

## Principal's Chat:



Dear Parents, Caregivers and Members of the Kyneton High School Community, Much has been said about the impact of the pandemic on schools and student outcomes. Our start to remote learning in Term 3 has certainly been a strong reminder of the challenges that we face in navigating these circumstances, with the school closed from Tuesday 4 August and re-opening again on Monday 17 August due to positive cases of coronavirus.

Throughout this time of crisis for our community, I have been reflecting on those things that we can be grateful for as a school, and the learning opportunities that we have gained. Our Year 12 students are an inspiration to me in these reflections, for they have had so many reasons to feel loss: loss of full access to their teachers in their last year of school; to the predictable timing of key assessment milestones such as the GAT and end-of year examinations; to the rituals and celebrations of school life in which their participation and leadership would normally be front-and-centre. Yet, despite everything, we have seen them continue to shine. They have shown grit and keep working hard; their high level of engagement is evident in attendance data and completion of learning tasks; their teachers tell me how resilient their students have been. Their 'can do' attitude and positive mindset is captured in our school captains' report in this newsletter. It takes a community to raise them and we are grateful to ours for being in this together.

This second iteration of remote learning at KHS has been received well according to the informal feedback we have had so far. Today, students were sent an on-line survey by Mr Hill and we hope to get a high level of participation from students so that we can monitor the effectiveness of our learning program. Furthermore our teachers will be implementing the PIVOT student survey in some of their classes. All of this information provides valuable information to ensure that our programs are meeting our students' learning and wellbeing needs.

Stay Safe and well!

Ana Rees  
Executive Principal



## Captains Report

Hello everyone,

We hope you are all keeping safe during this lockdown- we know that this has not been easy on anyone!

It has been great to hear all about the offers some year 12s have received after applying for early offers and scholarships. We would like to thank all the teachers who have been putting in great efforts in running their classes and helping students. Also to the students who have been putting in great effort as well, by attending classes, handing work in and working hard.

We would like to extend a shout-out to all the parents and caregivers who have been supporting the students with their work and to those that have been on the frontline helping keep everyone safe, a very big thank you to you all!

Sincerely your College Captains

UPCOMING EVENTS	
<b>September</b>	<b>2020</b>
<b>Friday 18<sup>th</sup></b>	<b>Term 3 Finishes 2.25 pm</b>
<b>October</b>	<b>2020</b>
<b>Monday 5<sup>th</sup></b>	<b>Term 4 Commences 9.00am</b>
Wednesday 7 <sup>th</sup>	GAT (General Achievement Test) for all Unit 3-4 Scored Subjects
Thursday 29 <sup>th</sup>	Year 12 VCAL end of classes
<b>November</b>	<b>2020</b>
Friday 6 <sup>th</sup>	Year 11 VCAL end of classes
Monday 9 <sup>th</sup> <b>until</b> <b>Dec</b> Wed 2 <sup>nd</sup>	VCE Examinations
<b>December</b>	<b>2020</b>
Friday 4 <sup>th</sup>	Year 12 Valedictory Dinner
Wednesday 30 <sup>th</sup>	VCE Exams-Final results

## Bloomin' Beautiful!

The front of Kyneton High School is looking loved once again thanks to the efforts of Gayle and Michelle (KHS work colleagues) who have been busy maintaining and improving the school garden during lockdown. They have been ably assisted by our Facilities Officer, Brad Whitmore.

The mammoth project was taken on with smiles and enthusiasm, in all types of weather, over the course of a few weeks.

You can see from the photos what an amazing job they are doing, particularly with mulching and maintaining the garden beds at the front of the school.

At present the daffodil bulbs are starting to flower and are looking delightful.

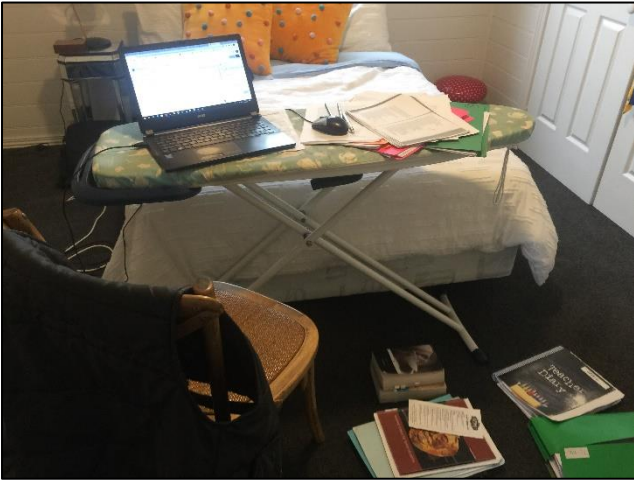
The whole school community appreciates what a beautiful entry to KHS we have and we are all looking forward to seeing the roses in bloom again very soon.

Well done on a job beautifully done!

Getting their hands dirty for a good cause.  
Gayle James (red top) and Michelle Barfoot (blue top)



## Ironing Out A Few Problems!



Our Teachers have been ingenious in using general household items to assist with remote teaching of late.

Mr Benjamin Hill-Leading Teacher was correct in saying, 'Who would have thought the humble ironing board would have made such an effective and versatile desk? With adjustable height and legroom what more could you ask for?'

And...Ms Anwyn Chapman-Year 10 Level Leader has found use for another household item-"I am using a wash basket on my desk to create a standing desk...when off my desk it doubles as a foot stool".

Well done to all our fabulous teachers, you are amazing and it is evident that you will go above and beyond in teaching the students.

## VTAC, SEAS And Scholarships

Just a quick note about **VTAC applications**. VTAC processes applications for Victorian universities and some TAFE courses.

Timely applications close on the **30th September**. Students can still apply after this date but the application price rises (from \$41 to \$119) so we encourage students to put an application in before this due date.

Students can change preferences after this date. This will allow students to put in a **SEAS** (Special Entry and Access Scheme) application. There are several categories in this scheme including a new process covering difficult circumstances in relationship to remote learning, caused by the Covid-19 situation. Some of these categories are very easy to apply for and some require supporting documentation which can take a while to gather. SEAS closes altogether on the **9th of October**.

We have also included a link to the scholarships section of VTAC.

**How to apply for VTAC:** <https://www.vtac.edu.au/applying/courses.html>

**SEAS:** <https://www.vtac.edu.au/seas.html>

**Scholarships:** <https://www.vtac.edu.au/scholarships.html>

We are here to help so please get in touch.

Lizzie Trembath-Senior Teacher/Careers Coordinator

## Head Start Update

**/HEADSTART**  
APPRENTICESHIPS AND TRAINEESHIPS

Hi everyone, I am currently putting on hold any searches for new employers due to the COVID-19 restrictions. I will commence looking for employers once restrictions are lifted.

If you have any questions about Head Start please feel free to contact me. My contact details are:

Mobile – 0428 998 261

Email – [kelli.hewton@education.vic.gov.au](mailto:kelli.hewton@education.vic.gov.au)

Kelli Hewton-Head Start Coordinator

## Kitchen Delights

Students in the year 9/10 Creative Cooking class have been proudly sending photos of their remote learning work to teacher Annie Hall, to show off their skills.

### Carlos' Gnocchi



### Mikayla's Apple Pies



### Phoenix's Stir fry



(Make in pairs)

#### INDIVIDUAL APPLE

##### Ingredients

**Biscuit Pastry**  
1 cup flour  
1 cup SR flour  
125g butter  
½ cup caster sugar  
1 egg, beaten

##### Filling

2 apples – peel core and slice.

##### Method

1. Prepare the apples by peeling, removing the core and slicing. Place in a saucepan with 1 tab water and cook with the lid on until tender.
2. Set oven to 190 C.
3. Sift flours together. Add sugar.
4. Rub in butter.
5. Add egg and mix to a firm dough.
6. Lift onto a lightly floured board – knead until smooth.
7. Divide the mixture in 2/3's and 1/3. Roll out the larger piece and cut into 12 rounds large enough to sit neatly in a patti pan tray.
8. Divide the apple puree between the pastry bases.
9. Roll out remaining dough and cut 12 lids.
10. Place lids over apple, gently pinch edges together.
11. Bake at 190 C for 20-25 mins.
12. Dust with icing sugar.

Cooked on 18/08/20  
Best before 21/08/20

##### Heaviest to lightest ingredients ratio:

- 128 g of plain flour
- 128 g of self-raising flour
- 125 g of butter
- 64 g of caster sugar
- 2 apples
- 1 egg
- 1 ltr of water

### Isabel's 'Pie Shop' Work

## Morrisby Update

### Year 9 Morrisby Reports and Interviews

All students who completed the Morrisby Online Assessment will have an interview via webex with a Morrisby trained Career Practitioner to explain the report. The interview will take approximately 30 minutes.

The interviews will commence on Thursday 27<sup>th</sup> August and finish on Wednesday 2<sup>nd</sup> September. Students will be given:

- An interview date & time
- A webex link
- Name of the interviewer

As multiple interviews are being done each day it is essential that students attend their meeting on time. Students will be notified a day ahead of their interview. If for some reason they cannot attend their interview please contact Gayle James at the school ASAP so we can fill the timeslot with another student and reschedule your child's interview.

Students will be able to access their Morrisby report 24 hours before their interview. A hard copy of the report has been sent to the school and these will be distributed once students return from remote learning. To see their report students should

- Go to [www.morrisby.com](http://www.morrisby.com)
- Click on Login
- Use google@schools email and password (remember if you have a full stop in your password do not include it)

Parents/Carers are welcome to sit in on the interview. Please contact the school in advance so we can inform the interviewer.

Should you have any queries please contact Cate Burton at the school.

The students from Year 9 last year really enjoyed the interview process and benefitted from having the report explained.

Cate Burton-Morrisby Advisor

## Career Opportunity



## Evolve Stone

**National Multiple Award Winning - Well-Established Business Offering**

**FULL TIME STONEMASON APPRENTICESHIP**

**Commencing September 2020**

**Further information call 03 5422 2571**

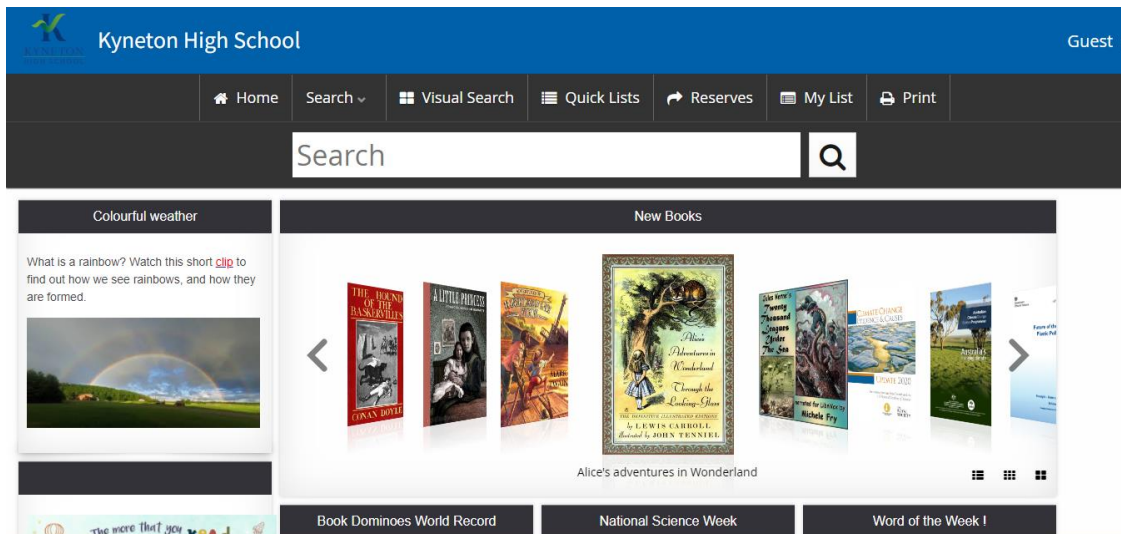
**Email - [reception@evolveinteriors.net.au](mailto:reception@evolveinteriors.net.au)**

## Library News

This term has been challenging for everyone, with its ups and downs, and uncertainty. At the start of term, the Library was open to reduced numbers of students to allow for social distancing, and we were pleased to see many doing homework or extra study, and quiet reading. Now the Library is quiet again as we are all in the second round of remote learning/teaching.

Library staff have continued to work behind the scenes, and have been adding useful materials to the catalogue. There are past exam papers available as downloads for VCE students, and audio and eBooks are now being added in both fiction and non-fiction areas. This means that although students currently cannot borrow physical books, they can still access digital books to read.

I would like to encourage students to have a look at the Library Catalogue which they can access under the paperclip on Xuno. The home page/dashboard is bright and hopefully engaging for the students. (see below)



There are trivia questions, 'word of the week', book trailers, craft ideas, short items about various different topics in Math, Science, and English, remote learning advice from the State Library of Victoria and a display of new items in the Library. Please encourage your child to have a look and maybe even leave a review of a book they have enjoyed.

Francesca Tenniswood-KHS Librarian

## WIP Day



### Wear it Purple Day – Friday 28 August 2020

Friday 28 August is Wear it Purple Day – an international day of recognition celebrating LGBTIQA+ young people.

[Minus18](#) are hosting an online [Wear it Purple Extravaganza](#) event to celebrate the day which we encourage all LGBTIQA+ students to check out. There are a bunch of resources to download at [wearitpurple.org/](http://wearitpurple.org/) including posters, information, social media files and zoom backgrounds.

### LGBTIQA+ social groups for young people

[WayOut](#) continues to run House of Awesome fortnightly online – we welcome any LGBTIQA+ young people to get in touch with **Rhani or Mez on 5421 1666** to find out how to join.

We are also meeting with rainbow young people across regional Victoria whilst in lockdown and have a special Wear It Purple Day coming up. Get in touch for more info.



2020 has been a challenging time for young people and for every-one in our community, and now more than ever we need to stay connected!

In the last few months, research shows more than half Australians are feeling more isolated.

If you relate to this experience, you are not alone! By reaching out and staying connected to family and friends, pets, your classmates, your school, your teachers, your sporting clubs, a counsellor, these connections improve our wellbeing. Here are some ways to continue to reach out and connect:

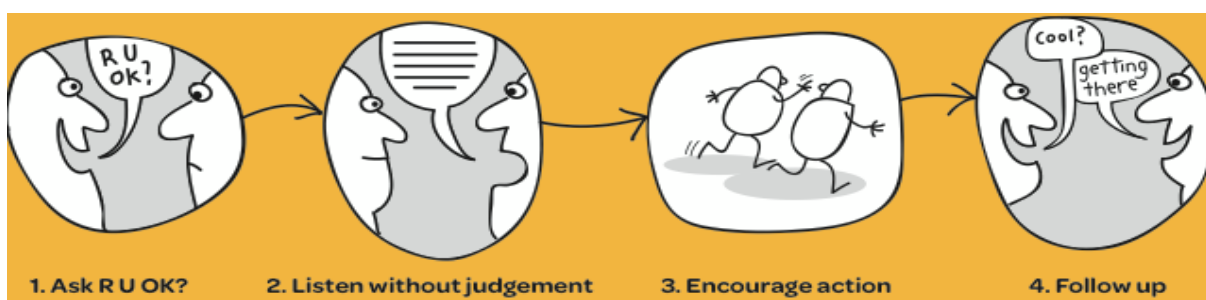
- If you are feeling lonely - text, email, FB a friend. When you act to help yourself, your actions could help your friend – double bonus!
- Check in with your teachers each day. If you are struggling, let the teacher know so you can get the support you need. Your safety and wellbeing is the most important thing at this time.
- It's ok to be NOT OK. Talk to a trusted adult. A problem shared is a problem halved.
- Keep a routine – for sleeping, eating, attending classes. These habits create a sense of stability.
- If you have a pet – reach out and pat them often! This helps to stimulate your body's own natural chemicals that make us feel good!
- Visit the RUOK website for some great resources ie, helping a friend, how to ask someone RU OK? The signs that tell you when you are 'NOT OK'.

- Reachout.com
- Headspace.org.au
- Kidshelpline.com.au: ph: 1800 55 1800
- Lifeline ph: 13 11 14
- COBAW ph:1300 026 229
- Contact KHS to get in contact with KHS Wellbeing staff members:  
Amanda Summers   Gareth Rowe  
Breanna Lancaster   Andrea Scott

### Happiness Chemicals and how to hack them

<p><b>DOPAMINE</b> THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> <li>• Completing a task</li> <li>• Doing self-care activities</li> <li>• Eating food</li> <li>• Celebrating little wins</li> </ul> 	<p><b>OXYTOCIN</b> THE LOVE HORMONE</p> <ul style="list-style-type: none"> <li>• Playing with a dog</li> <li>• Playing with a baby</li> <li>• Holding hand</li> <li>• Hugging your family</li> <li>• Give compliment</li> </ul> 
<p><b>SEROTONIN</b> THE MOOD STABILIZER</p> <ul style="list-style-type: none"> <li>• Meditating</li> <li>• Running</li> <li>• Sun exposure</li> <li>• Walk in nature</li> <li>• Swimming</li> <li>• Cycling</li> </ul> 	<p><b>ENDORPHIN</b> THE PAIN KILLER</p> <ul style="list-style-type: none"> <li>• Laughter exercise</li> <li>• Essential oils</li> <li>• Watch a comedy</li> <li>• Dark chocolate</li> <li>• Exercising</li> </ul> 

**Follow the 4 simple steps to check in and supports your mates**



Free Webinar



## BODY CONFIDENT CHILDREN & TEENS FREE WEBINARS

SUPPORTING BODY CONFIDENCE AND HEALTHY RELATIONSHIPS WITH  
FOOD AND EXERCISE IN YOUNG PEOPLE

**31ST AUGUST 2020**  
**11AM - 12.15PM**

OR

**2ND SEPT 2020**  
**7- 8.15PM**

With so many confusing messages around weight, food and health and with so many adults struggling with their own body image it can be difficult for parents to know how to support their child as they move through adolescence. Join Butterfly for a relaxed and informative webinar for carers of primary and secondary age children to give knowledge, information and tips to help you better understand and promote positive body image in the home.

### AUDIENCE

Parents & Community

### SESSION LENGTH

1hr 15mins

### COST

FREE - Registration essential

### PLATFORM

Zoom

**[BOOK NOW](#)**

### TOPICS COVERED INCLUDE:

- Overview of body image and the importance of prevention
- The spectrum of body and eating issues from healthy to unhealthy, to disordered and clinical diagnosis
- Key influences on body image, including social media and the importance of positive following
- Diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance based talk and how to respond when a child expresses negativity towards themselves or others
- The power of role modelling positive body image and healthy behaviours
- Understanding early warning signs and the importance of early intervention
- Referral and support information, including Butterfly's National Helpline

Butterfly is Australia's largest charity supporting all those affected by eating disorders and negative body image. These events are offered as part of Butterfly's new initiative, [Love Your Body Week for Families](#) to help Australian homes respect, appreciate and celebrate ALL bodies.

### Contact:

E: [educattion@butterfly.org.au](mailto:educattion@butterfly.org.au)

T: 0406 993 995

[www.butterfly.org.au](http://www.butterfly.org.au)

'Book Now' link -- <https://events.butterfly.org.au/portal>







### Help kids to beat COVID induced anxiety

Since COVID has entered our lives I've had countless conversations with parents and enquiries from schools seeking presentations on how to support kids who suffer with COVID induced anxiety.

It's wonderful to see how kids' mental health and wellbeing is being prioritised, and importantly, resourced. However these conversations show we still have some way to go as a community to fully grasp the nature of anxiety.

While the current situation we are all living through is extremely difficult, it does present an opportunity to develop sustained growth and vitality in anxious children and young people.

In *Anxious Kids*, the book I co-authored with Dr Jodi Richardson we wrote, "Anxiety doesn't have to be the shadow that clouds the days of children and young people. Understanding that anxiety is a well understood and manageable condition brings anxious kids such relief."

We wrote this pre-COVID and nothing since has caused me to change my mind. In fact, experiences of this COVID era have reinforced that the more we know about anxiety the less fearful we are and better equipped to move kids from anxiety to real resilience.

#### ***There is no cure for anxiety***

Just as there's no cure for the common cold, and it would appear the coronavirus, there is also no cure for anxiety. We know that anxiety runs in families. Children are born with a predisposition for anxiety. There is every likelihood that an anxious child will have at least one parent who experiences anxiety, maybe not clinically, but one who is familiar with a churn in their stomach, the constant overthinking and the desire to over prepare when they face new or unfamiliar situations.

#### ***The impact of anxiety can be minimised***

Anxiety may be a constant companion for many children but it's certainly not their best friend. Often, it's a demon with which they are locked in a long-running, laborious battle where simple activities such as attending school camp or doing at home learning become something they dread. Alternatively, they can avoid events or situations that make them anxious or bring them discomfort.

It's better to give an anxious child or young person tools such as mindfulness, checking in and deep breathing with which they can manage their anxiety, rather than allow them to miss out and be miserable, or tackle discomfort full on and be stressed out.

#### ***You can build anxiety resistance***

While we can't necessarily tackle anxiety at its source and make the situations that overwhelm a child disappear, we can help them to develop a lifestyle that builds their resistance against the very worst of anxiety. Plenty of sleep, adequate diet, regular exercise and sufficient time in nature are some of the lifestyle factors that builds strength against the psychological ravages of anxiety.

#### ***You can help kids reduce their ongoing anxiety***

While the world waits and prays that we'll come up with a coronavirus vaccine, we don't have to wait to help a child or young person with anxiety. A combination of being nurturing and firm (features of the authoritative parenting style) offers the best protection against ongoing anxiety. A child is best prepared to face difficulties when they have a confident, calm adult in their life who says, "I think you can do this," encouraging them to face their fears. This approach needs to be supported by an empathetic adult who understands the impact of anxiety and makes sure that kids feel safe and secure.

While parenting an anxious child or young person can feel overwhelming and difficult, I encourage you to think about it differently. We can't change what is happening right now, and we can't undo it. Help your anxious child to flourish in this COVID era by building their understanding of anxiety. Give them the tools to help them push anxiety into the background. Promote a lifestyle that will protect them from its affects by ensuring they experience nurturing, firm, brave and hopeful parenting. We hope coronavirus will one day disappear, but your child's ability to be impacted by difficult events will still be an issue unless you take some preventative action now. The good news is that there is so much you can do to help.

#### **Online Mental Health Resources**

- [Kids Helpline](#)
- [Parenting Anxious Kids online course](#)
- [Smiling Mind app](#)
- [ehedspace](#)

Michael Grose-Parenting Educator



# Are you in a **GOOD SPACE?**



If you care for or look after a family member or loved one with a mental illness, **PS My Family Matters** is offering a complimentary program of support to help keep you in a 'good space'. Recent funding from the Bendigo Bank, Tobin Brothers and the State Government means we can offer a support program to help in these tough times.

The Good Space program includes:

- an assessment of your individual and family needs;
- assistance accessing the right health care resources;
- peer support from a trained volunteer with lived experience of mental health issues;
- access to a range of complimentary respite offers to help in these tough times (e.g. pizza or shopping vouchers, phone/data cards, entertainment subscriptions); and
- access to online support targeted to mental health care and personal wellbeing.

To register for the **Good Space Program**, and to set up your initial assessment, please call or email using the details below.

**0475 269 965 | [psmfm@outlook.com](mailto:psmfm@outlook.com)**

THE GOOD SPACE PROGRAM IS SPONSORED BY:

 **Bendigo Bank**

