

KEIRA

April 2021

News



Great traditions, a confident future.



From the Acting Principal

I wish everyone a safe and happy holiday over the Easter long weekend and then the school holidays. It has been a very busy Term 1 for the whole of our learning community. Students and teachers have collaborated together in classrooms, on excursions, during our EXPO week, for International Women's Day and Harmony Day celebrations. Yesterday the whole school community came together for a fun Easter Hat Parade during our assembly, this was a wonderful way to enjoy our last week of term.



On Tuesday, four of our 2020 captain's returned to Keira to play a central role in the 2021 Captains Induction Ceremony. It was wonderful to have them with us and they were excited to see our new school signs.

We look forward to Term 2, starting on Tuesday 20 April for students.



Captains 2021



Captains 2020

Mr T Loades
Acting Principal





From the Deputy Principal

A Celebration of Student Leadership

Our first term of 2021 has allowed all members of the Keira Community of Schools the opportunity to experience the amazing depth of student leadership across all 7 schools.

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

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



Keira Community of Schools Leadership Ceremony



Keira Community of Schools Leadership Ceremony 2 March 2021

Captain's Induction 2021

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

On March 30, we held our annual Captains Induction Ceremony. As a school, together with our students, parents and past captains, we celebrate and acknowledge their role of leadership with a view to the importance of, and the effect good leadership has on the whole group. The leadership of any organisation is critical to its success.

This year we have four outstanding young leaders: Kye Storey, Aisa Karalic, Angus Paddon, Rontae Forscutt, Sydney McGuinness and Jovan Paopeng. For 2021, they are the student voice of Keira High School. As Captains, their role is to represent the student body of our school, make it easy for others to follow and to encourage students to contribute

Congratulations to our senior leadership team of 2021.

Mrs S Gray
Deputy Principal

Great traditions, a confident future.





From the Deputy Principal

Looking Back – Year 7

Year 7 have completed their first term at Keira HS, and I'm pleased to say that the vast majority have made a very strong start.

We know that attendance is extremely important for sustained success at school, and 90% of Year 7 students are at school every day, which is excellent. Across the term, over two thirds of students attended school more than 90% of the time – both of these rates are above state averages. It would be great to see those rates rise even higher in Term 2.

Year 7 have been involved in a number of programs and activities already so far this year. They participated in O-Week, Best Start testing, the school swimming carnival, the online Meet the Teachers afternoon in February; the Keira Community of Schools leadership assembly, International Women's Day, a SCARF presentation about inclusivity, NAPLAN practice sessions, an online Parent/Teacher night, Harmony Week and an Easter Hat parade in March.

They have learned how our school operates and the high standards of behaviour, uniform and work completion that we expect from every student each day. They have also learned about the myriad of support provided to them in the form of their teachers, student support officer, head teachers, year advisors and deputy principals.

Looking Back – Year 10

Many Year 10 students will need to improve their attendance in Term 2, as this is an important year for them in meeting the requirements of the RoSA credential (Record of School Achievement). Students who may wish to leave school at the end of Year 10 for either employment or further study at TAFE or as an apprentice/trainee will need their RoSA. They will also be wanting to show potential employers that they are reliable, and a high attendance rate (with corresponding low lateness rate) is an important metric for employers.

Completion of classwork and assessment tasks is also very important for Year 10 students, as **diligence and sustained effort** is a requirement of the RoSA credential. Students may be issued with N-warning letters if they are not completing set work – these warnings are to let the student know they are falling behind and are at risk of being unsatisfactory for their course – getting an N or non-award grade instead of an A-E grade. If this happens in a mandatory course (English, maths, science, PDHPE, history or geography) the student will not receive a RoSA at all and most likely will not progress to Year 11. I will be meeting with students in this category and putting measures in place to support them to bring their efforts back to a satisfactory level.

Year 10 have also been involved in National Minimum Standards testing this term, in which they must pass tests in Reading, Writing and Numeracy in order to qualify for an HSC in 2023.

Looking Forward

Teachers are currently writing Semester 1 reports for Year 11 and Year 12. These will be completed and made available to parents and carers next term before the Parent/Teacher night scheduled for Monday 10 May.

The school Cross Country carnival has been rescheduled to Friday 23 April, the first Friday in Term 2. The Athletics Carnival is on Thursday May 27. Reports for Years 7-10 will be distributed at the end of Term 2.

Happy Holidays

I would like to wish all students in Years 7 and 10, as well as the rest of the school community, a safe and restful holiday. Happy Easter, and Ramadan Mubarak!

Mr G Langford Deputy Principal

News from the Office



Administrative Manager

Students return to school on Tuesday 20 April

Our office will be fully functional on **Tuesday 20 April** to assist parents and carers with any matters. This is the first day back for students for Term 2.

School staff return to school on **Monday 19 April** for the purpose of professional learning to create a future of excellence in service and best practice that supports students, schools, parents/caregivers and the community.

For urgent matters, our office will still be contactable on Monday 19 April though in a limited capacity.

Have a safe and enjoyable Easter break.

Mrs L Deitz
Administrative Manager

Upcoming Events	
Date	Event
Term 2 2021	
Week 1	
Monday 19 April	<i>Staff Return</i>
Tuesday 20 April	<i>Students Return</i>





Highlights from Wellbeing



This year Harmony Week was celebrated at our school and across the community between 15 to 19 March. Harmony Week is a celebration of diversity, multiculturalism, inclusivity, respect and belonging, for all Australian's. Originally, this day has been celebrated every year on the 21 March as this day coincides with United Nations International Day for the Elimination of Racial Discrimination and it is about all of us living in harmony. At Keira High school we celebrate this every day.

The theme for Harmony Week is, "Everyone Belongs". At our school we pride ourselves on having our own theme, "Diversity is our Strength". This means we are a better school and learning community because we are all special, unique and diverse and we come from many parts of the globe and we are all different.

During Harmony Week at KHS, staff and students engaged in a number of activities as part of the Harmony Week celebrations. We took part in Lunch Time Games, Peer Support Activities, creation of the Harmony Tree Mural, school foyer display, roll call learning, art and poster competition and song writing competition. These events are a reminder to all that we are a school that celebrates our diverse nature.

Unfortunately, our Harmony Week Whole School Assembly was postponed due to rain and will be taking place in the next few weeks, once the weather improves. During this assembly, staff and students will celebrate Harmony at KHS and what it means to our community. Rawan Sawah will address the school, speaking about her experience as a Migrant and what Harmony Week means to her.

At our school, a strong symbol that celebrates diversity, are the orange flags flown next to the Australian flag and the orange ribbons that decorate the trees in our main quadrangle. The flags and ribbons remind us all of the importance of harmony within our community.

In the next few weeks, Year 7 and 8 will have the opportunity to place a dot on our whole school map that decorates the wall in our school foyer. This map is a visual representation of the heritage of our staff and students. This is another activity that has become a tradition during Harmony Week.

During Peer Support, Year 7 and 11 students developed a Harmony Tree Mural that is a outstanding example of the harmony that exists at Kera High. It is a strong visual image that depicts the hopes and dreams of young people and their belief that harmony is vital in our society.

At KHS, "Everyone Belongs", "Diversity is our Strength" and students are encouraged and reminded to be kind to one another. We celebrate Harmony Week every day!



HARMONY DAY

Mrs V Vlahakis
Head Teacher Welfare

International Women's Day 2021

At Keira High School, we celebrate women every day.

International Women's Day was first recognised in Australia in 1928 and has since been celebrated to promote equity between the genders both in Australia and abroad.

This day is important to acknowledge, celebrate and reflect on the progress that has been made towards gender equality. The date 8 March also raises awareness outlining what else still needs to be achieved and signifies that women are prepared to take action to achieve their human rights.

This year to celebrate, Keira High held an assembly. With a female student representing each year group, these girls spoke about the importance of International Women's day and what it means to them.

"International Women's Day is a reminder of everything that women have achieved before me. This allows me to have equal opportunities and succeed. It has allowed me to have the chance to vote, simply work and not be frowned upon because of my gender.

We would like to ask all of you as you go about your learning day to think about why it is important for everyone no matter your gender to be treated with equal opportunity"- Lilian, Year 10

This celebration was continued with a video shown to the school community. This short film showcased Senior Executive staff members and Head Teachers, sharing their insight into International Women's Day and discussing a female who inspires them.

Ms C Ruddy
Supervisor of Female Students



News from Science

On Tuesday 16 March, Year 8 students and Special Education had the opportunity to participate in an excursion to Symbio Wildlife Park at Helensburgh. While the day was wet, students were still able to learn a lot about adaptations of animals and how these impact their survival in an ecosystem.



What did the students think?

Gabriela Luzaic and Madison Paoloni: *At Symbio it was really fun and interesting seeing all of the animals and learning about them.*

Haley Rydquist: *At Symbio Zoo we were taken around in groups by Rangers to see and sometimes pat the animals. They taught us about each one, giving us information and facts about them. It was lots of fun seeing all of the animals.*

Fatima Abdul Rahim: *Symbio is a great place to visit with family and friends. There are lots of cool animals, like the blue tongue lizard and black headed snake. The Ranger was really intelligent and funny. My favourite animal was the Red Panda.*

Kaitlyn Matthews: *It was unfortunately raining but the experience was fun. We got to spend the day with all the animals and our class. There were baby chickens and a baby koala, as well as kangaroos and meerkats but my personal favourites were the red pandas. We learnt a lot about all different types of animals and it was quite nice to be able to do this with our friends and teachers.*

Mia Smith: *The weather wasn't the best but everyone still enjoyed themselves. We got to see lots of animals and learn about how they have adapted while also getting the opportunity to pet some of them. At the start of the day the rangers introduced us to some amazing animals which were a blue tongue lizard, black-headed python, alligator and tawny frog-mouth. It was a fantastic day.*

Hossein Haghshenas Haghghi: *When we got to Symbio it was a large area with a water park at the entry which was very wet because it was raining all day. They showed us four different animals at the start of the day and then they walked us around the zoo. My favourite part of the zoo was when we touched the kangaroos. My favourite animal was the eagle. I had a wonderful day walking around this wildlife park.*

Teba Al-Juboori: *When we first arrived, it was sprinkling lightly but that didn't ruin the joyous mood that filled the air. We sat down in the amphitheatre and got introduced to the helpful Rangers that worked there. They got some animals and explained to us their adaptations that help them survive. The blue-tongued lizard has a blue tongue to ward off predators; the black-headed python strangles its prey; the baby alligator has its eyes and nose on top of its head so it doesn't have to get out of the water; the tawny frog-mouth has big, bright eyes for night-vision. We soon split into groups - each guided by a ranger - and explored the animals that inhabited the zoo. My personal favourite was the kangaroo and wallaby pen, where we got to pet the animals. After a full day of fun and adventurous activities, we had to go back.*

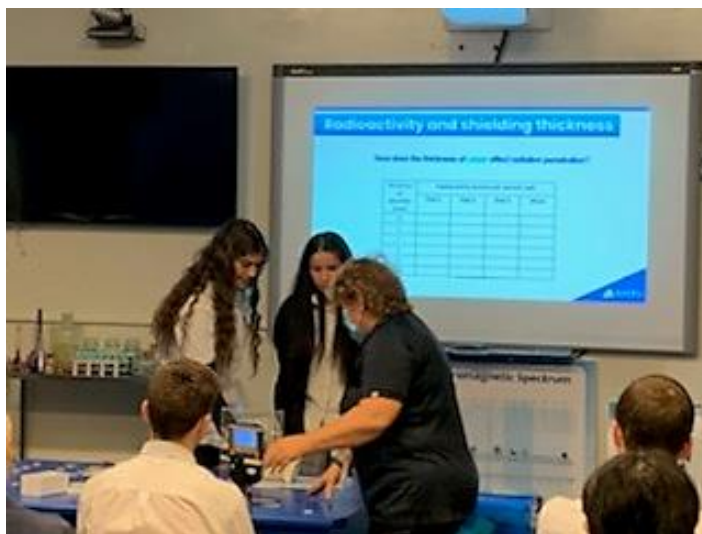




Australian Government



On Wednesday 3 March, Year 11 and 12 Chemistry embarked on a tour of the ANSTO (Australian Nuclear Science and Technology Organisation) facility at Lucas Heights. Students participated in experiments to measure the radioactivity emitted by previously common household items, such as mantles for gas lanterns and “Fiesta” picnicware. They also determined the effect of various shielding thicknesses on the penetration of radiation. Students were also taken on a journey around the sprawling ANSTO grounds to learn about the diversity of activities, from environmental to medical science, that ANSTO is involved in. The trip culminated in an interactive exhibition in the building that houses the OPAL nuclear reactor, which is at the forefront of the production of medical radioisotopes used in many diagnosis procedures and treatments, as well as the irradiation of silicon chips for applications like Japan’s bullet train network.



“At ANSTO I found the iodine travelling only into the thyroid gland very interesting.”

“I found learning about medical uses of lutetium very interesting as it is revolutionising cancer treatment especially in prostate cancer.”

“I enjoyed the different places we visited. I liked the experiments we did. It was enjoyable and I learned a lot about which materials were more radioactive.”

Thanks to all of our students for their enthusiastic participation and engagement with our fantastic tour guides.

Dr S McKenzie Head Teacher Science and Ms D O’Keefe Science Teacher



News from Sport

As we have come to an end of an extremely busy term in sport here at Keira High School we have seen many highlights already with multiple students trialling and making south coast sporting teams along with the completion of our Swimming Carnival. We have had our Year 7 group complete their important swimming program which they have excelled in this term.

Next term Sport will continue to shine with the completion of our rescheduled **School Cross Country Carnival Friday 23 April Friday Week 1 Term 2**. We will also hold our **School Athletics Carnival Thursday 27 May Week 6 Term 2**.

Wednesday sport will commence with Grade Sport trials being held in Weeks 1 and 2 in Term 2. Grade sport is an opportunity for our students to verse other local high schools in a weekly round robin competition in a wide range of sports. A few new sports added this year are the mixed junior and senior AFL 9's and Lawn Bowls competition. Students not participating in Grade sport will have the opportunity to select a recreational sport this will commence in Week 3 Term 2.

Enjoy the term break and best of luck to all students in their sporting commitments during this time.

Footwear in Sport and Physical Activity

It is vital that all students are safe when participating in Sport and Physical activity this is a reminder that appropriate sport shoes are to be worn during all PDHPE lessons and on Wednesday Sport days to ensure students.

Appropriate shoes for physical activity and sport

Any sports shoe that clearly supports the foot and ankle during physical activity. Common acceptable shoes include; joggers e.g. Asics, Sketchers, Nike. These can vary in colour.



Inappropriate shoes for physical activity and sport

Shoes that are **not** supportive of the foot and ankle during physical activity. Common unacceptable shoes include; black school shoe worn on a normal school day, Converse, Vans, Nike flat sneakers.



Mr Walker
Sports Organiser
PDHPE Teacher

Athlete Insight 2021: Isabella Poposki Tennis

How many years have you been doing Tennis for?

I have been playing tennis now for 12 years, going onto my 13th year.

Why do you enjoy your sport?

I enjoy playing tennis because it makes me a stronger person as it is an individual sport not a team where I have to rely on others. I am a passionate and dedicated tennis player and it helps increase my self-confidence. I am able to meet new friends through tennis and motivate myself to be the best I can be.

What level of competition have you achieved?

I have been champion in the Davis Cup, becoming a 3rd consecutive Open Age champion in the Illawarra, making top position in the South Coast Team and being able to represent the NSW #1 team in the All Schools Pizzey Cup Trials.

Who are your role models/influences?

My role models/influences are Roger Federer and Novak Djokovic. This is because they are both passionate about their sport and influence other people to always be the best you can possibly be, including me. They demonstrate love for their sport and inspire other people to do the same.

How often you train/dedicate toy our chosen sport/where do you train?

I train and dedicate myself to tennis every day, whether it would be training, coaching or competitions. Monday, I do training, Tuesday I do coach, Wednesday I do comp, Thursday I do training, Friday I do coaching, Saturday I do comp and Sunday I do tournaments around the Illawarra. I do all my training both at Aces Figtree Tennis Club, as well as Figtree Tennis Club.

When are the upcoming CHS championships? Have you competed in these before?

The upcoming CHS championships are the NSW All Sports Pizzey Cup Trials, which were washed out this year. However, there is also the State Championships this year where I will be representing South Coast and hopefully coming first in that tournament.

Future goals in sport/education?

In sport, my future goals are to become professional and play at many ITF tournaments, as well as grand slams. I hope to someday be the best in the world for my chosen sport. Education wise, I hope to have a future in law or business, but I have not decided what area quite yet.



***Isabella Poposki
Year 11 Student
Banksia House Captain***

Volleyball Knockout Competition

On Friday 19, after an arduous two weeks of trials and training, the selected volleyball teams were off to Bulli High for the annual Gala Day. Teams from Bulli, Smiths Hill, Wollongong, Corrimal and Woonona joined us to compete in a round robin, with the top three teams succeeding to the inter-regional rounds.

The girls started off strong against Wollongong with a 20 to 21 set, which unfortunately was followed by a smashing 21 to 0 set loss from a very dominant server on the Wollongong team. This didn't tamper our spirit, as we went on to Win 2 games to close out the day. With the two wins and two losses, receiving third place has allowed us to progress into the next round of competition where the girls will take on schools from the far south coast. I want to congratulate both the Boys and Girls team for their excellent sportsmanship and skill level on the day.

Stay tuned for more volleyball action.



Ms A Smith
Girls Volleyball Coach

Hassett Cup Cricket Thomas Dalton Park, 18 March

In the eye of the storm, Thursday 18 March provided enough clear weather for Keira's Junior Cricket Team to compete in the opening two rounds of the Hassett Cup, NSW's junior knockout cricket competition.

Teams from Bulli, Illawarra Sports and Woonona joined us to compete in two 20 over-per-side games, with the most dominant team on the day progressing to the inter-regional rounds.

Our team was rich in character but thin with experience and many players were playing their first 'proper' games of cricket. No, the backyard does not count.

Balgownie Magpies and Greater Illawarra representative Daniel Cohen captained the team with clarity and maturity, balancing performance with participation.

Daniel summed up the day's events in the following comments.

"There were four schools at Dalton Park and we were victorious in our first game against Illawarra Sports. In our second match against a strong Bulli team, the rain played a large factor and we struggled to put up a good score."

"Of our experienced players, Remi Carter scored 30 in the first game and 25 in the second to be our highest run scorer for the day. He also took a wicket. Hector James also bowled really well."

"But Moayad Al Arnoos, in his first game of cricket, took 2 wickets in his first ever over! Joel Reid also took one. It was good to see the boys having a go and having fun."



Given our inexperience, one win and one loss was a fantastic result. There are even rumours that Borak Gheneim may develop into Keira's very own Cheteshwar Pujara, such was his stoic refusal to concede his wicket. Hopefully, a few of the students who tried the game for the first time, might pull on the whites for a local junior side next summer.

**Mr Goodley Cricket Coach
Daniel Cohen Year 9 Student**

Bill Turner Trophy

On 16 March our under 15's Girls soccer team versed The Illawarra Grammer School (TIGS) in the Bill Turner Trophy soccer competition. Although it was a cold and rainy day, this didn't dampen the smiles from our U15 girls soccer team.

While the score wasn't in our favour this year and TIGS proved to be a very strong team, all students played exceptionally well and displayed a high level of enthusiasm and commitment throughout the 60 minutes they were on the field. I would like to congratulate all the girls for their commitment and excellent display of skill on the day.

Here are a few quotes from the students about the match

"It was a great way to get to know each other"- Maddy Year 7

"It was a fantastic day of teamwork and enjoyment" - Shelby Year 7

"Everyone played well and tried their best" – Indie and Isis Year 7

"It was a fun and competitive game"- Piper Year 7



**Ms Campbell Rutty
Girls Soccer Coach**

News from Creative and Performing Arts

On a picture perfect Sunday, two of our music students took to the stage in the Domain to perform in a band with lead singer Aodhan. The band performed catchy, smooth folk-like melodies to the large seated crowd in the Sydney park. Surrounded by the sandstone buildings of the Art Gallery and St Marys Church, this would have to be the student's biggest gig to date. Miss Smith, Miss Van De Voorde, Miss Saunders and Mrs Lawrence supported the students in the music event that featured our students as well as the Sydney Symphony Orchestra with Vera Blue.



"It was such a surreal day, watching the Sydney Symphony Orchestra rehearsing with the fabulous Vera Blue and then getting the opportunity to perform a 30 minute set alongside my talented friends. It was the largest audience any of us had played for, and we are so incredibly grateful for the experience. A big thank you to our biggest fans, our teachers that came to support us!" Sara Todner

"Was a very random day as I started my Sunday morning salting chickens at red rooster. From there I drove to Sydney and got the final touches done on my ancient history assignment. I then got to play a small gig with Sara and Aidan which was probably a small accomplishment of the day supporting a small up and coming artist called Vera blue. The crowd was quite small due to it being such a small stage. Overall it was an awesome experience creating everlasting memories."- Angus Kettley



Art Express

Stage Six had the opportunity to attend Art Express on Wednesday March 10. This gave knowledge and understanding of the practice and skill requirements for different forms within the Body of Work submission.

Students were submerged and engaged with different ideas for conceptual and material practice leading into their own works.

On display were also the modern exhibits and Aboriginal displays to link with their case studies in class.



Ms S Saunders
Relieving Head Teacher CAPA

Canteen Information

KEIRA HIGH SCHOOL CANTEEN MENU

BREAKFAST

Fresh Fruit Salad-GF-V	4.50
Toasted Sandwiches One filling	3.00
Two fillings	3.50
Three fillings	4.00
Raisin Toast	2.50
Toast (2 slices)	2.00
Yoghurt	2.00
Muesli, Yoghurt & Fruit	2.50
Hot Chocolate	2.50

HEALTHY CONTAINERS

Fresh Fruit Salad-GF-V	4.50
Chicken Caesar Salad	5.00
Garden Salad-GF-V-Vegan	5.00
Roast Pumpkin & Lentil Salad-GF	5.00
Greek Salad-GF-V	5.00
Falafel & Salad-GF-V-Vegan	5.00

DRINKS

Water 600ml	2.50
Juices 250 ml	3.00
Milk-plain 300ml	1.50
600ml	2.50
Flavoured Milk 300ml	2.50
Poppers 200ml	1.50
Up & Gos	2.50

SANDWICHES, ROLLS & WRAPS

Available on Wholemeal or Multigrain

Egg-V	3.00
Egg & Lettuce-V	3.50
Curried Egg-V	3.50
Tasty Light Cheese-V	3.00
Tasty Light Cheese & Tomato-V	3.50
Ham, Cheese & Tomato	4.00
Salad-V-Vegan	4.50
Chicken Breast-H	4.00
Chicken, Lettuce & Mayo	4.50
Roast Beef, Avo, Tom, Lett, Chutney	4.50
Corned Silverside, Tom, Lett, Pickles	4.50
Turkey, Ch, Avo, Lett & Cranberry	4.50

HOT FOOD- \$6.00 EACH

Chicken Breast Roll, Lett, Mayo -H	
Lean Beef Burger, Tom, Lett, beet & sauce	
Homemade Beef Lasagne	
Beef Ravioli with Homemade Tomato Sauce	
Vegetarian Ravioli with Homemade Tomato Sauce	
Steak Sandwich, Lettuce, Beetroot, Tomato & Sauce	
Chicken Dish (varies)	
Homemade Soups & Bread Roll	
Sausage Roll	\$3.00

HEALTHY SNACKS

Garlic Bread -V	2.00
Whole Fresh Fruit	1.00
Cheese & Crackers	2.50
Dried Fruit-V-Vegan	2.50
Freshly Baked Scone	2.50
Freshly Cooked Pikelets	2.50
Egg-Boiled & Peeled	1.00
Air-popped Popcorn	.50

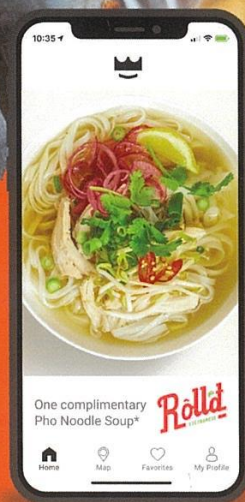
V - Vegetarian
GF - Gluten Free
H - Halal



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Great traditions, a confident future.



E-Cigarettes

What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

WHAT ARE E-CIGARETTES?

Also known as cuvies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.” The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.

Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.¹ The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.¹
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.¹

WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

K: Know the facts or where to find them from a reputable source

E: Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

Y: You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

Important note – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/

More information on e-cigarettes can be found here:

www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/





THE FACTS

- Vapes (e-cigarettes) aren't just air, they contain toxic chemicals that can damage the lungs.
- Kids who vape are more likely to smoke.
- It is illegal for any vape to be sold to teenagers under 18 years of age.
- Vapes that contain nicotine are illegal in Australia.
- Vaping is easy to hide because it doesn't smell like cigarette smoke.

WHY DO KIDS VAPE?

- Vapes come in many different flavours.
- Many vapes do contain nicotine and are addictive.
- They are small and discreet – easy to hide from adults.
- Teens try vaping to fit in with their friends.
- Disposable vapes only cost \$15.

Find out more: www.cancercouncil.com.au
or scan the QR code



KNOW THE FACTS. TALK TO YOUR KIDS.



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

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