

## Principal's Chat:



Dear Parents, Caregivers and Members of the Kyneton High School Community,  
Firstly I would like to acknowledge the leadership of Pam Macdonald who has been Acting Principal during the time I have been on leave. Pam has guided the school through a positive transition back to on-site learning. She has the following to say about this:

*'All of our students and staff are now back at school. Although we need to wear a mask all day, there really is a positive vibe around the school as people are glad to be back around their peers.'*

*We have some really important work ahead this term and a priority is supporting students to settle back into school routines with an emphasis on mental health and wellbeing. We will support students to make the most of the learning opportunities this term to demonstrate their participation and progress, recognising the wide range of experiences for students and families this year.'*

*Pam Macdonald*

Our senior students are finalising their assessments and preparing for examinations. Their teachers are also busy implementing the processes set by the VCAA to provide accommodations for the impact of COVID-19 on the school year. This includes the Consideration of Educational Disadvantage that applies, in some degree, to all year 12 students this year.

The Year 12 students are working out their revised celebration activities for Friday 30<sup>th</sup> October. We are proud of their resilience and the effort they continue to put into achieving their best. We wish them well for next week, their final week of school prior to exam study leave, and look forward to their celebration on Friday. The Senior Team are communicating directly with parents and carers about the arrangements.

Lastly I would just like to say, it has been good to return and see such a settled and productive environment.

Kind Regards

Ana Rees  
Executive Principal

### CUP WEEK ARRANGEMENTS

Please note the following for the week beginning November 2<sup>nd</sup>:

**Monday 2<sup>nd</sup> November**

– Normal school day

**Tuesday 3<sup>rd</sup> November**

(Melbourne Cup Day) will be a Staff Professional Learning day for KHS teachers - **no students at school.**

**Wednesday 4<sup>th</sup> November**

Kyneton Cup public holiday for our school & district.

## Awards For 2020

This year we will not be able to hold our usual Presentation Night to celebrate student excellence and achievements. However, we believe it is really important to encourage and reward students who have done well in this very challenging year. These awards have an extremely positive effect in encouraging and motivating students. We will find a 2020 way to present them!

We understand that some of our regular sponsors may not be able to participate this year. If you would like to contribute to the 2020 KHS Awards by sponsoring an award or contributing a donation towards our awards we would be grateful.

Please contact our Finance Office if you would like to arrange a donation.

Pam Macdonald  
Assistant Principal

## Headstart Update

### **/HEADSTART** APPRENTICESHIPS AND TRAINEESHIPS

Now that we have returned to school I will be catching up with students who have expressed an interest in the Head Start program. I have commenced contacting employers again for those students that I have already spoken to and I would like to encourage students and parents to ask your own personal contacts for employment opportunities as well.

Please keep in mind we are still in a difficult time and each individual employer has their own unique circumstances so there may not be as many opportunities towards the end of this year.

If there are any questions about Head Start please feel free to contact me on [kelli.hewton@education.vic.gov.au](mailto:kelli.hewton@education.vic.gov.au) or 0428 998 261.

Kelly Hewton  
Head Start Coordinator

## UPCOMING EVENTS

October	2020
Friday 23 <sup>rd</sup>	Public Holiday <b>(Grand Final Holiday)</b>
Thursday 29 <sup>th</sup>	Year 12 VCE end of coursework
Friday 30 <sup>th</sup>	Year 11 VCE end of coursework
Friday 30 <sup>th</sup>	Year 12 Celebration Day
November	2020
Mon 2 <sup>nd</sup> – Fri 13 <sup>th</sup>	Year 11 VCE Exam Preparation
Tuesday 3 <sup>rd</sup>	Curriculum Day <b>Pupil Free Day</b>
Wednesday 4 <sup>th</sup>	<b>Kyneton Cup Public Holiday</b>
Friday 6 <sup>th</sup>	School Captain Elections
Tuesday 10 <sup>th</sup> <b>until</b> Monday 30 <sup>th</sup>	Year 12 VCE Examinations Commence
Mon 16 <sup>th</sup> – Fri 20 <sup>th</sup>	Year 11 VCE Exams
Friday 20 <sup>th</sup>	Year 11 VCAL coursework completed
Monday 23 <sup>rd</sup>	Year 11 Pupil Free Day
Tuesday 24 <sup>th</sup> – Friday 4 <sup>th</sup> Dec	Year 12 VCE & VCAL Begin 2021 Program
December	2020
Friday 4 <sup>th</sup>	Year 12 Valedictory Celebration
Wednesday 30 <sup>th</sup>	VCE Exams-Final results

## Uniform Update

All students need to be wearing our college uniform to school each day. Our new school uniform suppliers Noone are open for business and fittings at the Bendigo store or through their online ordering.

Unfortunately we are unable to have a pop-up store and fitting session at the school this year due to the COVID restrictions. This will also apply for our incoming year 7 students.

Students in year 8-12 need to transition to the new uniform when new items are required.

The old uniform can only be worn until the end of next year. We have limited sizes left of the old uniform.

Cheryl Simmonds  
Uniform Department Years 8-12



## Back To School Learning



Top Photos: 7A with teacher Jonathon Swan are ready to clean up the community garden area.

Left & Above Photos: Students were very happy to release some of their pent up energy working out in the gym in a therapeutic way, under the guidance of teacher Ben Hill.





Above: Music was in the air on Wednesday in the amphitheatre



Right: Open air Math class with Mr Sharma was a real hit.

Below: Basketball was popular and the masks did not impact the students talents on the courts.

Bottom: Year 7 had a beautiful day for their assembly.





**Do you get Asthma/Hay fever? – what this means in a COVID environment...**

Amid the challenges of the new COVID world, spring has arrived and with it comes asthma flare ups and allergies! Approximately 80% of people with asthma also have allergies, and for some, hay fever can make asthma worse or harder to control, so it's important to review your asthma and/or allergies, your medication, and update your action plans with your Doctor at this time.

Government data indicates that people with asthma and hay fever are NO more likely to contract COVID 19 than others, but the best thing to do to reduce your risk, (along with the COVID rules - handwashing, sanitizer, social distancing, and wearing a mask), is to optimise your asthma control, by:

- Ensuring you are taking your preventer medication, every day, as prescribed, even if you feel well!
- Ensure your preventer and reliever device technique is correct. Have it reviewed by your own doctor, school doctor/nurse, or school nurse!
- Ensure you always have access to a reliever puffer (blue puffer) and spares for home/school/work.
- Obtain, update and use your written Asthma Action Plan. Carry a copy with you! Update school action plans as well!
- Maintain good overall health and wellbeing by focusing on your wellness (i.e. nutrition, exercise, stress management) and seek help with this if you need.
- Know your asthma symptoms and how to treat them properly. Review Asthma First Aid
- Ensure you understand and know how to manage your asthma triggers. If exercise is a trigger, pre-medicate before you do physical activity. Physical fitness is also important to your overall health and asthma management, so DON'T stop physical activity to avoid asthma flare ups!
- If you have allergies/hay fever, make sure you're on the right treatment. Review this with your doctor. Allergy medication can take weeks to have a therapeutic effect, so don't wait till symptoms are severe.
- Let family/friends know you get asthma/hay fever, your triggers, and how to provide asthma first aid.
- A small % of people get severe asthma and ongoing flare ups despite medical intervention. If you get severe asthma it's important to be supported by a lung specialist and continue regular medical reviews, as you may need to make additional changes during COVID depending on the severity of your asthma and your circumstances.

**ASTHMA, HAY FEVER OR COVID-19?** 

KNOW THE SYMPTOMS	ASTHMA	HAY FEVER	COVID-19
Fever	X	X	Common
Aches & pains	X	X	Common
Cough	Common	Occasional, dry	Common
Shortness of breath	Common	Rare	Common
Runny/blocked nose	X	Common	Common
Sneezing	X	Common	Uncommon
Fatigue	X	Occasional	Occasional
Headache	X	Occasional	Occasional
Sore throat	X	X	Common
Loss of taste or smell	X	X	Common
Itchy/watery eyes	X	Common	X
Itchy nose	X	Common	X

Is my cough a symptom of hay fever, asthma or COVID?

The above table acts as a guide to better understand and categorize individual symptoms. However, in this environment, if you have a cough for the first time, and you are uncertain if it is asthma or hay fever, it is best to get tested for COVID.

If you think you might have COVID – isolate yourself and get tested. For testing in the local area, contact Kyneton and District Health on [5422 9900](tel:54229900) prior to arrival. For other helpful sources, go to;

- COVID Hotline (DHHS): 1800 675 398
- Asthma Australia: ph 1800 278 462
- Contact your local GP prior to arrival
- **Check out 'Kissmyasthma' app to monitor your asthma**

**Thunderstorm Asthma Season – what to do!**

If you have a history of asthma, undiagnosed asthma or hay fever you could be at risk of thunderstorm asthma during this time.

- Always carry a reliever puffer with you. Check the date of your reliever puffer device regularly, and update.
- Keep your action plan up to date with your general practitioner
- If you have a persistent cough, particularly at night, you may have undiagnosed asthma, so see your general practitioner
- Download the *'Melbourne Pollen Count' App* to get ongoing updates and daily alerts about pollen count.

## Positive Parenting

Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, wellbeing, development and overall performance. Here are some tips to help:

### Understand the body clock

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of sync. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

### Stick to sleep recommendations

The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

#### Develop good sleep hygiene habits

- Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.
- Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes.
- Create a sleep sanctuary. Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play.
- Keep bedrooms cave-like. A child's bedroom should be cave-like – that is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.
- Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.

### Lifestyle habits that promote sleep

- Teach your child or young person to put away digital devices at least ninety minutes before bed-time
- Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis
- Encourage your child to go outside every day – take a walk, meet a mate (subject to COVID restrictions) or do an errand
- Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out.
- Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur.

Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at full capacity.

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years' experience, and has 30 years' experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

## TWO EX-HIGH SCHOOL STUDENTS

**DR. R. GORDON CAMERON – MR. CHARLTON HARMER**

Dr. R. Gordon Cameron, assistant director of the Walter and Eliza Hall Research Institute at the Melbourne Hospital, is at present visiting Kyneton.

Dr. Cameron, who is the only son of the Rev. George and Mrs. Cameron, of Ballarat, formerly of Kyneton, was a student at the Kyneton High School and where he did a fine course, his subsequent career at Wesley College Queen's and the University fulfilling the highest expectations of his teachers and friends at Kyneton. Dr. Cameron has been since finishing his course lecturer at Queen's and for the past two years assistant director of the Walter and Eliza Research Institute at the Melbourne University.

Dr. Cameron is proceeding in July to Germany where he will continue his research work under the greatest pathologist in the world, Dr. Ludwig-Aschoff of Freiburg University in Breisgau. It is Dr. Cameron's intention also to associate himself with the pathological institutes in Great Britain. For some time he has contributed papers on the work done at the Melbourne Research Institute to the leading pathological journals of the British Empire.

Our readers will be interested to learn that Dr. Cameron will be accompanied to Germany by his father and mother, who will reside in Freiburg while he is working in the laboratories there. Freiburg is only a few miles from the Swiss border and it is fully expected that the change and rest will add years to the life of the Rev. Geo. Cameron who has had during the past year a very serious illness, but is now happily quite recovered. All three will carry with them the heartiest good wishes of all their friends in Kyneton.

Dr. Cameron brings fine news of his fellow High School and college companion Mr. Charlton Harmer whose brilliant career, like that of Dr. Cameron's brought much credit to their old school. Mr. Harmer though handicapped by far from robust health as well as being lecturer in advanced mathematics at Queen's has been appointed lecturer in the same subject at Footscray Technical School. In his spare time he is studying law and has been successful in his four subjects for his first year.

Dr. Cameron and Mr. Harmer both retain warm interest in the old school and the old town. Mr. Harmer's father was head master both of Taradale and of Kyneton State Schools.

Kyneton Guardian 10<sup>th</sup> March 1927

## Community News



**HIT THIS FOR SIX**

**OUTDOOR  
NON-CONTACT  
NATURALLY  
SOCIAL  
DISTANCED**

**MAKE NEW FRIENDS AND GET ACTIVE PLAYING ALL GIRLS JUNIOR CRICKET.**

It's a fun competition for girls aged 11 to 17 - come and join us.

Your local club has teams set up for girls just like you - discover how cricket can boost your confidence, stretch your skills and grow your friendships.

Kyneton Cricket Club

expressions of interest by 30 Oct

Junior Coordinator 0418 222 464

kynetonjuniorcricket@gmail.com

Team up with the girls at your local club today **PLAY CRICKET**







# DIVERGE

The Reach Foundation  
152 - 156 WELLINGTON ST  
COLLINGWOOD, Victoria 3066  
Australia

## A FREE CAREERS WORKSHOP TO HELP YOUR STUDENTS TO FIND THEIR PATH

At Diverge, we coach young people on how to examine their passions and uncover what real-world careers align with them.

### What to expect:

- Fun, intensive, and interactive virtual workshop (not a presentation).
- Led by expert Reach Facilitators.
- Leaders from various industries will join the workshop live to share their professional journeys and answer questions.
- Young people will walk away feeling motivated and more aware of how their interests can lead to a viable career.
- Resources provided after the workshop to students and teachers on the future of work and how to navigate the changing professional landscape.

### Sound good?

Or email [mara.rebellato@reach.org.au](mailto:mara.rebellato@reach.org.au) directly if you have specific questions :)

**Open to:** Year 9, 10 & 11 students

(Spots are limited to 15 students per school)

**When:** Thurs 19 Nov, 9.30am - 2.30pm

**Where:** Zoom (link provided after registration)

**Investment:** \$0

(Usually \$100pp but is now free - Thanks to the Reece Group for fully-funding this!)

👉 Get a glimpse of the Diverge experience 👈



**REACH**

ABN 87 069 837 627  
The Reach Foundation  
[reach.org.au](http://reach.org.au)





Supporting local families at Christmas

## Register for 2020's Christmas Gift Shop

This year we are working with local businesses to provide families with gift cards to shop locally

We require all families seeking support to register by emailing [christmas@cobaw.org.au](mailto:christmas@cobaw.org.au) by 11 November 5pm  
Gift Shop Cards issued 25 November

email: [christmas@cobaw.org.au](mailto:christmas@cobaw.org.au) to register or call 5421 1666 for more information



### Welcome to the 2020 Macedon Ranges Gift Shop!

For the past ten years we have provided families of the Macedon Ranges gifts for their children at Christmas. This year is different. Due to the current Covid-19 landscape and the challenges it brings, it will mean that the Gift Shop will not 'open' for business as usual in 2020.

Instead, we will be running a gift voucher program. This program will enable us to support both our local families and our local businesses across the Macedon Ranges Shire.

Families will receive Macedon Ranges Gift Shop gift cards which they can then spend at participating local business partners. Those registered will collect their gift cards on Wednesday 25<sup>th</sup> November using a drive through arrangement hosted at the Kyneton Baptist Church, the Gift Cards will be valid from this date through to the 31<sup>st</sup> January 2021.

We would appreciate if you could display the attached flyer and encourage those in need to register for this year's Macedon Ranges Gift Shop.

**Eligibility:** This opportunity is only available to those living in the Macedon Ranges Shire, and we ask that all those wanting to attend register, regardless of previous attendance. Only the primary carer may register to collect vouchers for their children and they will need to attend with photo ID and a Medicare or Healthcare card with children listed to confirm the number of children registered.

**How to Register:** All registrations must be received by Wednesday 11<sup>th</sup> November  
Please either fill out the attached form or collect the following details and email to [christmas@cobaw.org.au](mailto:christmas@cobaw.org.au)

- First Name
- Last Name
- Phone Number
- Email
- Address
- Town & Postcode
- Number of children

- ✓ Those registered will receive a confirmation email directly to confirm their registration and listing further instructions for the day.

**Donations to the Macedon Ranges Gift Shop:** This year, rather than asking the community for donations of toys, financial donations can be made to the Macedon Ranges Gift Shop please see the facebook page for more details. <https://www.facebook.com/macedonrangesgiftshop/>

For any local businesses wanting to participate please contact Danni - [dfindlay@mrsc.vic.gov.au](mailto:dfindlay@mrsc.vic.gov.au)

If you have any queries please don't hesitate to contact our friendly reception staff on 1300 026 229 or via [christmas@cobaw.org.au](mailto:christmas@cobaw.org.au)

Kindest Regards,  
The Christmas Gift Shop Team

Whitney Valeri (she/her)  
Administration Officer

A: PO BOX 146, KYNETON, VICTORIA 3444 P: 03 5421 1666 F: 03 5422 2161