ZONTA Award

Congratulations to Jodie Cooper of Year 12 and Rachel Ridge of Year 11 for being finalists in the Sydney Region Zonta Awards for Young Women. Both girls had to face a panel of interviews to be selected as finalists and were then required to give a speech at a formal dinner. Rachel was the runner-up and won a hundred dollar prize. Both girls represented us with style and brought credit to Kirrawee High School.

Year 12 and the HSC

On behalf of the Kirrawee High School community I would like to take this opportunity to wish all our students undertaking the 2011 HSC a successful outcome from their studies. With major works in Art, Design and Technology and Music practicals completed and with many students producing outstanding results, across all subject areas in the recently completed Trial HSC, we are now confident of high achievement across the year group in the HSC with written examinations commencing on 17 October 2011.

A picnic day has again been organised for our Year 12 students to celebrate the end of their high school studies. The picnic will be held on the second last day of this term. Students participating will be transported to Lake Illawarra where activities, games and a BBQ lunch will be provided.

Our annual Year 12 Graduation Ceremony will be held in the school hall on Friday 23 September commencing at 9.30am. Graduation folios will be presented to all students. The talents of our students will also be showcased through awards, musical items and other performances. Family and friends are invited to attend the ceremony and join us for morning tea afterwards.

P&C and School Council Meetings

Our next scheduled P&C Meetings are: October 24, November 21
Our next scheduled School Council Meeting is: November 1
School Attendance

Since moving over to the daily SMS system of reporting student absences to parents/carers the school has become more aware of some attendance concerns that need to be urgently addressed and to ensure that all parents/carers understand the current DEC attendance requirements. Please read the following information and if you have any concerns, contact Mrs Blanch (Head Teacher, Administration) on 9521 2099 who will be happy to answer any of your questions. Not following these procedures may affect your child’s attendance records at school.

Firstly, the Principal or Principal’s delegate has the authority to grant:

- sick leave to students whose absences are satisfactorily explained as being due to illness
- an exemption from school attendance (for family holidays or elite sport representation) for periods totaling up to 50 days in a 12 month period for any one student
- Principal’s Leave for a maximum of 15 days in a school year for students of compulsory school age who have provided an explanation of the absence which has been accepted by the Principal

The following reasons are acceptable explanations of absence eligible for Principal’s Leave:

- misadventure or an unforeseen event
- participation in special events not related to the school
- domestic necessity such as serious illness of an immediate family member
- attendance at funerals
- recognised religious festivals or ceremonial occasions

Other reasons not included in this list will be marked as Unjustified absence from school. Also after 15 days of Principal’s Leave being granted, Unjustified leave will continue for any further leave other than sick leave.

Secondly, families who organise holidays through the school term will need to apply for an exemption to ensure their leave does not go on record as Unjustified. The form for the exemption will need to be completed prior to starting your holiday. If the paper work is not completed, the school has no choice but to mark your child’s absence from school as Unjustified.

Kirrawee High School supports all its elite sports people and entertainers in their endeavours but again the correct paperwork must be completed to ensure your child’s attendance records are not affected by their legitimate absence from school. All applications for exemption can be obtained from the front office or on our school website: [http://www.kirrawee-h.schools.nsw.edu.au/](http://www.kirrawee-h.schools.nsw.edu.au/)

We do ask for parent/carer support to ensure our attendance records are accurate and up to date. Parents/carers are not required to notify the school when their child is on related school business representing Kirrawee High School, such as a sporting team or dance group. If you do receive an SMS regarding student absence and your child is on related school business such as a representative sporting team or State Dance Performance, please contact the teacher at the school in charge of that program to ensure their records are amended and corrected. Mrs Laws, our SASS Attendance Officer, cannot correct any error unless advised by the teacher in charge.

In regards to late arrival and early leave the same leave options apply and only include:

- Sick
- Exemption
- Principals Leave

Specialised appointments that must be scheduled during school hours can be included in Principal’s Leave, however, the appointment card/notice will be required to be attached to your child’s leave explanation to ensure this leave is not registered as Unjustified.

Parents of students with an increasing number of unjustified absences may be asked to attend an interview at school. The District Home School Liaison Officer regularly monitors our rolls and may become involved where excessive Unjustified absences or poor attendance patterns emerge that do not comply with the Education Act (1990).

Again, I would ask that any parent/carer that requires advice or clarification of any of the procedures outlined above contact Mrs Blanch (Head Teacher, Administration) on 9521 2099.
Kirrawee High School

Year 10 Inaugural Motivational Day

This year, in order to encourage all Year 10 students to develop effective examination skills and to prepare for senior studies, we organised a Motivational Day.

The day began with students participating in workshops presented by six young, dynamic, high achievers from university who came to share their successful techniques and experiences with Year 10. Our students identified well with the six presenters as they could relate to their recent experiences. The feedback from the students was very positive and the day was successful.

Please read Luke Brann’s impression of the day.

Emma Quan, Assistant Year Advisor

Rotary High School Citizenship Award

On 8 June Rachel Ridge, Year 11, was awarded a High School Citizenship Award. The award was presented to Rachel at the Sutherland Entertainment Centre by the NSW Police and Rotary Association after she was nominated by Kirrawee High School.

Rachel was one of 16 students from the Sutherland and St George districts to receive the award as recognition for her active role and leadership in the school and wider community.

Learning comes alive! Sydney Olympic Park

Kids in the Park

Sydney’s favourite holiday fun program
24 September to 9 October 2011

Sydney’s biggest school holiday program returns this spring and is fun for kids of all ages. There are over 50 options of sports clinics, creative workshops and fun events to keep your kids active, challenged and entertained. A range of activities are free or cost under $20, making it affordable to discover Sydney’s biggest playground these holidays.

Full details at www.kidsinthepark.com.au or 02 974 7888.
It’s been a busy term for Year 12 Drama students as they prepared for their HSC major group performance presentations and individual Drama projects for external examinations in late August. Amongst study for other subjects, performance evenings and preparing for their trials, students used the rehearsal process effectively and spent many hours outside of class time to refine their work for the HSC external examination which began at 8.30am and finished at 5.00pm on 23 August.

Thank you to Keegan Spring, Year 10 Drama, who stepped in at the eleventh hour to support the remaining Year 12 students who lost a member of their group due to emergency surgery three days prior to the exam. Year 11 and 10 Drama students were also an excellent and attentive audience.

Well wishes for the remainder of the HSC in the written component. May you use your time wisely and revise thoroughly.

Ms Kokori - Drama

SNAPSHOTS - YEAR 8 CAMP (A detailed report on the camp written by 8C is available on the KHS Intranet)
Year 12 Careers Information

Students completing their HSC are now left with the task of entering post school options in employment or further education and training. A number of services and events are still available to assist students in their decision making.

Firstly, at school they can consult with the careers adviser who can point them in directions up until the end of the school year. During the summer holidays they are able to speak with advisers via telephone (contact details will be mailed to all students). Universities will also have open days around this time so students can seek last minute information as to suitable courses.

Students interested in TAFE courses need to attend enrolment dates early in the new year (contact the appropriate campus for exact times) or submit application forms for some courses by October 28 2011. University applications are due by 30 September 2011.

Lastly, early in the new year, the school conducts a destination survey for all 2011 Year 12 HSC students to establish chosen courses of study and jobs. This provides statistics for the government to analyse and plan for the future. It would be appreciated if all ex students could contact the careers adviser at school to advise of your post school activities.

John Olovich - Careers Adviser

There is a great opportunity for Christmas Casuals to join our BIGW teams in your local store.

Key Roles

Checkout Operator - Primary responsibilities will be to register point of sale transactions and provide customer service. Hours for this role vary throughout the day.

Store Recovery - Your primary responsibility will be to present stock, general tidying and some filing. Hours for this role are during the afternoon and early evening.

Replenishment - Your primary responsibility will be to fill, price and present stock to specific guidelines. Hours for this role are after trading hours and late evening.

To be considered for these entry level positions you are required to meet the following criteria:

- Have a passion for customer service
- Work in a fast paced team environment
- Project a professional image at all times
- Deal with customer queries in a professional manner
- Available to work a variety of shifts across a seven day working week, including public holidays and weekends

Submit your resume at the courtesy desk at your local store or speak to the Store Manager about this BIG opportunity.

Top 10 Studying Tips

Your study techniques can be improved by following the below tips:

Establish a routine
Create a study environment
Set a timetable
Drink plenty of water and eat healthy foods
Reward yourself for studying
Have variety in your study program
Avoid interrupting your concentration
Test yourself on what you have studied
Don’t panic at exam time
Ask your teachers for guidance

Time Management

Encourage your child to get into good time management habits. Good habits include:

Using a school diary
Drawing up a simple home timetable using a calendar to plan activities, study requirements, deadlines for assignments, etc

Listing exam dates and other commitments

Setting a priority against each task to help achieve goals, rather than being overwhelmed by what has to be done and then rushing at the end

A "to do" list is a very good idea!

Setting Priorities

Create a daily 'to do' list
List goals and set priorities
Do 'A's' first (most important things)
Do it now
Ask yourself "What is the best use of my time right now?"

Be realistic: New habits take time to develop. Reward yourself for small steps of progress towards your goals each week.

Online Support for Senior Students

NSW HSC Online provides web based support for students studying for the Higher School Certificate. It includes study materials and interactive activities based on the syllabus for each HSC subject.

HSC Online is at http://hsc.csu.edu.au/

Attendance of Students in Term 4

With school staff involved in school development days at the end of Term 4 in 2013, students in Years 7, 8, 9 and 11 are required to attend school until the third last day of Term 4 – Friday 16 December 2011. Prior to this date, programs for students in all year groups should be based upon the achievement of outcomes as appropriate to curriculum and syllabus requirements.

For students in Year 10, the Board of Studies will issue award documents on 8 December for those students who have met the requirements for the School Certificate.

With the new school leaving age, students in Year 10, who have not reached 17 years of age, are required to attend school until the third last day of Term 4 – Friday 16 December 2011.

Year 10 students who can demonstrate that they are leaving school to enter into full-time permanent employment and will not be resuming their studies at school in 2012 are able to leave school after the award of the School Certificate, provided they have completed all their clearance obligations with the school. Students needing to leave school earlier should apply to the principal for an exemption.
Term 3 saw teachers and Year 12 students very busy with intensive preparation for HSC Speaking Examinations in August and final completion of their course work for their written exams in October. We are confident that Year 12 can feel proud of their achievements in their languages courses this year and wish them all the best in the HSC and for their future.

Our five Year 11 students and nineteen Year 10 students have been busy making preparations for their Japan Trip and are looking forward to the chance to meet up with their Komae buddies in Tokyo in November. They will be accompanied by our Principal, Bob Hollywood, his wife, Caroline and me.

Tiffany Lao of Year 10 set off to Sapporo, Hokkaido last month for her six month exchange on a JENYSS scholarship. I will update you from her blog in our next newsletter. Year 9 Japanese students and their teacher Belinda Munro-Laylim organised a very successful one day visit for Year 8 students from Kasumigaura (please see article following).

We were happy to welcome Kylie Pearce, a guest speaker from Meiji University, Tokyo to our Year 12 Japanese class recently to outline opportunities for tertiary level study in Japan through the government funded Global 30 program. Kylie highlighted the excellent career opportunities that Asian literacy offers graduate students.

We first hosted students from Komae High, our sister school in Tokyo, in 1990 and have hosted every year since, except 2009 which was the time of the H1N1 influenza restrictions. Our reciprocal exchanges give students from both countries a unique chance to forge strong international bonds which allow insight into and an understanding of a different language, culture and way of life.

This year was Komae’s 21st annual visit to Kirrawee. Twenty three Year 11 students, one Year 12 student, two teachers and the Komae Principal made up the lively group who visited us from 3 August to 14 August and were hosted by students in Years 10 and 11 Japanese. It was a very successful visit with the Japanese students assimilating very quickly and happily as Kirrawee staff and students welcomed them with such warmth and hospitality.

At school the Komae students learnt to play cricket and paint seascapes. They made wooden kangaroos, played the didgeridoo, decorated cakes and made a movie! In return they taught us origami and calligraphy, shared Japanese treats, demonstrated traditional Japanese toys and some impressive hip-hop.

We are looking forward to the one week visit to Kirrawee by students from St Michel’s College, Reunion Island in October. Planning for our 2 week visit to Reunion and Paris in April next year is well underway. This will be our second group of students studying French at Kirrawee High to have the opportunity to represent us at our sister school in Reunion Island.

Many thanks to those Kirrawee families who generously hosted Komae students for their stay, cooking many Aussie BBQ’s, sharing their day to day lives as well as a variety of sporting and leisure activities and teaching them not only English, but the Australian lifestyle and culture.

Translation of Japanese students visit

Year 9 Japanese students welcome students from Japan

On Monday 22 August our day began with Year 9 Japanese students welcoming the students from Kasumigaura High School, Tokyo to our school. We then paired up with our Japanese visitors and went out for recess to introduce our Kirrawee High friends to our Japanese buddies and sparked up a conversation.

After recess we gave them a tour of the school and they seemed surprised at how big the oval was. We went for a bush walk in the Royal National Park at Grays Point. This was the highlight of the day for the visiting students due to the fact that many of the students had never been on a bush walk. They loved the view and took a lot of photos. After lunch the Kasumigaura students sang a beautiful song. We taught them ‘home among the gumtrees’ with actions. After the farewell ceremony and presentation of certificates, it was time to say goodbye. I would like to thank Mrs Munro-Laylim and Mr Hollywood for making this wonderful day happen.

By Sasha Perera - Year 9

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Year 8 Japanese Excursion to Restaurant at Artarmon

4 August (8L and 8I) and on 11 August (8P) Japanese students caught a train to Artarmon station. It was great to go over the Harbour Bridge on the train and see the Opera House.

At Artarmon we had a two minute walk to a Japanese restaurant called ‘Rahmen Genki’. The restaurant was fantastic. The staff were very welcoming and we were able to practise our Japanese because they spoke very little English. We all enjoyed a delicious Japanese lunch and our teacher took lots of photos.

After our lunch we had the opportunity to do some shopping in two Japanese supermarkets near the restaurant. I am sure that everyone enjoyed the food, but I am positive that everyone enjoyed the Japanese supermarkets even more! Many people exited the shops with bags full of lollies, drinks and various kinds of Japanese items. Even Mrs Munro-Laylim bought some lollies.

I am sure that everyone had a wonderful time and we would just like to say せんせい、ありがとう to Mrs Munro-Laylim for a wonderful day.

Marcus Salvatore (8P)

JAPAN TRIP FUNDRAISER
Saturday 24 SeptemberCost: $50.00 (approx) including lunch
Where: Variety of outlets to suit everyone!

We are organising this fundraising in order to subsidise costs of students’ participation in the Japan Trip in November.
If you would like to join us on this great day out with lots of raffles and loads of fun, please let us know as soon as possible so we can book your seat.

CONTACT
Jenny - 0413 019 548
Linda - 0410 576 690
Toula - 0407 289 073

Thank you for your support!

Kirrawee High School is participating in the Coles for Schools program again this year.

Last year we collected 24,000 vouchers which enabled us to purchase three table tennis tables for the school. This year we hope to collect even more vouchers and redeem them for more sporting equipment for our students. When you shop at Coles, you will receive one voucher for every $10 you spend. Please send your vouchers into school and place them in the Coles for Schools box in the front office.

If you would like any further information about the program, please don’t hesitate to contact Mrs Anderson in the PE faculty. Start collecting now!
The TAS faculty has been busy preparing students for their HSC Major Works in Design and Technology. A display was organised on the night before the marking of theses projects by external BOS markers. The display night was well attended and many people had the opportunity to view in depth the excellent work of our Year 12 students.

This year the Design and Technology class had 20 students and acknowledgement was given to the tremendous work Mr Neil Myers provided in preparing the students. Also, Mr David Short and our school Vice Captain, Adam Sneddon, spoke to the Year 11 students and parents about key features leading to a successful development of the Major Design Project.

As in previous years, there was a wide variety of projects from landscaping designs, redesign of a model boat motor, caravan park redesign to a fishing bait holder and an innovative fish tank. Two concepts stood out in particular. One is the model of a parking station concept for the Gymea shopping centre and the other a car friendly shopping trolley. Wow, two of the world’s major problems solved!

The students have expressed good character and determination in the management and development of their projects. We wish them the best as they approach the theory component of the HSC course.

Our Design and Technology and Engineering Studies students are also in the process of completing submissions to the University of Wollongong’s Engineering faculty competitions. In previous years our students have done really well and judging by the submission preparation so far, this year should be no different.

As many would know, the Hospitality classes at Kirrawee have been very popular for many years, with students acquiring real skills to put in practice in the workplace. Over the last two years, with the invaluable help of contributions by parents and in particular, the P&C, we have been making progress in upgrading the kitchens in B block to comply with VETAB requirements. Over the September holidays we will be demolishing some existing kitchen cabinets and with the help of Mr Graeme Muir and the shop fitting class from Lidcombe TAFE, installing new cupboards and sinks. At the same time a commercial dishwasher and commercial gas stove will be installed in B2K. We anticipate with ongoing support from the P&C, our target for one room complying with the new requirements being met by the beginning of 2013.

Our school VET coordinator, Mrs McKenzie-Hicks, has spent a lot of time developing an application for funding under the NAB School’s First Program. The program supports school community links and the application from Kirrawee High School is based on our link with the Donald Robinson Retirement Village at Kirrawee. For a number of years now our Hospitality classes have hosted a group of residents at the school providing morning teas, ably supported by musical backing from the school’s bank of talented musicians.

The program is in the process of being extended to include input from the village staff to the Community and Family Studies classes in the area of studying demographic groups in the community. Any success in receiving funds from the School’s First Program will assist with the upgrading of both kitchens in B block to comply with VETAB requirements.

Three of our Year 12 VET students were successful in receiving Sutherland BEN VET Excellence Awards. The students to be congratulated are Rebecca Jepsen and Isabella Duncan for Hospitality Framework and Blake Malone for Construction Pathways.

The construction students in both Metal and Engineering and Construction are making progress in their school environment projects with handrails soon to be installed and the amphitheatre retaining wall finished. More face bricks and paving will be completed in the middle of Term 4. Valuable project management skills and confidence are being developed as a result of taking on substantial project work which is needed by the school community. The present Year 12 group is working hard to complete the production/construction store room before they complete their studies.

Lloyd Zietsch - Head Teacher, TAS
My thanks go to Ms Stanborough and Mr McKay for their work in organising a number of events for Jeans for Genes and Science weeks and to the hard working staff and students for getting into the spirit of Science Week.

The Jeans for Genes week kicked off with the return visit from Meagan Aplin to talk with junior and senior students and we held the successful Year 7 ‘Longest DNA’ competition.

Science Week started with a visit from another successful ex-student, Amelia Parker. She spoke with Year 9 and senior students about science and engineering careers, as well as her work at ANSTO.

We also held the Year 7 crystal growing competition which was won by Talia of 7M.

9SCT visited Science in the City and Year 10 students viewed a selection of Science short films from the Scinema program. All classes were involved in some way with a science week activity and we hope to expand our efforts next year.

The winners of the Science Week trivia competition prizes of a family pass to the ‘FACT or FICTION’ Sci-fi film festival supplied by ANSTO were: Luke Brann, Ryan Ilter, Emily Griffiths, Amy Lynch and Kyle Gray.

We would like to take this opportunity to wish all of our Year 12 students the best of luck in their examinations and hope that they reap the benefits of their hard work over this year.

Narelle Johnston - Head Teacher, Science
EXCURSION TO COCKATOO ISLAND

Year 9 Visual Arts students travelled by coach and ferry to Cockatoo Island. It is the largest island in Sydney Harbour. Cockatoo Island is a former imperial prison, industrial school, reformatory and gaol. It is also the site of one of Australia’s biggest shipyards during the twentieth century. The first of its two dry docks was built by convicts and was completed in 1857. Maritime industrial activity finished in 1992. The prison buildings were added to UNESCO’s World Heritage List.

The students spent the day drawing with a variety of materials. They explored tunnels and old workshops. They viewed the scenery, taking hundreds of photos of the artworks and ruins. Cockatoo Island has a magical feel. Students felt they had been transported back in time. Thank you Mr Middleton, Mrs Falconer and Mrs Barclay.

MATHS MATTERS

Maths Examination Calendar

- **Year 10**
  - Examination ...... **Monday 19/9/11**
- **Year 9**
  - Examination ...... **Tuesday 18/10/11**
- **Year 8**
  - Examination ...... **Wednesday 26/10/11**
  - Advanced Grading Test ...... **Monday 14/11/11**
- **Year 7**
  - Examination ...... **Friday 28/10/11**

Students are also continually assessed during their class time.

Next term parents will be receiving reports for their children in Years 7 to 10. For Mathematics there are two sections:

- **Report Mark and Record of Achievement**

The mark and grades are based on the performance of the student within each group:

- For Year 7 - the class
- For Year 8 - the three levels
- For Years 9 & 10 - the course (5.1, 5.2 or 5.3)

**Overall Grade**

The grade (A, B, C, D, E) is based on the student’s performance measured against the outcomes for the whole ability range within each year. Please note that a grade C is considered as sound achievement for each year.

John Farmer - Head Teacher, Mathematics

Keep your children safe online

Spend time online with your kids. Check out good sites together. The internet can be a fun family activity!

Help your kids use the internet as an effective research tool – learn about handy homework tips for kids and also good searching techniques.

Learn about the world out there. Kids are communicating in a diverse range of ways, from chat to IM, and from message boards to blogs. Learn how these work and what tools they offer to protect your child’s privacy.

Be aware of online stranger danger, particularly in chat rooms. Set house rules about what information your children can give out and where they can go online.

**Online Safety Tips**

Worried about your child’s safety online? Here are some guidelines that can help:

- Put the computer in a central area of the home, not in a bedroom.
- Be reasonable and try to set reasonable expectations.
- Be open with your child and encourage them to come to you if they encounter a problem online - cultivate trust and communications because no rules, laws or filtering software can replace you as their first line of defence.
- Talk with your child about how they use the Internet. Make sure they understand basic safety guidelines. These include protecting privacy (including passwords), never posting personal information, never meeting people they only know online and not posting inappropriate or potentially embarrassing photos.
- Try to get your kids to share their blogs or online profiles with you, but be aware that they can have multiple accounts on multiple services.
SPORTS NEWS

CHS ATHLETICS

At the CHS Athletics Championships held last week at Homebush, Kirrawee High students achieved some outstanding results. The following is a list of medalists and Top 8 finishers:

**GOLD MEDAL** 12 Girls’ Relay Team, Toni Anderson (High Jump)

**SILVER MEDALS** Brooke Salzmann (High Jump), Lace Temana (Sydney East 4X400m Relay Team)

**BRONZE MEDALS** 15 Girls’ Relay Team, Brooke Salzmann (100m), Michael Northey (High Jump), Lace Temana (400m).

**TOP 8** Michael Northey (4th 100m Hurdles), Brooke Salzmann (4th Long Jump), Toni Anderson (4th Long Jump), Lace Temana (5th 800m), Lachlan Grahame (5th High Jump), 13 Girls’ Relay Team (5th), Chelsea Aros (6th 100m), Rebecca Riggs (7th Javelin).

Special thanks to Karen Herrmann who coached the relay teams for the three weeks leading up to the championships. The improvement in their changes from Region to State was outstanding. Thanks also to the parents who attended and encouraged all the students, as well as providing me with some excellent photos.

Derek Hulme - Sport Coordinator

KHS Regional Netball Champions

Congratulations to the Girls’ and Boys’ Netball Teams, both successful in winning their respective regional championships. Both teams competed at the State Combined High Schools Championships held in Week 8 Tuesday 6 and Wednesday 7 September at Bellingara Netball Courts.

The boys, in their first year of netball, were great representatives of our school and enjoyed themselves playing a sport so different to the usual soccer, waterpolo, rugby league, karate and hockey. They should all be congratulated on their efforts and achievements this year. The boys’ team: Matt Bell (c), Zac McCall, Oliver Warner, Brad Bolton, Ilias Ordonidis, Kurt Baxter, Ryan Willis, Johann Alessandri, Blake Penny and Renn Farley (all in Year 12). Thanks to Mrs Doherty for managing the boys at their competitions.

The girls, on their way to the State finals series, beat Matraville Sports High, Engadine High, Woolooware High and Randwick Girls High. At the State Championships the girls performed commendably and won their first three games against Blaxland High, Merewether High and Oxley High to progress to the State Quarter Finals. Unfortunately, it was an extremely hot day and the temperature had taken its toll on all players. The girls came up against an excellent team formed from multiple schools from the Northern Beaches and unfortunately lost in what was a very close game in the first half. All the girls should be congratulated on their efforts. The girls’ team: Taylor Yankos (c), Nicola Salter, Alexia Salter, Ricquelle Miller, Rebecca Riggs, Lora Wood, Toni Anderson, Emma Rodger, Brittany Adamson and Aleisha Oberg.

A special note must be made of Taylor Yankos of Year 12. Taylor, captain of the girls’ team for the last two years, has been a valuable member of the Kirrawee High netball team for the past four years. As centre (c), Taylor has been an outstanding role model for our junior students and encouraged and supported them on and off the court. Taylor also gave up her free time this year to mentor and coach the boys’ team and their success is a credit to her involvement in netball at Kirrawee High School. It will be very difficult to replace Taylor next year.

Jenny Blanch - PD/H/PE

State Futsal Championships

The Kirrawee U/16 Girls Team finished equal 5th at the NSW Futsal Championships. After three decisive wins in the preliminary rounds they were narrowly defeated 4-2 in the 1/4 finals. This is the second consecutive year this team has finished 5th. Thanks to Samara Mayo, who assisted with coaching on the day and Mr McMahon, who filled in for the regular coach, Mr Hulme, who was unable to attend on the day due to illness.

Team Members: Jordy Baker, Erin Hitches, Cody Dunn, Amber Huckel, Sarah Beckinsale, Taryn Carson, Bronte Eather and Aleisha Oberg.
Sienna Burton - Baseball

Sienna Burton of Year 10 was chosen to be in an under 17 NSW girls’ baseball team in the school holidays to play in a national tournament in Queensland. The team played five games in all against Queensland, Victoria and country NSW and placed third. Sienna was one of the main pitchers and in the game against Victoria she pitched for three innings with a total of 39 pitches overall. Sienna pitches at a rate of 85kms per hour and over the three innings had five strikeouts. Sienna is a sidearm pitcher which is very unusual as she can pitch curve balls as well as balls that curve upwards rather than downwards, making the ball even harder to hit.

Since her return, Sienna has been invited by the Australian coach to train as a pitcher with the Australian open women’s team in a high performance training programme running for eight weeks.

In April Sienna was chosen to be in an All Star team and was the youngest in that team. This team was made up of NSW and Australian open age women. Sienna was chosen because she had the best batting statistics in women’s baseball which is made up of six teams throughout Sydney. When the season ended Sienna was awarded the MVP award for the open women’s Cronulla Sharks A grade team.

Kai Sakakibara - BMX World No. 4

BMX World Championships

Kai Sakakibara, Year 9, raced in the UCI BMX World Championships in Copenhagen, Denmark on 28 July. There were 96 riders in his class from more than 25 countries, all of them top riders. Kai won his three heats putting him in the 1/8 finals. The finals from this stage were ‘deadman’. This means that from the eight riders in each race only four could go through to the next round. Kai won his 1/8 final and came fourth in his quarter-final so he made it to the semi-finals. After a tough semi Kai finished third giving him a place in main final with seven other world class riders.

In Kai’s words his final went like this….

‘I was given lane one for the final. My start wasn’t very fast and I was a bit behind down the first straight. I caught up and made an inside move and got myself into fourth around the first corner. The two guys in front got tangled up a bit and slowed down on the outside and when Chris Christensen from Denmark came up the inside, I thought I would get squashed between them. I lost some speed there and jumped the second straight higher than usual, but over jumped and let a German rider, Jakob Bernhart, through. I was looking for a high low move around the second corner, but couldn’t find a way in and the French rider, Mathieu Jacquier, came up the inside. I was able to ride around him though and pushed it through the rhythm section on the third straight. I caught up a bit through here and tried a high-low move around the last corner. Jakob Bernhart and I were side by side down the last straight, but I just got him on the line. I finished fourth.’
Rosalie Lister
Inter School Equestrian Carnival
Rosalie Lister, Year 7, competed in the Camden High Inter School Equestrian Carnival on 3 September 2011. It was an all day event and she won three ribbons which included a 2nd, 3rd and a 5th. In the photo, she can be seen holding a Kirrawee High School flag.

Australian Interschools Snow Sports Championships
Sienna Doolan of 7L recently competed in the Australian Interschools Snow Sports Championships at Falls Creek in Victoria. Sienna came 14th in Australia in the snowboard cross discipline, competing in Division 3. This is an outstanding achievement considering this is the first year that she has raced.

Healthy Habits
There are many ways that parents can help promote a healthy body image and healthy habits for your child at home. Here are some tips:

- Plan to eat home-cooked meals together as a family as often as possible
- Discourage eating meals or snacks while watching TV
- Encourage family activities that include enjoyable physical activity for everyone
- Ensure a safe environment for children and their friends to engage in active play (e.g. swimming, cycling, ball sports)
- Decrease the time spent in activities that involve sitting (e.g. watching TV, playing video and computer games)
- Encourage active commuting such as walking to school or walking to the bus or train.

The Australian Government has recently developed Physical Activity Recommendations for Children and Young People:

- Children and young people should participate in at least 60 minutes (and up to several hours) of moderate to vigorous intensity physical activity every day
- Children and young people should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, Internet, TV) particularly during daylight hours.

Motivating your child to be more active

Be a role model
Kids will usually follow what you do more than what you say. If they see you enjoying physical activity and having fun, it will motivate them to be more active. It also means they can't use the classic excuse (either stated or just in their thoughts) of 'Well, you don't do anything yourself'.

Walking is good for you
Walking at a comfortable speed improves heart-lung function and is good for general fitness. Thirty minutes a day is recommended for a healthy lifestyle - why not start walking with your family?

General fitness tips
Teach your children to exercise for at least one hour a day doing sport, swimming, running around at lunch, riding a bike etc. This will keep them energetic, improve their concentration in class and ultimately make them happier.

Open Boys’ Hockey
The Open Boys’ Hockey Team has performed well this year by making it to the last 16 of the State. They played well against Homebush Boys’ High defeating them 3-1 at Centra Hockey Field at Concord. This enabled them to play the country school, Murwillumbah High, at Sylvania hockey field. This was a high performance game that saw all players stepping up to the next level. The score at half time was 2-0 but we could not keep up with this exceptional school team and we were defeated 6-1.

All boys should be congratulated on their excellent efforts, especially the Year 12 boys, Zac McColl, Blake McIntyre, Blake Malone and Oliver Warner.

Thank you to all the parents who continually help with travel arrangements and cheer on the boys.

Karen Baxter

Cycling
Jack Beckinsale recently competed at the Commonwealth Youth Games on the Isle of Man with the following successes:

- In the cycling time trial, Jack won Silver (beaten by 11 seconds by another Australian)
- In the Time Trial Teams for Men, Jack won Gold with his Australian colleagues (45 seconds ahead of the English team in second and the Canadian team in third - 31 seconds after that)
- In the Road Race for Men, Jack came in 4th as an individual - the result was a teams event, so no individual time given or medal awarded
- In the Road Race Team for Men, Jack won Gold with his Australian colleagues, ahead of the England and Wales teams
- In the Criterium for Men, Jack won Bronze (beaten by 33 seconds by an Australian team mate - gold, and an England competitor - silver)
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UNIFORM SALES NIGHT
Tuesday 15 November 2011
Our annual uniform sales night will be held
in the school hall from 3.00pm to 7.00pm
on Tuesday 15 November 2011.
The school uniform shop will be selling
only new uniform on this night. Our
uniform suppliers, Lowes, Brownscombes and Claudines, will also be attending and
will be offering discounts on school
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Uniform Shop Committee

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