students have secured employment, apprenticeships and traineeships in the early weeks of Term 1, 2021. We wish them all the best and hope they are enjoying the fulfilment of the wider world of work.

Being a senior student at Keira High School brings an added responsibility of modelling appropriate behaviour. Showing kindness, being respectful of self and others, will forge a strong sense of belonging, not just to the school but with each other as a year group. Modelling appropriate behaviour also extends to uniform. Our younger students look up to the senior students. The Peer Support Program is one that formalises the idea of mentoring and modelling, however, every senior student is viewed as a leader at Keira High. Our school prides itself on many things, and uniform is one of them. Please support your young person to wear the appropriate uniform every day. If you are finding this challenging on a household level, please make contact as we can assist with such matters.

Careful planning and organisation are imperative for students to realise their potential in the Senior School. They will need a lot of support at both school and at home to keep them focused and nourished, both literally and figuratively. Stage 6 can bring new stressors and it is important that we work as a team to ensure a rewarding passage for all of our students. If you find your young person is feeling overwhelmed or a bit lost, please make contact so we can help support them promptly.

Year 11 has made a strong start to 2021 and I am excited about all of the student successes that await, little or large. Personal best is the call and I want all of Year 11 to answer it!



Year 12 – Mr A Kellaway

Hello and welcome to a new school year. For those of you new to Keira High School my name is Aaron Kellaway, I am a Technology and Applied Studies teacher and I am the Year Adviser for the current Year 12 cohort. I am available to the students whenever they require assistance and my staffroom is located in the Industrial Arts block.

I would like to congratulate every student on the transition they have made from the preliminary stages to the HSC year. The cohort has shown maturity and a willingness to engage with their learning that has established a solid foundation for all to achieve results that they deserve.

Throughout semester 1, Year 12 will be engaging in a variety of wellbeing programs that will focus on helping them achieve Optimal Wellbeing during Exam Time, Study Skills and Time Management. These programs will provide the foundations for a best start to their final year of high school.

Within semester 1 we will also be celebrating the achievements of the Leadership Team and will be hosting the Captains Dinner. This event is scheduled for 31 of March at the Lagoon Seafood Restaurant and more information relating to this event will be forwarded to you shortly.

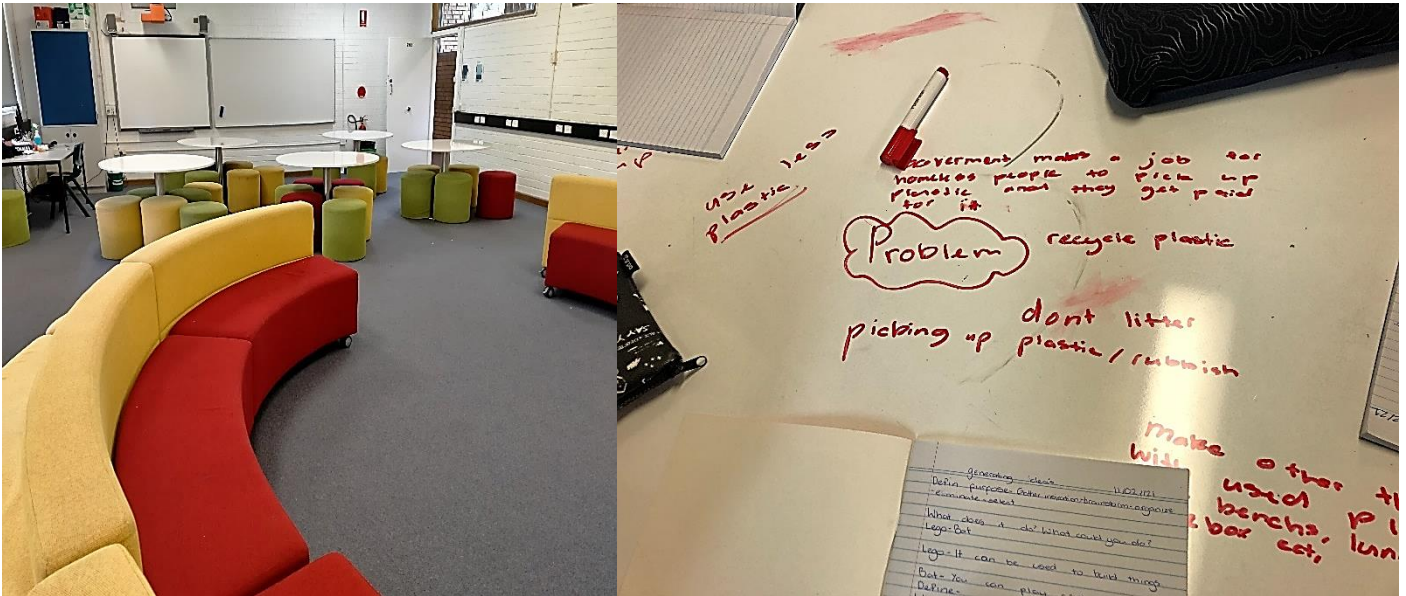
As a Year Adviser I look forward to providing all students with the support they require and being part of the team that supports them throughout this HSC year. Please do not hesitate to contact me if you have any concerns regarding your child's wellbeing.



Excelsior: A learning program for Year 7

In 2015, recently retired Principal David Robson envisaged a program that would set Year 7 students up to be successful learners for the rest of their learning lives. That vision became *Excelsior: Habits of Learning*.

At Keira, every Year 7 student completes two periods a week of Excelsior, where they learn the 13 habits that underpin quality learning. This learning takes place in Room 202, one of the school's flexible learning spaces.



We firmly believe that this program contributes to all Year 7 students making a *Strong Start @Keira*, setting them on a path towards being lifelong learners.

The first habit students have engaged with in 2021 is *Generating Ideas*. In a recent lesson, students generated ideas about how to capture plastic waste in the ocean and how to reduce food waste.

After learning habits like these in their Excelsior lessons, students can apply these to other contexts, both in and out of school. In class, they reflect on their own learning habits and set goals towards improving them.

Angelique Salavador of 7I reflected on her first Excelsior lesson, where students played an ice-breaker game called Helium Stick. In a group of 5, they had to use one finger each to lower a stick to the ground. She said "We learnt about team work and working together to solve a problem."

Also of 7I, Maddie Porter added "We can become more confident with others and find different strategies to work through problems. But the whole class is about becoming better students."

Maddie sums up the intent of the course perfectly; "becoming better students" is a goal that sits at the heart of Keira High School.

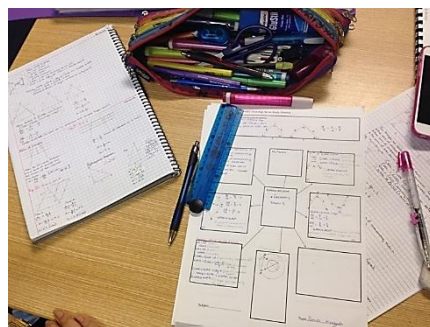
We look forward to seeing many current and future Keira High School parents and students at EXPO Night to learn more about Excelsior.



Relieving Head Teacher Teaching & Learning – Ms C Ramos
Excelsior Coordinator – Mr D Goodley

Directed Senior Study

Keira High School's Directed Senior Study Program for HSC students began at the beginning of this year. This program offers students individual study period opportunities. The program provides a productive place for further and extended learning. Staff are available to offer specialised, expert study skills, assessment and homework assistance. A dedicated Google Classroom has been established to provide a location for all HSC assessments, Keira High School developed audio/visual seminars and other academic support material. HSC assessments have been uploaded for students and will continue to be uploaded as the year progresses. Mindfulness, Critical Thinking and Study Skills seminars have been uploaded for students to view during study periods and at home. HSC skills from the classroom have been extended by the staff that are placed on this study skills program, and students are monitored and encouraged to extend their skills every Directed Senior Study period.



Ms C Ramos
Acting Head Teacher Teaching and Learning

SRC News

Welcome to 2021

At Keira High a strong emphasis is placed on students having a strong voice in the direction and say within the school environment through participation and involvement within the Keira High School Student Representative Council (SRC).

On an individual level, students involved in SRCs can learn immensely from their experiences. SRCs can teach young people to be confident in public speaking, presenting and communicating with others, building on those skills learnt in the classroom. Most importantly, they give students the opportunity to represent the views of their peers, and to succeed in making those views heard. This has also provided the springboard for many past and current leaders of Keira High School in to leadership positions within the school.

Later this term new SRC elections will be held, where students across all year groups will have the opportunity to stand in front of their peers and give a speech explaining why they feel they would be an ideal member of the team. This will include representation from our new Year 7 students, who will be able to have an instant impact and voice in the school community, building on the leadership skills developed in Year 6 within their respective schools.

So with a big 2021 planned this a great opportunity for students to start thinking about getting involved.

SRC Team
Mr G Mihail Coordinator

Peer Support and Mentoring Program News



The Peer Support and Mentoring Program is just another branch of support for our Stage 4 students. The Peer Support Leadership Training was completed at the end in the final weeks of Term 4, 2020. 40 students rose to the challenge and engaged meaningfully and earnestly with the assigned activities. They learnt about team building, how to engage others, and of course, leadership. All of the teacher facilitators were very impressed and proud by the way the conducted themselves. With such an amazing group of students, I knew that it was going to be a success.

Below are some pictures of the students in action during the Leadership Training.



Fast forward to 2021, and the Year 7 students have met their leaders and have engaged in the first round of the Peer Support and Mentoring Program activities at Keira High School. After the formal Peer Support Program finishes at the end of next term, the mentoring aspect of the program will extend for the next two years where the group leaders will regularly check-in with their students to see how they are going and identify any support additional support required to help make them feel more secure and confident at school.

Some photos from the first Peer Support and Mentoring Program session:



Learning about the support team for Year 7



Learning about one another during Human Bingo!

It was wonderful to see that the joys of the first session of Peer Support were not diminished by the rain that poured down mercilessly all day long. The Year 7 students demonstrated resilience and adaptability, and leapt into the program with enthusiasm. Hopefully the wild natural elements will hold off when we all meet again for the next session in Week 6!

Insights from two leaders of the Teal Titans group:

“Peer Support is an excellent program for both Year 11 students and Year 7. I am excited to work with the Year 7’s and my peers. At the end of Term 4 2020, the Peer Support group did a training session for a day. We learned about Peer Support and what our role is for the Year 7’s. We did a number of activities that we will use with the Year 7’s when we have our Peer Support sessions, for example, we played Human Bingo where you go around the room and try and find someone who matches the statement on the paper. It is a great way to learn about each other!” - Pyper Betts

“Peer Support is one of the great student lead initiatives we do at Keira. Our first Peer Support session with Year 7 was extremely successful. It was nice to see the new faces and learn more about the new students whilst also knowing I could contribute to their strong start at high school. As Peer Support leaders, we can relate to the Year 7’s and share our personal experiences to help them realise that they are not alone in this sometimes intimidating new environment.” – Maddison Toll

Mrs M Holliday Peer Support Coordinator

Starting Strong in English @ Keira

*There are classes of new kids at Keira
who are busy as bees creating lines of poetry.
Says one to the other,
'Listen! I'm using words to describe actions and colour!'
And the rest of the class calls excitedly,
'Oh yeah! We can all hear ya!'*



YEAR 7

Yes, Year 7 English classes are off to a strong start in their poetry units, building on the knowledge and talents they have gained in primary school! Teachers and students have been enjoying sharing their favourite poems, rhymes and songs and are now exploring even more ways to creatively express ideas about the world in which we live.

Another activity that students have enthusiastically embraced is writing a letter to their older selves, 'Dear Future Me...', to be placed in the NASA time capsule to be re-opened when they graduate in Year 12! An example of what students have written to themselves is:

'Dear Me in 2026...Wow! It's only been three weeks of high school in 2021 and many fun things have happened already! (I'm sure you remember!) It's not so scary after all! I'm learning my way around and I've met so many new friends! I LOVE high school!'

**Ms Keenan/Mr Crawford
Year 7 English Coordinators**



YEAR 8

Year 8 have started the year strong with creative writing. Students are working towards writing a short story. In class we have been reading and studying an array of stories to assist with their composition.

Later in the term, students will be using their knowledge of short stories to study a novel. Students will be using their analysis skills in essay form, to discuss how themes and meaning is conveyed within the novel.

So, look out in future newsletters for Year 8 snippets of their creative pieces.

**Ms Stares
Year 8 Co-Ordinator**



YEAR 9

Year 9 sees the commencement of students working towards achieving their ROSA, their grade of achievement awarded at the completion of Year 10.

To start the year our Year 9 English classes have focused their learning on “Australian Stories”. In this topic students have read a variety of different short stories from Australian authors from various backgrounds, each exploring a different perspective of what it means to be Australian.

Students have also been given the chance to write creatively by composing their own story, representing an aspect of the Australian identity.

At the end of this term Year 9 will move on to persuasion, where they will enhance their persuasive speaking and writing skills. This will build towards NAPLAN testing during Term 2.

Mr Pawsey & Ms Knox
Year 9 Coordinators



YEAR 10

Year 10 English at Keira has been designed to prepare our students for the rigors of English in the senior school, no matter what level they choose to study. Students encounter a variety of texts intended to engage them in a wide variety of topics and ideas, developing their understanding and knowledge in a number of domains.

Year 10 students are currently engaged in the study of a new unit, *Language for Impact*, focusing on the effect language can have and the ways it impacts on us as individuals and as a part of wider society. This unit will culminate in the students devising a multimodal presentation, linking their previous study of Stan Grant's speech ‘*The Australian Dream*’ to their evolving understanding of how language has impacted their own lives.

Ms Cara
Year 10 Coordinator



ENGLISH ADVANCED

English Advanced is for senior students who have a love of literature, language and writing. Through their study of sophisticated and celebrated texts, students develop their own creative, critical and reflective voices.

Year 11 English Advanced students are currently immersed in their first Module, *Reading to Write: Transition to Senior English*. Recently, they investigated an issue they are passionate about and composed a feature article exploring the debate behind this issue.

The course is complimented by students reading widely at home and encouraging this practice will help develop a love of English.

Mr Goodley
Year 11 Advanced Coordinator

Ms S Carruthers
Relieving Head Teacher English

News from Science

Starting Strong in Science @ Keira



Welcome back to a new year in Science :-) We have been so impressed with the positivity and enthusiasm that all students have brought into 2021, enabling a strong start in Science at Keira for all. From fledgling Year 7 scientists gaining their bunsen burner licences to Year 12 students embarking on their final few terms of high school, it's all happening in Science!

Many of our **Year 7** students have now gained their bunsen burner licences and have been learning to operate safely within a science lab.



Here is a taster of some of the other activities in Science that Year 7 have been enjoying:

7A honed their critical thinking and collaboration skills during a Spaghetti Marshmallow Towers competition.



In 7SE, Baw and Chelsea look at the contraction of gases upon cooling whilst Gideon and Karam look at the expansion of gases upon heating.



Meanwhile, 7SI are busy at work in Lab 3.





Students in **Year 8** will soon begin their study of Ecosystems which will include an excursion to Symbio Wildlife Park in Helensburgh on March 16. This is a fantastic day in which students are guided by an Education Ranger from Symbio and encounter a diversity of simulated ecosystems and the species that occupy them. Information and permission notes have been distributed and we are all looking forward to this exciting opportunity for our students.

The **Year 9/10** elective Marine and Aquaculture Technology students are participating in their swim tests in order to prepare for their excursion to Minnamurra later in the year.

"We chose Marine and Aquaculture Technology as one of our electives this year as we enjoy learning about the marine environment. Last year, we learnt about many aspects of the marine environment including the importance of mangroves and estuaries. We look forward to the Minnamurra river kayaking excursion coming up next term." Jasmine Rackham and Emi Sepuldeva



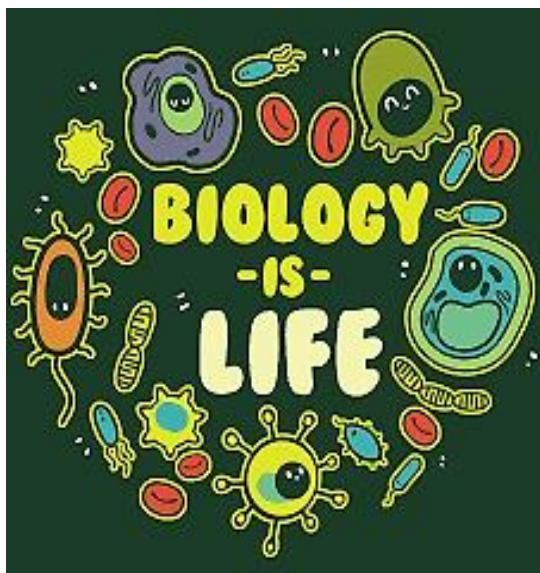
Year 10 have started off this year with a whizz, a fizz and a bang through the study of chemical reactions in the "Reactions by Design" topic. 10SA, with Mr Weynen, has been diligently revising atomic structure and implementing it to understand how chemicals form and react. We have also completed some exciting experiments, including flame tests and dehydration of Copper sulfate crystals, in order to help understand the types of chemical reaction we can observe and to make observations about conservation of mass and atomic structure. Currently, we are attempting to understand how many of each ion (charged atom) join together when making a compound, although it is quite tricky.

Picture attached: Hydrated Copper (II) sulfate being measured on a scale and Anhydrous Copper (II) sulfate produced by 10SA

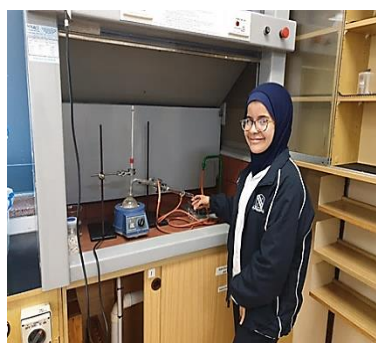


Our **Year 11** cohort is engaging in Biology, Chemistry and Physics and are all anticipating the rigours of their first assessment tasks, which will incorporate concepts and practical investigations covered in the first modules of their courses. Many are already discovering a new appreciation for the world around them through the lens of science:

"Biology, the study of life, is a subject where we as students are given the opportunity to learn many new concepts. From the basics, eukaryotic and prokaryotic cells, the inner working of cells, from their DNA, mRNA and RNA, to the interactions plants have through their root systems. Biology as a whole is an extremely interesting and multiplex subject which myself and many other students enjoy." Maddison Toll



"In year 11 Physics we have been learning about motion on a straight line, using formulas to solve for different values. Currently, we have moved on to motion on a plane with the use of graphs that require skills previously covered in mathematics." Esra Gheneim



"Currently in Chemistry we have been learning about the properties and structure of matter. It is enjoyable yet challenging and takes a lot of hard work. It involves looking at multiple things, including the structure of atoms, separating mixtures using different separation techniques, naming compounds and outlining the electron configuration of elements using spdf notation. This unit is about giving students the foundational knowledge and understanding that they will need in order to understand concepts later in the course. The picture is from a practical that we carried out in class where we used the process of distillation to separate mixtures containing components with different boiling points." Sura



HSC Science students returned refreshed from their summer breaks and have committed diligently to their work habits. HSC Chemistry students have begun studying "Acid and Base Reactions" so have enjoyed the opportunity to develop their practical skills in the laboratory. Our three HSC Biology classes have just received their Depth Study assessment task which will enable them to develop expert knowledge of a genetic disease and the technologies available (and those in development) for treatment.

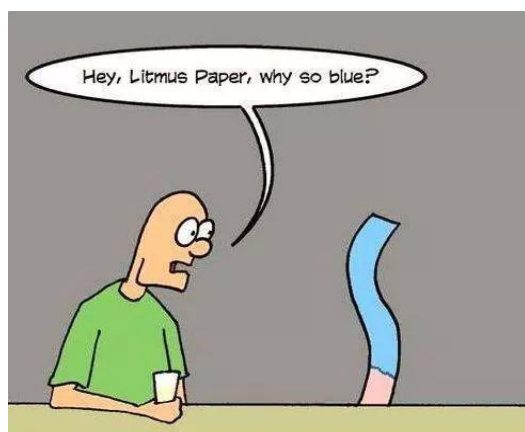
Meanwhile, HSC Physics students have been observing the generation of an alternating current by rotating a wire in the Earth's magnetic field.



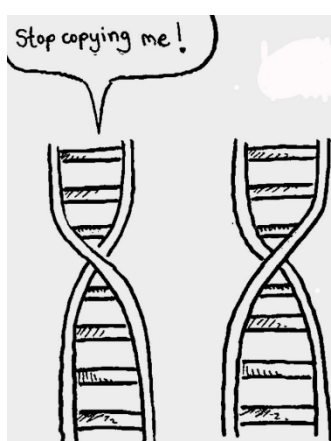
Our Year 11 and 12 Chemistry classes will attend an excursion to ANSTO, the Australian Nuclear Science and Technology Organisation in Lucas Heights on March 3. For Year 11, this visit provides vital information for their first assessment task, a depth study on nuclear chemistry. Year 12 were unable to attend the facility last year, due to changes in operations resulting from COVID restrictions, so we are fortunate that they are able to join Year 11 in participating in the educational program and tour that ANSTO delivers.



This year we have five Year 12 students studying the **Science Extension** course, which involves the design and implementation of a research project focusing on a research question of particular interest to them. Students are currently conducting in-depth literature reviews, accessing academic journals that generally are the domain of university students. We are very excited to guide the progression of their work. The projects form a diverse array - Elyssa is investigating the utility of saliva as an indicator of stress in the bush cockroach; Jas is looking at the relative performance of binding materials in a variety of metals; Rasmey is researching the prevalence and impact of social anxiety on adolescents in the Illawarra; Jayda is modelling the effect of aspirin on blood flow through arteries affected by atherosclerosis; and Zahra is conducting a meta-analysis of the impact of refinement of childhood cancer treatment on the development of secondary cancers. Congratulations to these students on their diligence and enthusiasm and best of luck in your research - we look forward to reading more!



Basic Humor



Leussink
Think. Solve. Engineer.

The Science Faculty would like to extend a big thank you to Ray Leussink and his team at Leussink Engineering (<https://www.leussink.com.au/>) who, in 2020, built a brand new trolley and bridge system for our STEM resources. These were put to use in the judging of bridges in the KCoS 2020 Virtual STEM Tournament and will be in demand for a wealth of STEM activities at Keira HS in the future (hopefully including a return to the Science and Engineering Challenge). Thank you again to Ray and the team at Leussink Engineering for your support.

Congratulations to all of our Science students at Keira on the strong start that you have made to 2021. Let's keep up the great work!

Dr S McKenzie
Head Teacher Science

Starting Strong in Mathematics @ Keira

To ensure a productive year, it is important to establish the right routines and patterns from the beginning. The Mathematics Faculty began 2021 the same way it has for a few years now, spending initial lessons with teachers establishing expectations and students determining goals for the year. Activities were conducted which allowed students to be open about their numerical achievements to date, provided opportunities to see that following instructions and reading questions carefully were key to success, and that it was important to understand that success looks different for all. These initial lessons were



Collaborative Learning

Latrell and Sam share thoughts on the best way to approach and solve this Trigonometric problem.



Formative Assessment

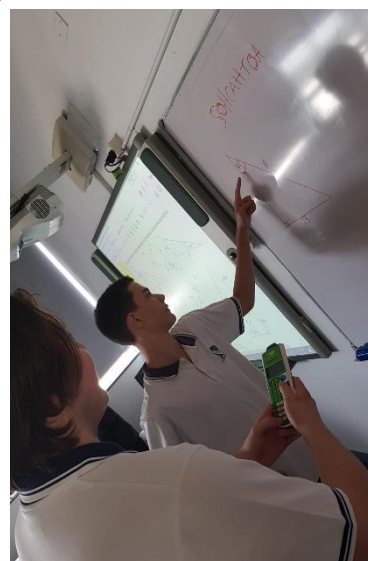
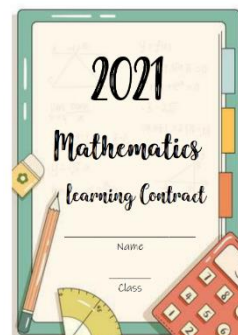
10MK commence lesson with "Last Year, Last Term, Last Week, Last Lesson", an assessment tool that reminds students of key facts they need to remember.

concluded with finalising *Learning Contracts* which serve as a communication point of reference as student's progress through the year. Students will revisit each goal at the end of each term through reflection activities, to identify their strengths and areas of development, and modify goals as attainment of outcomes is achieved.

A large communication point for all students is doing their individual best, a focus on achieving success with specifically designed tasks. Success will drive confidence, and this is encouraged when learning the next skill. Courage will then drive engagement with more deep concepts. We are fostering an attitude for students to think "I can't do this... yet!", celebrating those who persevere with tasks and realise their potential. To support this growth, the Mathematics Faculty has two key focus areas for this year for all ages and all courses, *Working Mathematically* and *Formative Assessment*.

The first focus is to produce problem solvers. We want students to be numerically competent when their schooling career is over and have structured sessions within junior school so that problem solving, communicating, and reasoning are developed through specifically designed activities. To start secondary studies strong, Year 7 have these skills developed in sessions designated as *Working Mathematically* lessons and are finetuning these skills with hands on activities, and investigations or explorations of concepts covered across the year.

Disciplines of Mathematics are studied where new skills are built upon prior knowledge, so it is important learned material is maintained and kept relevant. *Formative Assessment* has formed a large component of our studies for this year. We felt it was important to have a structure which allowed students, at different points throughout a course, opportunity to recall previous concepts, whether it be from earlier in that topic or earlier in their careers. In Stage 4, there are mini activities which assess current understanding and allow students to see where gaps in knowledge exist. In Stage 5 and Stage 6, students are experiencing lesson starters which allow them to maintain frequent exposure to key concepts required for them to be successful adults as well as achieve higher bands in HSC examinations.



Peer Learning

Brandon and Luka utilise structured approaches to solving a common problem, and by sharing thoughts through the learning process allows for concepts to be mastered.

We are excited about the goals set in our faculty this year, students and faculty alike, and are excited to celebrate all the successes 2021 will bring.

Ms C Ward
Relieving Head Teacher Mathematics

News from Human Society and its Environment

Starting Strong in History @ Keira

Field Work

Students in Year 8 Geography have had fun exploring the processes of our natural environment, looking at the water cycle and the process of evaporation. Students were involved in an experiment that allowed them to conduct research into the process of evaporation in the Water Cycle. Year 8 Geography are taking a closer look at the role of water in our environment as part of the 'Water in the World' unit of work and were able to see the effects of evaporation first hand.

Mrs M Andrievski
Relieving Head Teacher HSIE



Commerce Corner

With the start of 2021 students enrolled in the Commerce course from Year 9 and 10 have made a strong start to the year exploring the topic Consumer and Financial Decisions. Students will explore a range of areas within this topic which include:

- Consumer protection
- Financial management
- Superannuation
- Budgeting
- Avoiding scams
- Legal rights and responsibilities of consumers

The course helps students in developing the basic knowledge and skills required as they begin to move into adulthood.

Students enrolled In Commerce will soon be entering the ASX share market game which involves students across the country vying for the honour (and prizes) of Australia's most astute student investor. Students are given \$50,000 in virtual money (Yes VIRTUAL MONEY, no need to check bank accounts) to invest in REAL ASX listed companies and monitor how they are performing.

They can choose to sell and purchase shares and grow their share portfolio within this 10 week period, and compete nationally against other students, to have the opportunity to win cash prizes. Parents/guardians are also welcome to join and compete against their child.

We did have some amazing results last year with one student finishing in 61st place in New South Wales from nearly 6000 entrants and most students recording a profit on their investment.

From the Commerce Team

Welcome to the first newsletter for the Health4Life Initiative! This newsletter series is designed to keep teachers, parents, students, and all those interested, up-to-date with trial progress. First and foremost, we would like to thank all of our participating schools for their continued support during 2020 – it was a challenging year for all and the trial would not have been able to continue without you! We look forward to working with you again in 2021.

The Health4Life Team.



What's Health4Life again?

The Health4Life Initiative is a research study examining the effectiveness of an innovative online intervention targeting the “Big 6” health behaviours: healthy eating, physical activity, healthy sleep, limiting recreational screen time, and avoiding alcohol use and smoking.

The intervention aims to improve both the physical and mental health of young people during adolescence, whilst reducing their risk of chronic disease in adulthood.

Progress so far

In 2019, 71 secondary schools across NSW, WA and QLD were randomly assigned to either an intervention or control condition. Intervention schools implemented the Health4Life program with their year 7 cohort, while control schools ran health education as usual.

To explore any differences in health outcomes between students that participated in the program and those that did not, all year 7 students **with parental consent** were invited to complete a confidential

online survey both before and after the intervention period.

To investigate whether differences in health outcomes existed over the long-term, all students were invited to complete a follow-up survey in 2020.



2020 Follow-up Rates

Last year **83%** of eligible students completed the 12-month follow-up survey. *Thank you to all of our wonderful participants!*

High participation rates in our follow-up surveys are critical for the success of the Health4Life Study and every single completed survey really makes a difference!

Reminder: 2021 survey

Follow-up survey 3 will take place in Term 3 or 4, 2021. All students that complete the survey will be entered into a draw (among students from their school) to win one of two \$100 gift vouchers.

The table below provides an overview of the trial timeline.

The Health4Life App

All participating students in the **intervention condition** have been granted free

access to the Health4Life app. This is an interactive and engaging tool that can help students gain important insights into their health behaviours via simple tracking, goal setting and reward features. Download free today from the App Store or Google Play or by scanning the QR code below!



Health4Life+

Eligible students from **intervention schools** are provided with access to additional app content ("Health4Life+") based on their survey responses in 2020 and 2021. This content provides students who may benefit from extra support with strategies to empower them to improve their health behaviours.



Control School Access

All control schools will receive **free access** to the Health4Life program at the conclusion of the study.

Funding

We would like to acknowledge the Paul Ramsay Foundation for making the Health4Life Initiative possible.

Contact us

For any questions or enquiries, contact the Health4Life team at info@health4life.org.au.

	2019 (year 7)			2020 (year 8)		2021 (year 9)		2022 (year 10)
	Baseline survey	School program	Follow-up survey 1	Follow-up survey 2	App access & Health4Life+	Follow-up survey 3	App access & Health4Life+	Follow-up survey 4
Intervention schools								
Control schools								



THE UNIVERSITY OF
SYDNEY
Matilda Centre

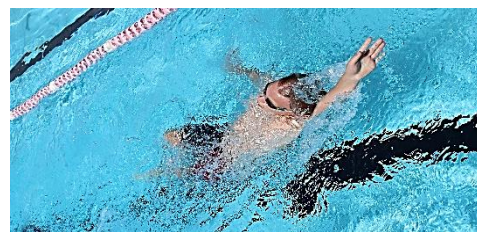


Mr C Wenzel
Relieving Head Teacher PDHPE



Sporting News

Keira High School Swimming Carnival 2021



The annual Keira High School Swimming Carnival was held on Friday 19 February at Corrimal Swimming pool. The sun was shining and both staff and students enjoyed an exciting day both in and out of water. There were many competitive races where students earned points for the overall house championship.

There was also a range of novelty races on the day that allowed all students to earn valuable house points. Our four houses challenged each other throughout the day but the mighty Waratah Red House was victorious and claimed the Swimming Carnival House trophy.

We had many students who qualified for the Illawarra Zone Swimming Carnival which was held on 23 February at Corrimal Swimming pool. I would like to congratulate all students for their behaviour and sportsmanship shown on the day. A big congratulations to all the Sporting House Captains for their extensive leadership displayed on the day and the Waratah house for placing first due to overall points. Let's see if they can continue that form into Cross Country.

Good luck to Dusty Moffitt, Sam Rolfe, Connor Burton, Emma Sheppard, Mia Smith, Callum Burge, Eli Kohler and Lauren Sheppard for making it through to the South Coast carnival.



Mr B Thompson
PDHPE Teacher

On Tuesday 24 February, our under 15's boys Rugby League team took on the zone knockout tournament. With a mixed range of abilities and experience, the boys left their best efforts and attitudes on the field in both of our games.

Game 1 was against a much larger Albion Park High team that had great depth and ability. Keira threw their courage and bodies against them, unfortunately coming away with a loss. A brave performance came from our two props Andy Barrett and Rafy Faasolo as they put energy into our team with big hits up front. Latrell Uzelac made his Rugby League debut with some strong runs, not fazed by the bigger opposition.

Game 2 provided a win against a weakened Bulli High team. Bulli fronted up with 7 players, and our Keira boys decided it was only fair to match their numbers, dropping 6 of our players to the bench. Some of our players eventually joining the Bulli team to match numbers – this being a prime example of the sportspersonship that the Keira sporting community thrives on. With Dane Tupou and Jagger Pilon finding open space with the reduced number of players on the field, there was no stopping these boys from scoring a few tries in open space.

Keira boys 15's came with a positive mindset and left nothing in the tank after their two games, narrowly missing the finals, providing a great two games of Rugby League.

Mr J Bentley Rugby
League Coach

Term 1 has commenced and so has begun the start of a very busy term with sporting opportunities for Keira High School students. This term there are a range of opportunities for students to allow students to have a strong start in sport in 2021

- Weekly Wednesday recreational sport
- NSW knockout competitions against other local schools
- South Coast individual and team trials
- Swimming program for year seven students
- School Swimming Carnival (Friday 19 February Week 3)
- Cross Country Carnival (Tuesday 23 March Week 9)
- Trials for Grade sport teams (Wednesday 28 April Week 2 and 5 May Week 3)



Keira High School Carnival Dates 2021

- Cross Country Carnival – **March 23 Week 9 Term 1**
- Athletics Carnival - **May 27 Week 6 Term 2**

Any queries in relation to any upcoming sporting opportunities please do not hesitate to contact our school sport organiser Mr Oliver Walker.



Representative Sport



At the start of every year students have the opportunity to trial for many representative teams at a South Coast level. We have already had multiple students representing sport at this level and many having tournaments over the next two terms. We have had Sharnee Behr in Year 11 and Kaitlyn Matthews in Year 8 represent the Girls South Coast team tournament held in north Sydney. Congratulations to both girls on representing the region and Keira High School in Softball.

It is vital that all students keep up to date with sports notices on a daily basis on our sports noticeboard and daily announcements in roll call. A great website for students and parents to stay up to date with events coming up and south coast sport trials can be found below:

<https://app.education.nsw.gov.au/sport/Events?a=6>

In the next edition of our school's Newsletter we will get to know these athletes a little better within our 'Athlete in focus Section'.

Mr O Walker
PDHPE Teacher/Sports Organiser

Sport is a proud tradition at Keira High School. There is no more significant demonstration of the Excelsior spirit than the passion brought to the sporting field by the determined Davidson Shield Cricket Team. The Davidson Shield is an open age boys cricket competition where high schools from across the state compete for supremacy. Teams are drawn to compete with each other in local competition before entering the finals phase. In the first round, we were drawn to play away against Albion Park High School's might. The boys salivated over the challenge and walked onto the freshly mowed grass of Albion Oval No.2 primed for the challenge.

Caleb Cox and Hector James strode out to open our batting innings, ready to take on the velocity of the Albion Park bowling attack. Caleb was resolute with his defence, seeing through some of the early assault by the talented opposition. Hector started positively with a beautiful cut shot to get early runs on the scoreboard. Unfortunately, a shrewd fielding captaincy decision to add a second slip fieldsman, accompanied by some late ball movement found the leather flicking the edge of Hector's bat to see him walk off the field with two runs. This disappointment provided the opportunity for Remi Carter to demonstrate his slick touch play, square driving the ball gloriously to get off the mark. Unfortunately, wickets continued to fall, and despite the admirable batting technique of Xavier Forrest and the lower order resistance of Max Green, we found ourselves dismissed for 37.



Fortunately, we were inspired by the 1882 Australian team that toured England, who are historically renowned for having the lowest test match total to still result in victory. Aiming to replicate Frederick Spofforth, who famously took 7/46 in the 1882 test match, was Nafis Sohel. Nafis took the new ball and brought immediate impact, knocking the stumps down with his first delivery. He continued his destruction to take a further two wickets, to end with figures of 3/4. Remi Carter continued Keira's bowling dominance, scattering the stumps to get the Albion Park side looking nervous, four wickets down with the seemingly small total looking mountainous. Disappointingly a few catches went down, and some opportunities were missed to produce what would have been a stunning victory.



The captain, Hector James, reflected on the experience, "If we only batted a bit more patiently, we could have won that game." The boys left the game with disappointment but invigorated by the great game of cricket. Fresh in their minds is the knowledge that the Indian National Team bounced back mere months ago after being all out for 36, an amount similar to our score, and were able to regroup to find victory against Australia in their next match.

Unfortunately for the Keira High School Davidson Shield Team, our next match is next year, as it is a knockout competition.

Mr C Law
Cricket Coach

News from Personalised Learning and Engagement

Core Skills Assessments

During weeks 3-6 all Year 7 and Year 10 students have been participating in online assessments relating to the domains of **NUMERACY**, **READING** and **WRITING**.



Year 7 has been assessed via the **Best Start Year 7** online platform which provides a snapshot of their current skill levels in literacy and numeracy. Teachers are then able to access this data to inform the programming of learning experiences which build on each student's strengths to ensure they are **Starting Strong @ Keira**.



Year 10 have been engaged in assessments to achieve the **National Minimum Standards (NMS)** which are requisite for awarding of the Higher School Certificate.

Personalised Learning & Engagement will continue to provide assistance to any Year 10 or Year 11 students who have not attained level 3 or above in the NMS assessments.



Individual Learning Plan meetings

Students who have additional learning needs are supported through design of an Individual Learning Plan (ILP). This process involves a teacher meeting with the student and parent/carer to outline learning goals as well as adjustments that may be useful in supporting the student's learning.

Personalised Learning & Engagement are carrying out ILP meetings for Stage 4 and 5 across Term 1. If a student or their parent/carer feels it may be relevant to share information relating to their unique learning needs they are encouraged to contact Ms Lauren Crockford, Ms Mariah Moore or Ms Kathy Davies via phone or email to discuss the matter in detail.

Ms L Crockford
Relieving Head Teacher Learning & Engagement

News from Special Education

We welcome all of our new students to our team. 2021 has brought much positive optimism and a fresh outlook to the opportunities that will maximise learning opportunities for all our students.

Striving for success



Nicholas Mitic, Ashley Baker and Floyd Treverrow engage in problem solving tasks to support their awareness of how colours can impact how we feel.

Building healthy bodies to support healthy minds



Xavier Jerimijenko, Jessica Skinner, Jaydon Donnelly, Kayler Skinner and Locklyn Grant celebrate and engage in our Swimming Carnival



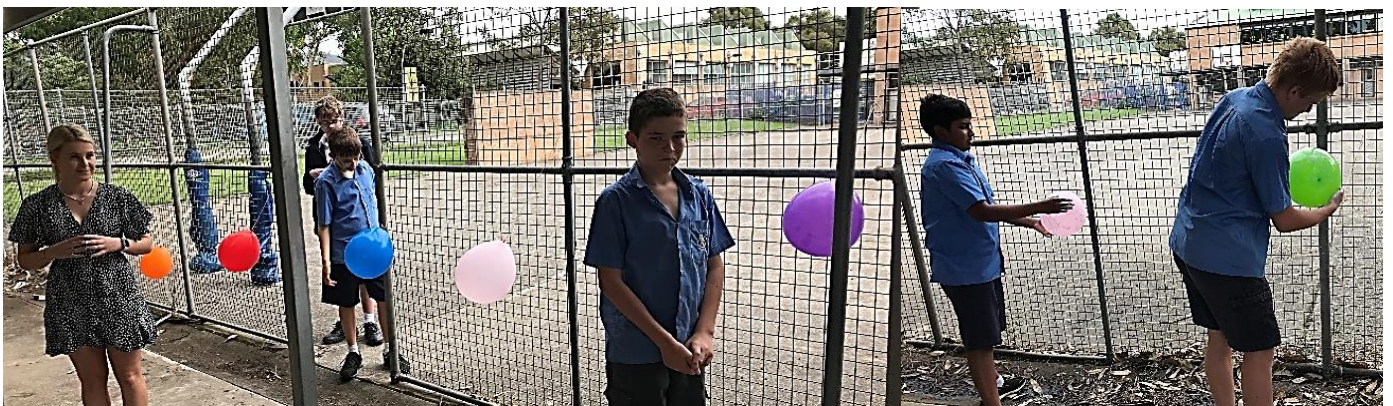
Top photo: Oliver Fornasari-King, Justin Raso and Kayne Vaartjes join the crowd to cheer on his peers in the kickboard event.

Middle and bottom photo: Antonio Roma, Ethan Cheesewright and Broadie Skinner dive in for glory during their kickboard race.



Finlay Thompson makes a splash as he joins in the kickboard race.

Commedia dall'Arte Mask Designs





Above photos from left to right: Ms Rutty guides the students in the making of their papier mache mask design. Caiden Murphy, Finlay Thompson, Kai Starling, Rueben Shanth and Colby Thompson slowly set their balloon up by tying it on the fence with string.

Middle and bottom photo from left to right: Blake Foye, Rykey Russell, Jamai Zylstra, Ryley Russell, Jake Garner, Jaydon Donnelly begin their papier mache process.

Bottom photo: Oliver Fornasari – King leads discussion on how to place paper strips. Broadie Skinner, Kayne Vaartjes, Mi Kaai Aye Yee and Latiyah Waters carefully listen to Oliver.



Cody Halvorsen slowly glues a strip of paper on his paper



Kayne Vaartjes watches on as Oliver Fornasari – King slowly glues a strip of paper on his paper.

Mr G Guevara
Head Teacher Special Education

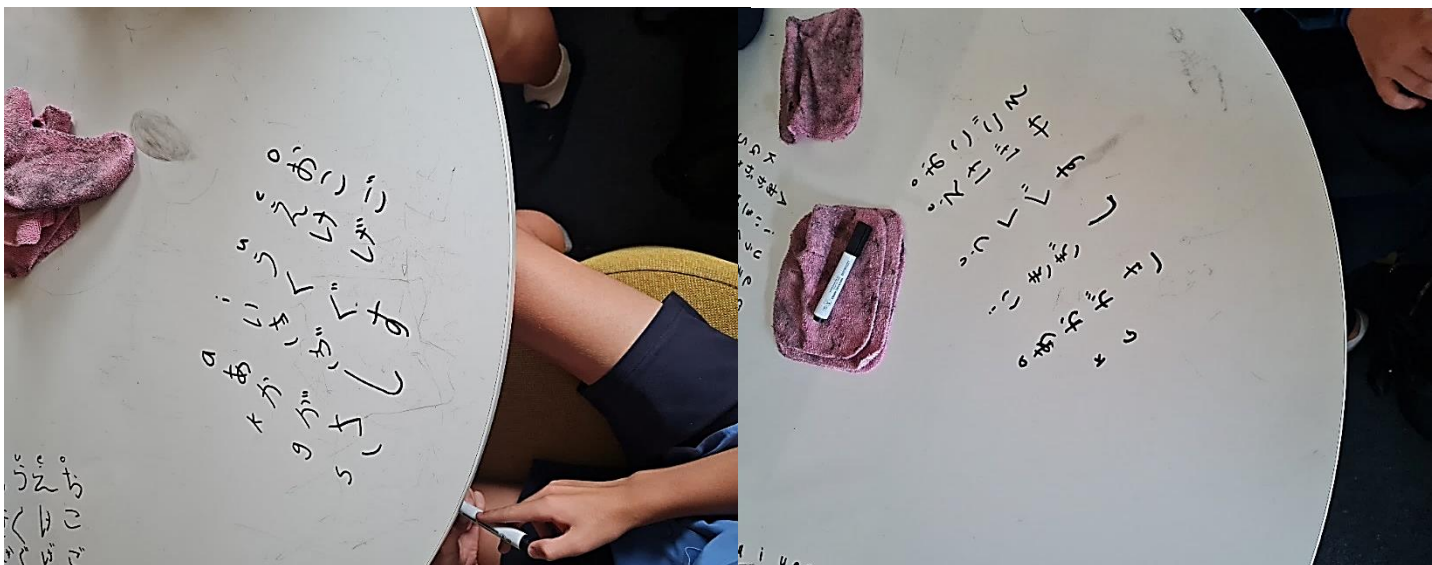
News from Languages

2021 is an existing year for learning Japanese at Keira High School. We have over 200 students studying Japanese this year and a range of opportunities to enhance their language skills.

Our stage 4 students are being challenged by learning a whole new alphabet in Term 1, hiragana. There are 46 characters in total, with an aim that all students will recognise them by the end of this term. As the year progresses, students will be writing all of their work in this alphabet.

Multiple studies show that learning a second language improves students' problem-solving abilities in a range of learning areas. The study of an Asian language further enhances students' learning in maths and sciences.

We use a range of interactive activities to facilitate learning in the classroom. Below are examples of students' writing on whiteboard tables, practising their new skill.



Ms C Ramos
Relieving Head Teacher Languages

News from English as an Additional Language Dialect

PUBLIC EDUCATION SCHOLARSHIPS

Doha Jeniat (Year 12) and Amani Alarnout (Year 11) have received their prestigious Friends of Zainab Senior Secondary Scholarships. The Public Education Foundation is a not-for-profit organisation dedicated to providing life changing scholarships to young people in public education. **The scholarships acknowledge and reward academic excellence.** Both Doha and Amani have overcome significant hardships and have shown enormous resilience in continuing to achieve academically. We are incredibly proud of the dedication and diligence demonstrated by Doha and Amani. Congratulations!



EAL/D Homework Centre Starting Soon!

The EAL/D Homework Centre will be starting up again in Term 1! EAL/D students from both Keira High School and Wollongong High School of the Performing Arts are welcome to attend. They can discover the benefits of extra tuition for classwork and assessment tasks in a range of subjects, offered by the experienced EAL/D teacher and the bilingual learning support officers. They can also enjoy the yummy afternoon tea! New and continuing students from Years 7 to 12 are welcome.

Ms L Varga
EAL/D Teacher

News from Creative and Performing Arts

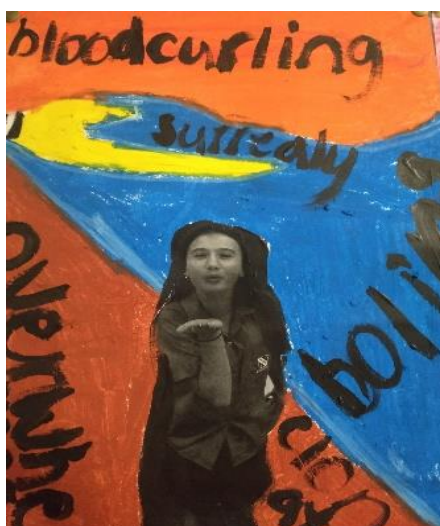
Visual Arts: **Keirabald 2021**

Since its early beginnings in 2012 Keirabald has been a significant part of the Visual Arts program at Keira High School and this is no different in 2021. This program invites students in **Year 7 at Keira High** and students in our local **primary school community** to draw a portrait that could then be chosen to be displayed at 'Project' a contemporary art space in the heart of Wollongong.

The theme for this year's exhibition is **'In My World'**. This invites students to consider what is important to them and what is a part of their everyday life. Some Art classes at Keira High have chosen to draw pictures of our Acting Principal, Mr Trystan Loades using the artist Matisse as their inspiration. Other classes are appropriating the famous 'Scream' painting by Edvard Munch. I am sure that our primary schools have some great ideas also.

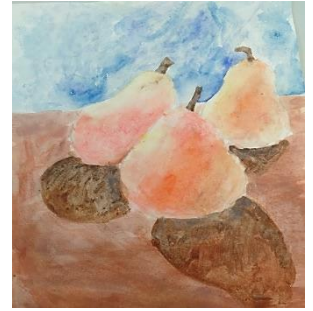
Every year I am amazed of the talent of our students in the Keira community and I am sure that this year will be no different. As Acting Head Teacher of the CAPA faculty I look forward to working closely with the primary schools to ensure that Keirabald is yet again a great success. The Keirabald Exhibition will open at 'Project' in Keira Street in Term 2.

Ms S Saunders
Relieving Head Teacher CAPA

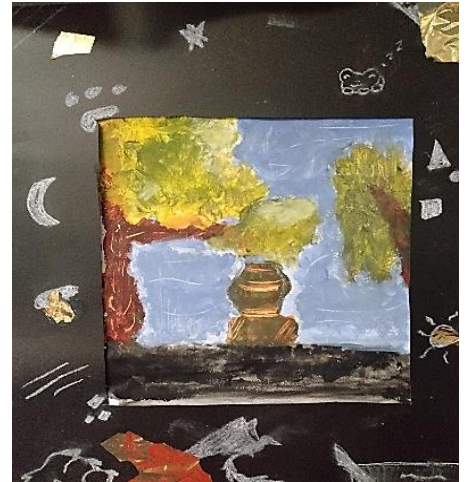


More Visual Arts News

Students in Year 8 have begun their studies with a focus on Still Life practices. Artists such as Margaret Preston and Margaret Olly are informing their own Artmaking in style and techniques. Students are investigating the meaning behind the development of material practice and are encouraged to extend their skills through drawing, painting and print making techniques.



Students in Years 9 and 10 are off to a great start. They are investigating the modern art movements of the 20th Century through workshops of practice ranging from drawing, painting and sculptural design. Students will refine their skills through the extension of one of their works as they investigate the history linked to presenting meaning through Artmaking.



Students in Year 11 and 12 have been experimenting with material practice, which has led to the refinement of techniques within workshops. Year 11 have been exploring wall art and arguments surrounding 'What is Art?' whilst Year 12 students have continued their case studies. This Term they will endeavour to explore the requirements of the Body of Work with two Art Express extra-curricular opportunities. Students will visit the Art Gallery of NSW and interact online with past students and experts to clarify their practice.



Ms C Redmond and Ms J Conboy
Visual Arts Teachers

Drama:

Fangirls – Drama Excursion

On 16 February students from Year 10, 11 and 12 Drama visited the Seymour Centre in Sydney to see the production 'Fangirls'. This show is about a group of girls who are in love with a particular boy band and would move heaven and earth just to meet the lead singer of the band, Harry. The show combined music, elaborate lighting and funky dance moves to tell a story about feminism in a highly entertaining way.



Judging by the reaction of students at the end of the show, it was much enjoyed. With some students claiming ***“that was the best show that I have ever seen”***. At the end of the show students were able to ask the actors and creatives of the show questions that furthered their understanding of theatre and how shows are brought to life. The elements of production were also further explored in class as students reflected on their experience in the theatre.

It was exciting to see live theatre again and I hope to be able to take students on another experience to the theatre again soon.



Left: Freya Stevenson and Jesse Newman

Middle: Sara Todner, Ethan Lowe and Freya Stevenson



Ms S Saunders

Relieving Head Teacher CAPA

Music:

Keira High Band News

The Keira High Senior and Beginner band started back in Week 3 this term. Our first lesson was successfully run by our senior students, who spent the lesson introducing their instruments and assisting our new students. It was wonderful to sit back and clean instruments as the senior band's students took charge. Many of the students expressed great feedback and have continued to attend rehearsals. It's not too late to join the Keira High Concert Band, all students are welcome to join to learn an instrument.



Please see Miss Smith in the Music Staffroom for more information concerning Band at Keira High.

Ms A Smith
Music Teacher

Music News

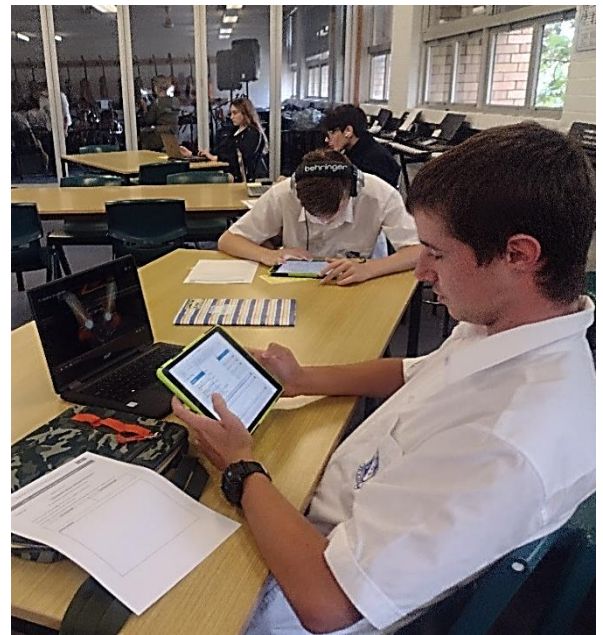
The start of the 2021 school year sees our Music rooms abuzz with enthusiastic students engaged in music making activities. It is great to see the familiar faces of returning students keen to continue their musical journeys. Myself and Miss Smith are excited by the enthusiasm showed by many of our new Year 7 students.

Year 7 have begun learning about the Concepts of Music through listening and performing. We are pleased with the number of students who have joined our band program. There are places available for more students so please see Miss Smith if you are interested.

Year 8 are learning about the evolution of Rock and Pop music. Students will soon form groups to perform popular songs from the past sixty-five years.

Year 9 and 10 have formed groups to perform and record rock songs of their choice.

Senior Music classes have been completing their first assessment tasks. Year 11 are researching a style or artist of their choice and will present their findings to the class. Whilst Year 12 are completing their core compositions, they are fortunate to have former Frenzl Rhomb member and ABC Radio Wollongong's Lindsay McDougall present a composition workshop and discuss his career as a radio presenter.



*Above: Year 11 students conducting research
Left: ABC Radio Wollongong's Lindsay McDougall*



Mr D Olsen
Music Teacher

Year 7 embrace technology

Our new Year 7 students have made an enthusiastic start in their Mandatory Technology classes. Throughout the year, all students will study Digital Technology, Food and Agriculture and Timber Technology.

Digital Technology students are coding eduno boards to perform functions such as playing musical sequences and flashing lights. Timber Technology students are using Adobe illustrator program to laser cut or engrave their unique designs onto the lids of their storage boxes. Food and Agriculture are preparing a range of delicious food items that complement their theory work on sustainable food practices.

All students have enjoyed learning new skills, working cooperatively with their new friends and using the fabulous resources we have available to us here at Keira High School.



Mrs T Power
Relieving Head Teacher TAS

Starting Strong in the Learning Centre @ Keira

The Learning Centre has been in full swing since the beginning of the new school year. Every Year 7 student visited the centre during "O Week" to learn about the resources, services and rules and all of these students have had the opportunity to borrow books for the Year 7 Wide Reading Program.

Senior students have made a successful start to the Senior Study program which is now being coordinated by the Head Teacher, Teaching & Learning in conjunction with Year 12 teachers, who guide the students towards better study practices in order to achieve more successful HSC results.

Science, PDHPE, HSIE and TAS classes have booked numerous classes into the centre with teachers using the facilities and resources as an alternative space to classrooms for teaching and learning activities.

Chess Club has resumed on Fridays at lunchtimes with students learning new tactics, solving puzzles and playing games with the aim of improving their chess skills.

The Homework Centre has commenced operation again for all students on Tuesday afternoons from 3.15 to 4.30pm. Students can receive help from teachers across faculties for all aspects of their class work and homework tasks.

Many students have visited the centre to work on schoolwork, use the computers and their own devices, enjoy quiet reading or borrow books. Opening hours are 8.20am to 3.15pm every school day with access for students during recess and lunch breaks.

If any parents would like to know more about the Learning Centre, have questions about the resources available or have concerns about their child's reading, please contact the school on Ph 42294644 and ask to be connected to the Learning Centre.



Ms J Kay
Teacher Librarian

It may only take one piece of news to lead a student towards success in their life's career.

Introduction to our Careers Website

www.keirahighschoolcareers.com

We have a School Careers Website.

UAC/VTAC/QTAC

VET

LATEST NEWS AND EVENTS

WORK EXPERIENCE

DO AN INTERESTS TEST

FIND A JOB

CHOOSE A UNIVERSITY

GAP YEAR

CREATE A RESUME

DEFENCE CAREERS

YOUTH ALLOWANCE

It's a "One Stop Shop" for everything you need with Career Planning and help.

CHECK IT OUT NOW!

Don't forget to 'Like' our Keira High School Careers Facebook page!

Ms Luck
Careers Adviser



THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT

This school careers site has a student portal where students can build a profile and complete activities including:

- Career Personality Quiz
- Interest test
- Skills and Abilities Evaluation
- Work Values Evaluation
- Employability Skills Audit
- Entrepreneurship Quiz
- Career Planner
- Career Investigator
- Resume
- Cover Letter
- e-Portfolio
- Mock on-line Job Application
- Get/Record USI
- Personal Statement
- Workplace safety Certificate



The system will save everything student's individual Secure Accounts.

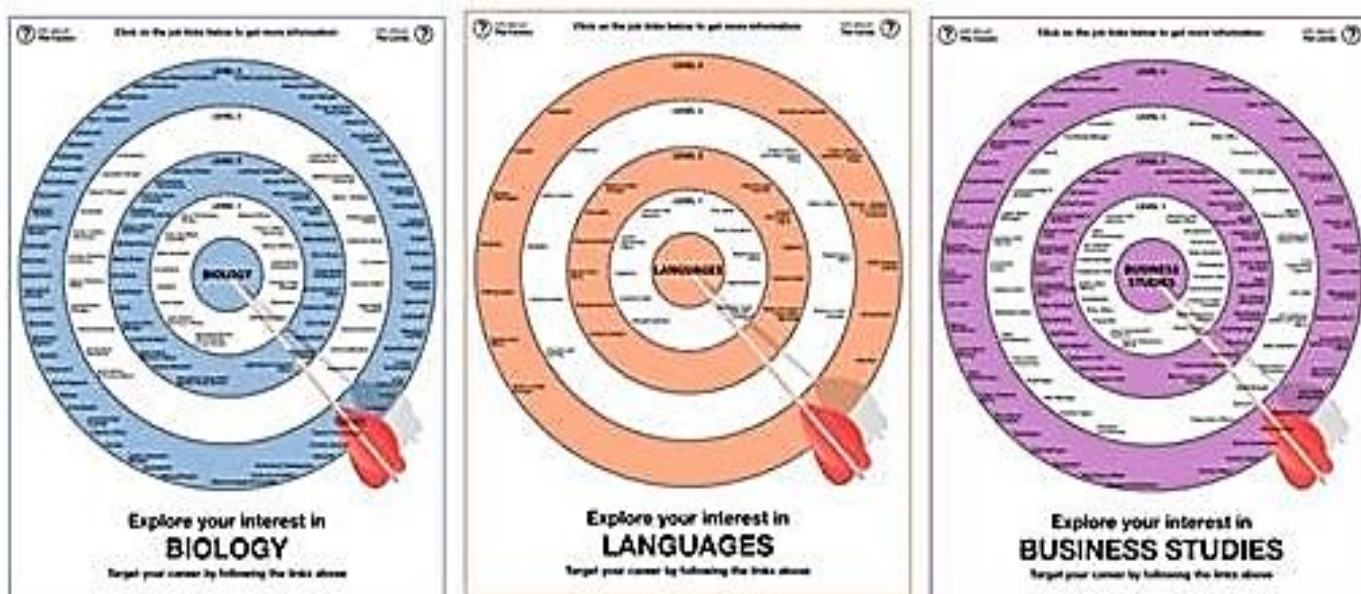
The site contains a huge amount of information and should be a first stop when students are looking for information on anything job, careers, university and TAFE related - plus there is so much more!

Career Targets

What is your favourite subject and how can it help you choose a career path?

Visit our school Careers Website and under the "For Students" menu you will find **33 different** Career Targets that look like the ones below. Just click on any job or career you may wish to explore.

You can see at a glance for each job or career: The Facts (things like money earned and future growth); Related Courses (level of education required); About the Job (tasks, employment opportunities, working conditions); You (personal requirements).



Tax File Numbers



Any student will need a tax file number if they start work (part-time and full-time or casual) and all students planning on a tertiary education require one when they start.

Importantly, current Year 12 students are reminded that they will be requested to provide their Tax File Number (TFN) on enrolment to TAFE or university next year, so it is worthwhile getting an application submitted early!

Students must now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

To apply and also to find out about participating Post Offices, visit our School Careers website > Important Information > Money Matters > Tax file Numbers.

Career news and events by interest/HSC SUBJECT/ FACULTIES

CAPA

Dance, Drama, Music, Visual Arts

Music Theatre Taster at the Con

Saturday March 27 9:30am - 1.00pm

Music Workshop at the Sydney Conservatorium of Music

For students 15-25 years of age

Join Dr. Narelle Yeo, Peter Cousins, Simon Kenway as they introduce you to the skills needed to be a great musical theatre performer. During the session we will give you insights into the art of musical theatre including stagecraft and presence, vocal technique, characterization, ensemble work and more. You will have the chance to dance, act and sing in this hands-on workshop giving you not just a glimpse but a taste of the fascinating, exciting, sometimes glamorous but always hard-working world of music theatre.

The Workshop presenters are drawn from the Music Theatre industry as well as the Sydney Conservatorium of Music. This Taster will be run at the Sydney Conservatorium of Music under the instruction of Dr Narelle Yeo, Peter Cousins, Simon Kenway and dance staff.

There will be some music to learn before the workshop you are also encouraged to bring sheet music for 16 bars of your favourite musical theatre solo. Bring comfortable dance gear to the workshop.

<https://openacademy.sydney.edu.au/course/WFMTT>

Conservatorium Song Writing Workshop

13 March. 3pm to 6pm

In this 3-hour Masterclass, Keppie will dive deep into the world of song form, breaking down the components of contemporary song structure and form. By looking at examples, as well as working through guided writing exercises, the aim of this face-to-face experience is to:

- Become more deeply familiar with the function of song sections;

- Understand a variety of song forms available to contemporary songwriters;
- Practice writing lyrics that express the movement of ideas through those different sections; and
- Explore musical considerations that will help support the creation of tension, and the delivery of resolution in satisfying and delightful ways.

Within the 3 hours, there will be time for writing, Q&A, and musical performances

<https://openacademy.sydney.edu.au/course/WFSW>

Rising Stars at the Con

The **Rising Stars at the Con** is a dynamic performance-based music education program. The program provides gifted school-age students with specialist tuition in a supportive environment that helps develop their musical and artistic skills.

At Rising Stars, we identify talent at an early age, laying a constructive foundation for a lifetime of musical achievement. Supported by the Sydney Conservatorium of Music faculty, the program is based on proven values of quality instrumental teaching, structured academic development, regular performance and the benefits of a strong and supportive musical peer group.

The Rising Stars program operates on 3 levels: Foundation Stars, Emerging Stars and Premier Stars to provide a development pathway for musical talent.

The Rising Stars program runs for on Saturdays 14 weeks per semester, with 2 semesters each year and entry is by audition only. For more information, please refer to the '[How to Apply](#)' page.

<https://openacademy.sydney.edu.au/Rising+Stars>

UOW College - Screen & Media Info Session

Wednesday, 17 March. 5:30 PM - 6:30 PM - Online

Want a career in Screen & Media?

Are you thinking about studying the Diploma of Screen and Media at UOW College but need more information? Don't worry we've got you covered. Please join us for our upcoming online info session to find out more about opportunities within the industry and how studying the Diploma of Screen and Media can help you achieve your career goals. We will provide an overview of course structure, entry requirements, job outcomes and current online delivery mode for this course. Staff will be available on the night to answer any questions you may have. Applications are open now! Classes start on 29th March 2021

Once you register, we will send you an email with further information

<https://studentservice.uow.edu.au/Portal/Events/EventDetails?eventId=c9a17e51-6567-eb11-817f-005056814cdc>

The Australian College of Physical Education Campus Tours - Health, Sport, Dance

Thursday's every week.

10 Parkview Drive, Sydney Olympic Park

We'd love to show you around our purpose-built campus in the heart of the Sydney Olympic Park. Tours run regularly. To lock in your place, select an upcoming tour date and time now. We look forward to meeting with you. To lock in a day and time simply fill out the form below. If you have any other questions, call us on **1300 302 867**.

<https://acpe.edu.au/about-us/events/>

Sydney Design School Open Day

Saturday 29 May 2021. Starts 10am

Includes 40-minute presentation

Join us for our biggest day of the year! Our Director Amanda Grace will take you through our flexible course options and give you a comprehensive introduction to our creative School community. Meet our passionate Educators and Careers Coach and explore our inspiring student work. This event may be held on campus or online, we'll update you closer to the time.

<https://sydneydesignschool.com.au/information-sessions/>

Brent Street Autumn Intensive Workshop

Date: 14th – 16th April 2021

Time: Daily from 9:30am – 3:30pm (Registration is at 9:00am on the first day)

Who: This program is suitable for 7 – 18 year old of an intermediate to advanced level

Price: \$360 including GST

To book your ticket to our 2021 Autumn Intensive, click here

Participate in 15 incredible classes with the country's best choreographers and teachers across 3 massive days.

Each day starts at 9:30 am, with five 1-hour classes with an industry-leading dance teacher/choreographer. Students are divided into age groups, subject to numbers. The day concludes at 3:30 pm.

On the final day, participation certificates are awarded on the final day of the workshop, plus the chance to win a scholarship to the 2021 Winter Camp.

Please note, this program is suitable for 7 – 18-year-old students of intermediate to advanced level.

<https://brentstreet.com.au/workshop/autumn-intensive-2021/>

Australian Theatre for Young People - School Holiday Program

There are a wide variety of options for all age levels.

ATYP creates school holiday drama workshops aimed to encourage and engage young people from Kindergarten to Year 12. Kids will make new friends, learn about performing, gain confidence and most importantly have a ton of fun in a safe and inspiring environment.

https://atyp.com.au/workshops/holidays/?gclid=Cj0KCQiA7NKBBhDBARIsAHbXCB7HVVNcelnZueuqgYp8UG7XHKEEnM0uuBrK2-IJ5KbypvfUL36vcYplaAmP5EALw_wcB

ENGLISH

Budding Journalists! ABC Heywire Competition

Heywire Competition is still open! You can enter by emailing your story to at abcheywire@abc.net.au

Tell a story about an aspect of your life, where you live. Check out [last year's winning stories](#) for inspiration and our tips for great Heywire story (below). Tell your story in any format you like:

The Heywire competition is open to young regional, rural and remote Australians between 16-22 years of age. Please be sure to include your name, town, postcode and your date of birth.

If you need help deciding what to write about or how to start writing your story, you can take part in an online Heywire Storytelling workshop [here](#).

Teachers, check out [this page](#) for some great resources available to use in the classroom.

Please get in touch if you have any questions at abcheywire@abc.net.au or phone 1800 26 26 46.
<https://www.abc.net.au/heywire/competition/>

LANGUAGES

Challenges Abroad Australia International Volunteering

2020 has been a long and hard year, which is why we're looking towards 2021! Fast forward to the new year with us and start preparing for your summer 2021 volunteering adventure.

<https://www.challengesabroad.com.au/our-challenges/>

Do a Virtual Internship

We're bringing the international experience to you, so you don't have to wait until 2021 to make an impact! Develop your skills and contribute to global social impact on our virtual internship.

<https://www.challengesabroad.com.au/our-challenges/virtual-internships/>

P.D.H.P.E.

Community and Family Studies, P.D.H.P.E.

The Australian College of Physical Education Campus Tours - Health, Sport, Dance

Thursday's every week.

10 Parkview Drive, Sydney Olympic Park

We'd love to show you around our purpose-built campus in the heart of the Sydney Olympic Park. Tours run regularly.

To lock in your place, select an upcoming tour date and time now. We look forward to meeting with you. To lock in a day and time simply fill out the form below. If you have any other questions, call us on **1300 302 867**.

<https://acpe.edu.au/about-us/events/>

MATHS and SCIENCE

Senior Science, Biology, Chemistry, Earth and Environmental Science, Physics

Careers in Maths

See how different people in a wide range of careers use maths as part of their daily routine at work. The site increases Australia's mathematically capable workforce through hundreds of profiles, videos, jobs. Delivering maths careers materials to students and is committed to working towards increasing Australia's mathematically capable workforce through hundreds of profiles, videos and jobs.

<http://mathsadds.amsi.org.au/>

University of Sydney Mathematics Prerequisites

The University has [mathematics course prerequisites](#) for some courses. This means that to study certain degrees, students will need to achieve a Band 4 in the NSW Higher School Certificate (HSC) Mathematics (not general mathematics) or [equivalent](#).

If students don't meet the mathematics requirements, they may be able to:

- complete the [Mathematics MOOC](#) (Massive Open Online Course) and exam
- apply for another course and then transfer into their preferred course in their second year (after successful completion of an accepted 1000 level mathematics unit).

<https://www.sydney.edu.au/study/how-to-apply/undergraduate/mathematics-prerequisite.html>

CSU Medicine Can't make it to an info night?

Make sure you [sign up](#) to stay informed about key dates and the latest course updates.

<https://study.csu.edu.au/contact-us/future>

University of Newcastle - Startup Stories - Tricia Martin (Virtual Intern) Zoom

3 March. 8am to 9am

Tricia Martin is a 2020 Technology I Award Finalist and Foundation of Young Australians Social Pioneer, focused on building practical and real-world solutions for young people's career readiness. In response to an increasingly digital age and the rising youth unemployment that a COVID-19 climate has induced, Tricia knew that, more than ever, Hunter youth needed to be prepared for the world of work before finishing school.

<https://www.newcastle.edu.au/events/research-and-innovation/startup-stories-tricia-martin-virtual-intern>

Macquarie University Observatory

23 June 2021

The Macquarie University Association for Astronomy and the Department of Physics and Astronomy are proud to present the annual Macquarie University Astronomy Open Night, one of the most treasured events on the Macquarie University astronomy calendar for over 25 years.

Sadly, we are unable to proceed with the Astronomy Open Night in 2020, but we hope that you'll join us again in 2021 for an incredible evening of astronomy, astrophysics, photonics, astrophotonics and all things physics – including a large outdoor area full of telescopes where you can observe celestial objects for yourself!

<https://www.mq.edu.au/faculty-of-science-and-engineering/departments-and-schools/departments-of-physics-and-astronomy/news-and-events/events/astronomy-open-night-2021>

Taronga Talks - The podcast from Taronga is back.

Working at Taronga Zoo is more than just a job – for us Taronga means family.

The deep connections our staff develop with wildlife and the natural world affects the lives of others, near and far.

From Sydney to Dubbo, Taronga's people all have amazing untold Zoo stories that will touch your heart and open your eyes.

Hayden Turner invites you to listen in each week and join our family with 'Taronga Talks'.

<https://taronga.org.au/get-involved/taronga-talks#latestepisode>

Overseas medicine internship opportunities for high school students

We understand that getting medical work experience as a student can be extremely difficult. We offer young people from secondary and senior secondary school a safe, guided experience into the world of medicine through our High School Special Projects.

Our medical internships abroad for high school students focus on experiential education, so you learn by doing. You can expect to:

- Shadow doctors and other medical professionals in busy hospitals and clinics
- Attend medical workshops and seminars
- Get first-hand insight into the healthcare challenges people face everyday
- Participate in community healthcare outreaches that serve people in need

- Learn essential medical skills like measuring blood pressure and blood sugar levels

<https://www.projects-abroad.com.au/medical-work-experience-teenagers/>

How to participate in the Australian Science Olympiads

The exams last **two hours** and are carried out **online** under strict examination conditions at your school.

Dates

Each exam is held on a different day.

Junior Science Olympiad: 26 July 2021

Australian Science Olympiads Exam – Physics: 27 July 2021

Australian Science Olympiads Exam – Earth and Environmental Science: 28 July 2021

Australian Science Olympiads Exam – Biology: 29 July 2021

Australian Science Olympiads Exam – Chemistry: 30 July 2021

<https://www.asi.edu.au/programs/australian-science-olympiads/how-to-participate-in-the-australian-science-olympiads/>

Free UCAT Webinars for Year 12 & 11 Students

14 March

A survey of hundreds of 97th+ percentile students after UCAT 2020 found that they spent around 250 hrs on UCAT prep, and that their success was determined by HOW they distributed their prep time and WHAT they did for UCAT study. This free webinar will cover a Term 1&2 timeline to keep students on track, including weekly prep goals and study milestones. Register:

<https://www.icanmed.com.au/webinars>

H.S.I.E.

Aboriginal Studies, Ancient History, Business Studies, Economics, Geography, Legal Studies, Modern History, Society and Culture, Studies of Religion

University of Newcastle - Startup Stories - Tricia Martin (Virtual Intern) Zoom

3 March. 8am to 9am

Tricia Martin is a 2020 Technology I Award Finalist and Foundation of Young Australians Social Pioneer, focused on building practical and real-world solutions for young people's career readiness. In response to an increasingly digital age and the rising youth unemployment that a COVID-19 climate has induced, Tricia knew that, more than ever, Hunter youth needed to be prepared for the world of work before finishing school.

<https://www.newcastle.edu.au/events/research-and-innovation/startup-stories-tricia-martin-virtual-intern>

Demystify Macroeconomic Principles

3 March. 12.00

Demystify macroeconomic principles and terminology and discover how Modern Monetary Theory (MMT) provides explanations for some of the world's most troubling financial concerns.

- Free Online Short Course
- **Duration:** 4 Weeks
- **Effort:** 2-3 hours per week
- **Cost:** FREE

Subject: Economics & Finance

Level: Introductory

Thinking in a macroeconomic way. What should macroeconomic theory be able to explain? Measurement frameworks.

What is Modern Monetary Theory and what are its implications? Why is it the future of macroeconomics?

The role of fiscal policy. The path to full employment and price stability. Case studies in unemployment and hyperinflation.

Monetary policy design and the role of central banks. How does the banking system operate?

Exchange rate systems and international trade. Global financial markets and the State - who is in charge?
Policy setting in crises: the challenges of climate change and the pandemic.

<https://www.newcastle.edu.au/events/future-students/modern-monetary-theory-economics-for-the-21st-century>

Saver Plus - helping students save for education expenses

Saver Plus is a free matched savings and financial education program that matches participants' savings, dollar for dollar, up to \$500, for education costs such as textbooks, laptops/tablets, course related tools and uniforms. It's a great option to share with clients alongside course information! To be connected with your local coordinator call 1300 610 355 or visit:

<http://www.saverplus.org.au>

T.A.S.

Agriculture, Design and Technology, Engineering Studies, Food Technology, Industrial Technology, Information Processes Technology and Technology, Software Design and Development, Textiles and Design

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Hour of Code

The Hour of Code started as a one-hour introduction to computer science, designed to demystify "code", to show that anybody can learn the basics, and to broaden participation in the field of computer science. It has since become a worldwide effort to celebrate computer science, starting with 1-hour coding activities but expanding to all sorts of community efforts. Check out the [tutorials and activities](#). Supported by over [400 partners](#) and 200,000 educators worldwide.

<https://hourofcode.com/au>

Activities: <https://hourofcode.com/au/learn>

Discover Your Career in Tourism and Hospitality

Your online source for starting and enhancing your career in [Hospitality](#), [Tourism](#), Events, and Travel. Discover career information, training opportunities, exclusive job vacancies, apprenticeships, and industry news and tips.

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

Careers Harvest

Great website on all career fields and pathways on the land, environment and agriculture. Explore career options, scholarships and internships on offer.

<http://www.careerharvest.com.au/>

Vocational Education and Training

Steps to Becoming an Australian Apprentice

Apprenticeships are a great way to earn money while learning a trade! Getting started in an apprenticeship can seem a little daunting, but it can be broken down into four easy-to-understand steps. Research; Preparation; Job Hunting and Sign-up. If you would like to learn more about each step, plus heaps more useful information, visit

<https://www.aapathways.com.au/job-hunting/steps>

Sarina Russo Apprenticeships - Become an Apprentice

Earn while you learn, gain real work-life skills, achieve a nationally recognised qualification and create a stepping stone to run your own business.

So, if you're a school student, re-entering the workforce, or looking for a career change an apprenticeship can deliver professional, financial, and personal rewards.

[Apprentice / Trainee Reference Guide](#)

[You're a parent of an apprentice – What you need to know.](#)

Sarina Russo Apprenticeships will:

Choose a career path which suits your skills and interests

Find the right qualification and training provider and lodge any paperwork

Stay on track with the right mentoring and support to complete your apprenticeship

[REGISTER TODAY](#)

<https://www.sarinarusso.com/apprenticeship/>

WPC Group - Apprenticeships & Traineeships

Automotive, Hospitality, Business, Carpentry Electrical, Fitter Welder, Horticulture

WPC Group not for profit specialises in Apprenticeships & Traineeships. We discuss apprenticeships and traineeships with students, and can assist with mock interviews, resume writing and preparing students for the workforce. Today, we employ and train more than 650 apprentices and trainees through national programs.

<https://www.wpcgroup.org.au/>

VET Business Services

Reduced prices and new courses now at Bedford College

Bedford College has reduced their prices, introduced new courses and flexible learning options, making courses more accessible than ever before. Request a visit from the enrolment officer: info@bedford.edu.au, 1300 174 174,

<https://study.bedford.edu.au/>

VET Financial Services

University of Newcastle - Startup Stories - Tricia Martin (Virtual Intern) Zoom

3 March. 8am to 9am

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OTHER FIELDS

Western Sydney University Free HSC Study

Free HSC Study Sessions will run from Monday 20 September - Friday 24 September. The sessions are led by highly qualified and experienced educators who will give you the skills and knowledge to maximise your HSC results.

Each workshop is an invaluable addition to your school studies, as you will develop a solid understanding of HSC exam techniques, subject knowledge, and HSC preparation skills.

Register your interest below and we'll be in touch with more information closer to the event.

<https://www.westernsydney.edu.au/future/student-life/events/free-hsc-study-sessions.html>

Flight Centre Travel Academy - Diploma and Bachelor Courses Virtual Open Day

Our virtual Open Day has been designed to give you all of the information you need to get started on your study journey with us.

Find out more detail about our courses
 Gain vital insights from our facilitation team
 Get a virtual tour of our classrooms
 Have all your questions answered by our enrolment team
 Speak with graduates, about their experiences via live chat, phone, text or email
 Register below and receive instant access via email !

<https://www.fctravelacademy.com/information-sessions>

Commercial Pilot - BASAIR Career Free Info Seminar

11 Jan, 2021	7:00 PM - 8:30 PM	Register now
15 Feb, 2021	7:00 PM - 8:30 PM	Register now
15 Mar, 2021	7:00 PM - 8:30 PM	Register now
12 Apr, 2021	7:00 PM - 8:30 PM	Register now
10 May, 2021	7:00 PM - 8:30 PM	Register now
14 Jun, 2021	7:00 PM - 8:30 PM	Register now

628/23-25 Airport Avenue, Bankstown Airport

Learn about a career as a Commercial Pilot at one of our free information seminars. Basair Aviation College runs monthly seminars in Sydney, Brisbane and Newcastle. Learn more about a career in aviation and the benefits Basair can provide for your training as a commercial pilot. Register at:

<http://www.basair.com.au/Events>

Sydney Flight College Pilot Training College - Open Day - Registration Now Open

Saturday 10th April 2021

Bankstown Airport

Careers advisors, students and parents are all welcome to view the facilities and fleet, chat to a course advisor, and enjoy a free BBQ lunch. Due to COVID bookings are essential, and can be made at

<https://www.sfcaero.com.au/about-us/open-days>

Defence Events and Information Sessions

THU, 18 MAR AT 18:00 - [Gap Year Virtual Info Session](#)

<https://www.facebook.com/pg/DefenceJobsAustralia/events/>

Applying to the Australian Defence Force Academy

Applying for ADFA is a competitive, dual application process that can take up to 12 months. It's preferable you apply in Year 11, but you can still apply in Year 12.

To start the ADF application process, use our [degree and job match tool](#) to explore the courses through ADFA, and the careers they can lead to. You can choose from a range of [UNSW degrees](#), each of which leads directly to an officer role in the Navy, Army or Air Force. You will also need to [ensure you are eligible](#).

<https://www.defencejobs.gov.au/students-and-education/australian-defence-force-academy/how-to-apply/>

Explore Teaching

Thinking about a career in education? Find out what it's like to be a teacher in NSW schools and what type of teacher you could become. <https://www.teach.nsw.edu.au/exploreteaching>

Ms J Luck
Careers Adviser

Healthy Body Healthy Mind



FRESH IS BEST: Keira High School canteen manager Kay Mackey says students have responded well to the healthy options available for breakfast and lunch, **Picture:** Adam McLean

Healthy bodies, healthy minds for high schoolers

TOO many sales of soft drink and meat pies led Keira High School's canteen manager Kay Mackey to take matters into her own hands.

The menu got a revamp - out with the lollies and hot chips and in with fruit, salads and healthy, home-cooked options.

"I started small some years ago by getting rid of all sugar sweetened drinks and intro-

ducing a handful of meals cooked from scratch," Ms Mackey said.

"Most food now served is homemade on site, including a variety of salads, sandwiches and rolls, soups, pasta and chicken dishes.

"We've even introduced breakfast options such as toasted sandwiches and muesli to ensure kids get a healthy start."

All of the region's public high schools are now meeting the NSW Healthy School Canteen Strategy standards, said Illawarra Shoalhaven Local Health District Health Promotion Service's Rosi Johnston. She said healthy eating at school was associated with improved academic performance and classroom behaviour.

"We congratulate our high

school canteen managers and principals on achieving this milestone," she said.

"Getting teenagers to eat vegetables is hard and even harder when you have the job of preparing healthy meal options for hundreds of teens. We are providing more healthy choices and fewer less healthy options to support teenagers' overall health and well-being."

Community Announcement



7 Atchison Street
Wollongong

PO Box 6038
Wollongong 2500



headspace Wollongong is a free youth health service for young people aged 12-25 years.

Young people have access to a variety of free services from our friendly staff, like psychologists, counsellors, doctors and dietitians.

We also collaborate with partners to provide work and study supports and AOD counselling.

Give us a call to refer a young person to our service.

Illawarra Schools
Newsletter- 2021
Term 1

www.headspace.org.au/wollongong

email: headspace@gph.org.au

ph 4220 7660

fax 4225 0057

2021 at headspace Wollongong

headspace Wollongong are committed to providing ongoing services to young people. Due to COVID-19 we have transitioned to more flexible ways of delivering our services.

Our centre is offering a combination of services - appointments that are by online video or by phone (telehealth), or traditional in-person appointments. We ask young people and their families to talk to us about what type of appointment they'd prefer - we will work out how best to offer support.

We follow COVID safe procedures, we ask that clients register via a QR code and we provide hand sanitiser and masks. We ask that clients do not attend in person if they have been unwell, have been with a suspected COVID case, or are awaiting the results of a COVID test. Our GPs do not administer COVID tests.

Our group programs remain suspended but we are planning for a fabulous return, with some new peer led offerings, as soon as it is safe to do so.

We have many new staff joining us in 2021 and will be offering an increased range of services, this will have a noticeable impact on our wait times and will expand the range of support we are able to provide to young people across the Illawarra. More details of the new services and programs will be released as they come online. Stay tuned!



Stand Up #choosekindness

At the end of 2020 our Youth Reference Group released a series of 5 short videos. The films form part of a package designed to be delivered in high schools by SRCs which encourage young people to address bullying within their communities. Young people are encouraged to play an active role as bystanders and create supportive environments that strongly discourage bullying and promote kindness.

You can watch the films and read about the project at:
<https://headspace.org.au/headspace-centres/wollongong/stand-up-choosekindness/>

Please contact Amanda Cooper on acooper@gph.org.au if you would like more information on the packages and how the project could be implemented at your school.



how to refer a young person to headspace Wollongong

It's so very easy!

You can support a young person to call us themselves, or you can make a call to us on behalf of a young person. Please note that the young person needs to be aware of and consent to the referral and be willing to meet with a member from the headspace Wollongong team. Contact headspace Wollongong 42207660.

Educational services can also refer by fax or post, using our referral form. Please note that we cannot accept referral forms over email. Our referral form can be found to download on our webpage.

We provide free support, counselling and psychological services to young people aged 12-25. Our GPs can provide Mental Health Treatment Plans where required, an external GP referral is not necessary.

Please note: headspace Wollongong is not an acute or crisis mental health service. If you (or a young person you are supporting) is in need of immediate support, please call the Mental Health Line (1800 011 511), Lifeline (13 11 14) or Kids Helpline (1800 55 1800). In an emergency, contact 000 immediately.





Keira High School

Lysaght Street

FAIRY MEADOW NSW 2519

Telephone: 02 4229 4644

Email: keira-h.school@det.nsw.edu.au

Website: www.keira-h.schools.nsw.edu.au