

Principal's Chat:

Dear Parents, Caregivers and Members of the Kyneton High School Community,

This year's Year 12 Celebration day, which was held on Friday 30th October, continued the tradition of acknowledging our thanks to those who have helped our Year 12 students to complete their final year of school. The School captains, Charrouf Habib and Hayden Clapham, addressed staff and students with inspiring words of gratitude and encouragement as did our Senior Team leaders Lizzie Trembath and Kate Sims. Awards were presented by staff to students and students to staff, acknowledging with light-hearted good humour the relationships that have formed between our year 12s and the school staff.

The VCE examinations commenced this week with English. Our chief exam supervisor, Mr Geoff Barrett, reported that the students were very positive, focused and calm in their approach to the first exam; both students and staff were relieved to have the first exam completed and looked forward to the remaining exams.

Congratulations to our student leadership team for their very successful adaptation to the school's annual Remembrance Day commemoration. They pre-recorded a moving video tribute and students were able to connect into the screening at the end of their period 2 classes. There are still shots from the screening in this newsletter.

A further congratulations to our student leadership team for the way in which they conducted the 2021 School Captain elections. To stay within the school operations COVID-19 guidelines, the SLT went from class to class to distribute and collect ballot papers. Our newly elected school captains for 2021 are Chloe Goodwin and Mason Wright; our vice captains for 2021 are Talesha Jones and Jasmyn Davies. We wish then all the best for their leadership roles next year.

Kind Regards

Ana Rees
Executive Principal

Students spent recess listening to the sounds of the bagpipes following the Remembrance Day Service. Photo- Humanities teacher Ross Cornell entertained the students and staff beautifully!



Congratulations-Captains 2021



Chloe Goodwin



Mason Wright

Vice Captains



Talesha Jones



Jasmyn Davies

Kyneton High School would like to congratulate Chloe Goodwin and Mason Wright upon their appointment as KHS Captains for 2021! We would also like to congratulate Talesha Jones and Jasmyn Davies upon their appointment as KHS Vice Captains for 2021!

The newly appointed school captains all conducted themselves with the utmost professionalism and aplomb. Throughout the candidacy process and campaign, all students demonstrated the type of high calibre candidates they are, showing themselves to be exemplary role models for our school, in both the application and interview process. Whilst COVID restrictions had prevented the candidates from a typical campaign in the lead up to the election, the students all prepared individual pre-recorded video speeches outlining their campaign messages that were played to all students in the week leading up to the election.

The election itself was well received with well over 400 votes taken from students and staff over a

UPCOMING EVENTS

November	2020
Tuesday 10 th until Monday 30 th	Year 12 VCE Examinations Commence
Mon 16 th – Fri 20 th	Year 11 VCE Exams
Friday 20 th	Year 11 VCAL coursework completed
Monday 23 rd	Year 11 Pupil Free Day
Tuesday 24 th – Friday 4 th Dec	Year 12 VCE & VCAL Begin 2021 Program
Mon 30 th –Fri 4 th Dec	Year 11 Begin 2021 Program
Mon 30 th –Fri 11 th Dec	Year 8-10 Begin 2021 Program
December	2020
Friday 4 th	Year 12 Valedictory Celebration
Wednesday 30 th	VCE Exams-Final results

24 hour period. The fight for the coveted title of KHS School Captain was hotly contested and went down to the wire amongst the candidate vote numbers. To be honest, the end result couldn't be any closer with only a couple of votes deciding the outcome between school captain and vice-captain. The Student Leadership Team demonstrated their due diligence in the counting process using the preferential system of voting and ensuring all votes were double counted to ensure accuracy in the polling.

Either way, the end result demonstrated the quality and support of all candidates involved by our school community. The newly appointed captains have already demonstrated this year and previous years that they are an approachable, supportive and effective team that will propel our great school forward with the work they embark upon over the next year.

Mr Benjamin Hill –Leading Teacher



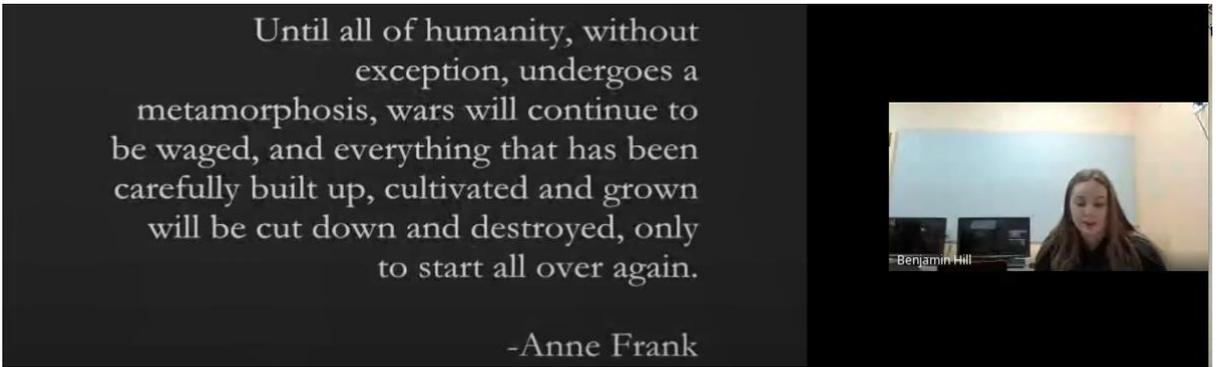
Remembrance Day Messages From The SLT

Lana Hughes playing the 'Last Post'



Talesha Jones

Jasmyn Davies



Mitch Boyer

Mason Wright



Olivia Hedge

The only hope for us is peace.
Violence begets violence. You can
have peace as soon as you like if we
all pull together.

-John Lennon



Chloe Goodwin reciting 'The Ode'

Remembrance Day 2020

COVID restrictions have not allowed us to have a whole school assembly for some time now. In the school environment this has presented itself to be an issue across a range of areas that we have had to address and adapt our existing ways to.

As a way to show continued respect for this important day and uphold our school traditions, the Student Leadership Team (SLT) posted a pre-recorded video link of their commemorative ceremony that was played to all students during period 2 on the day. This was done to ensure that we tie in with the traditional observance that would usually occur at 11am.

Mason Wright, Chloe Goodwin, Talesha Jones and Jasmyn Davies all of Year 11, Mitch Boyer and Lana Hughes of Year 9 and Olivia Hedge of Year 7 were the members of the SLT that conducted the ceremony for all KHS students. The students pulled together to present a well-crafted video package. They all spoke beautifully leading the commemorative ceremony, taking students on a visual and auditory journey that spoke about and provided images about the many theatres of war, the sacrifices of others and the symbolism of this day to us all. A highlight was Lana Hughes of Year 9 performing the Last Post on her trumpet! Well done team!

Mr Benjamin Hill-Leading Teacher



Lest We Forget

Presentation Evening

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

Live4Life Awards

Live4Life is all about educating our community around how to support the mental health of young people. This year more than ever it has been incredibly important to make sure our young people have the skills and confidence to check in with their friends if they notice they are going through a tough time.

Every year we run a competition for year 8s to showcase their knowledge in creative way. We got so many amazing entries and a number of Kyneton students received prizes at an assembly on Monday for their excellent work. Great work to all the year 8s for completing their Live4Life program throughout such a difficult year and a special congratulations to our winners Logan Toll, Cameron Egan, Molly Hoyne, Rhiannon Hohnburg, Georgia Deppeler, Kohlbi Ellard and Teina Thomas



L-R Live 4 Life presenter Amy Falkai with award recipients Logan Toll, Cameron Egan, Molly Hoyne, Rhiannon Hohnberg, Georgia Deppler, Kohlbi Ellard, Teina Thomas.

MRSC 2020 Youth Awards

Nominations open for Council's 2020 Youth Awards

Do you know a young person aged 12–25 years doing amazing things in our community?

Tell us about the inspiring young people in your life by nominating them for Macedon Ranges Shire Council's annual Youth Awards, which celebrate and recognise the incredible achievements of young people in the shire.

Nominations are now open and can be for any young person, or group of young people, aged 12–25 years who lives, works or attends school in the Macedon Ranges.

Award categories:

- **Willpower:** young people who show real character and perseverance, especially in the face of adversity
- **Good deeds:** young people who give their time and energy to activities that support the wellbeing of another individual, group or community.
- **Pure imagination:** young people pursuing their passion for creativity through the arts.
- **Nicely played:** young people kicking recreational and physical activity goals.
- **Skilling it:** young people excelling in a mentorship program, workplace or business.
- **Well aware:** young people who shine a light on important issues/social causes and raise awareness in the community.

Submit a nomination online at mrsc.vic.gov.au/youth, or email youth@mrsc.vic.gov.au.

Nominations close on Sunday 22 November.

The winners will be announced online on Saturday 12 December and depending on pandemic restrictions during December, an outdoor celebration may be held at a later date.

For more information, visit mrsc.vic.gov.au/youth, or email youth@mrsc.vic.gov.au



2020 youth award nominations are now open!

Nominate someone you know for a 2020 Youth Award!

Nominations can be made online, visit mrsc.vic.gov.au/youthawards for details.

Submissions close Sunday 22 November.

will power

Young people who show real character and perseverance, especially in the face of adversity.

good deeds

Young people who give their time and energy to activities that support the wellbeing of another individual, group or community.

pure imagination

Young people pursuing their passion for creativity through the arts.

nicely played

Young people kicking recreational and physical activity goals.

skilling it

Young people excelling in a mentorship program, workplace or business.

well aware

Young people who shine light on important issues/social causes and raises awareness in the community.

Open to young people aged 12-25 years.

For more info contact Sarah Day on youth@mrsc.vic.gov.au or 0436 632 361.

The Youth Awards are proudly supported by:



Macedon Ranges
Shire Council

Youth Development



Thunderstorm Asthma season – being prepared.

Thunderstorm asthma is triggered by a unique combination of high pollen levels in the presence of a certain type of thunderstorm, causing large numbers of people to develop asthma symptoms at the same time. Grass pollen season (Oct – Dec) causes a seasonal increase in risk for those who get asthma and hay fever, in southern Victoria

Grass pollen grains get swept up by the wind gusts before a storm; some can burst open and release tiny concentrated particles. These particles are small enough to breathe into the lungs and can trigger asthma symptoms.

Thunderstorm asthma events can affect;

- people with asthma
- people with undiagnosed asthma
- people who have had asthma in the past
- people with hay fever who may or may not have asthma
- people with hay fever in south-eastern Australia allergic to grass pollen, are at increased risk of thunderstorm asthma, especially those who get a wheeze or cough with their hay fever

PROTECT YOURSELF FROM THUNDERSTORM ASTHMA

- 1 Speak to your doctor or pharmacist about what you can do to protect yourself this pollen season.
- 2 Learn the 4 steps of asthma first aid.
- 3 Be aware of thunderstorm asthma forecasts during pollen

Whatever the trigger is, the symptoms and treatment of asthma is essentially the same. **If you develop asthma symptoms, follow your asthma action plan. If you don't have one yet, follow the four steps of asthma first aid.**

Asthma First Aid

1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



2 Give 4 separate puffs of blue/grey reliever puffer

- Shake puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer

Repeat until **4 puffs** have been taken

Remember: **Shake, 1 puff, 4 breaths**

OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)



3 Wait 4 minutes

- If there is no improvement, give **4 more separate puffs of blue/grey reliever** as above

OR give 1 more dose of Bricanyl or Symbicort inhaler



4 If there is still no improvement call emergency assistance Dial Triple Zero

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving **4 separate puffs every 4 minutes** until emergency assistance arrives

OR give 1 dose of a Bricanyl or Symbicort every 4 minutes - up to 3 more doses of Symbicort



Call emergency assistance immediately - Dial Triple Zero (000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse or is not improving
- If the person is having an asthma attack and a reliever is not available
- If you are not sure if it's asthma
- If the person is known to have Anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma

Other asthma triggers can include (this can vary from person to person);

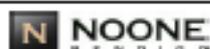
- changes in weather and temperature
- colds and other respiratory tract infections
- allergens from house dust mites, moulds, animals and pollen
- exercise
- cigarette and bush fire smoke
- irritating chemicals.

It is important for people with asthma or hay fever to know about thunderstorm asthma. Here are some tips to prepare for pollen season;

- If you've ever had asthma – talk to your GP about how you can reduce your risk of thunderstorm asthma this season.
- Always carry a Ventolin puffer and spacer and check the Ventolin expiry date – to ensure the medication is in date. Ventolin is available from pharmacies without a prescription.
- Remember to take your asthma preventer properly and regularly to prevent asthma, even if you have no asthma symptoms.
- If you experience asthma symptoms - **wheezing, shortness of breath, chest tightness or continuing coughing**, you may have asthma. Get it checked out with your doctor.
- If you have hay fever – see your pharmacist or GP for a hay fever treatment plan
- If you have hay fever, or you are wheezing and coughing with your hay fever, speak to your GP about whether you might have asthma and may need to take Ventolin
- Avoid being outside during thunderstorms from October through December – especially in the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it onto recirculate.
- Check the daily pollen levels - download the Melbourne pollen count app or go to www.melbournepollen.com.au/index.php
- Download the Kiss My Asthma app, to help monitor your asthma
- Go to asthma.org.au or contact asthma helpline on 1800 278 462

Kyneton High School Uniform Pricelist
Price list valid to June 30 2021

UNIFORM		
Blazer – Optional	85-90-95	\$180.00
	100-105-110	\$185.00
	115-120-125	\$190.00
College Jacket (Academic/Sport Uniform)		\$79.95
Pullover	85-90-95	\$92.00
	100-105-110-115-120	\$99.95
	8J-10J-12J-14J	\$69.95
Dress - Tran seasonal	4A-6A-8A-10A-12A-	\$72.95
	16A-18A-20A-22A-24A	
Shirt – short sleeve		\$35.50
Shirt – long sleeve		\$37.50
Classic Pants	Junior sizes	\$55.50
	Adult sizes	\$57.50
Tailored Pants	All sizes	\$59.95
Classic Shorts	Junior sizes	\$48.00
	Adult sizes	\$49.95
Tailored Shorts	Junior sizes	\$49.95
	Adult sizes	\$54.95
Skirt		\$89.95
Tie – optional		\$21.50
Puffer Vest		\$64.95
SPORT UNIFORM		
College Jacket (Academic/Sport Uniform)		\$79.95
Track Pants		\$59.95
Sport Shorts (short and long length)		\$34.00
Polo Top		\$39.95
Rugby Top		\$87.50
MISCELLANEOUS		
School Bag		\$74.00
Bucket Hat		\$15.50
Socks – Black or white	3 Pack	\$14.95
Tights – Black cotton	From	\$17.95
Tights – Black microfibre	2 Pack	\$18.95
Cap		\$15.50
Beanie		\$29.95



21 Queen Street
Bendigo Victoria 3550
Phone: 03 7018 4199

Email: Bendigo@noone.com.au

Trading Hours

Monday – Friday 9.00am - 5.00pm

Saturday 10.00am - 1.00pm

On-line: <https://www.noone.com.au/school/kyneton-high-school/shop>



Tailored Slacks



Tailored Shorts



KHS Cap & Bucket



Classic Shorts



KHS Dress



KHS Back Pack

Girls and Bullying

Bullying is a word that's wrapped in emotion.

For many people bullying is associated with **bad childhood memories**. It's been estimated that around 40% of people have experienced some type of bullying in the past.



The ghosts from the past are never far away for parents and can sometimes influence the way we react to current circumstances, including when our own children experience difficulties in their relationships inside or outside school.

Bullying is an insidious behaviour that transgresses a child's natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension, which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyber-bullying now means that kids can't escape the bully like they once could.

Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

What's bullying about?

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse.

Bullying is the selective, uninvited, repetitive oppression of one person by another person or group. It should not be tolerated or practised by the adults who inhabit their world.

If you think your daughter is being bullied, then handle her with care as many girls don't want to admit that they are on the receiving end of bullying. Some girls keep it to their chest so it helps to be on lookout for **warning signs** such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your daughter is being bullied:

- **Remain calm:** This is so hard as your emotions can easily escalate into anger. But your daughter needs you to remain unemotional so she can talk with you and feel safe.
- **Listen to her story:** Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective anti-social acts. **Girls can be nasty to each other, yet this doesn't constitute bullying.**
- **Deal with their feelings:** A child who is bullied probably feels scared, angry and sad. While boys are more likely to act out and display anger, girls are more likely to act in feeling sad and depressed. Recognise and validate their emotions. It's normal to feel sad, scared or just plain confused.
- **Get the facts:** Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your daughter to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

- **Give them coping skills:** With a clear picture you can start giving your child some help about how she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.
- **Get the school involved:** Bullying is best handled when parents and teachers are involved. Some parents tell me that schools can be reluctant to become involved. From my experience, schools take bullying very seriously and go to great lengths to support and empower those on the receiving ends and look for ways to change the behaviour of bullies. *Approach your school through the appropriate channels, make yourself aware of your schools' anti-bullying procedures and programs, and be willing to work within these guidelines.*
- **Help build your daughter's support networks:** Your daughter will need a group of friends to support her and insulate her against further social exclusion so look for practical ways to broaden friendship groups.
- **Build her self-confidence:** Nothing saps a girl's confidence like bullying so provide your daughter with plenty of encouragement and loving support. Let her know through your words and treatment of her that she will get through this difficult period in her life.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.

There are two great sessions covering friendships and bullying to help parents insulate their daughters against bullying in our **Parenting Girls** course.

[Find out more](#)

Michael Gross-Founder of Parenting Ideas,



Uniform Reminder

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

School Bus Travel Notice

We have been contacted by the bus lines recently and they have asked us to convey the following messages to our families of bus travellers.

- During these times it is important that your student/s wear their mask while travelling on the bus. This will ensure the COVID safety of your child/ren and the bus driver.
- Please remind them that eating and drinking on the bus is prohibited. (Water bottles are allowed).
- If fitted, seat belts must be worn at all times. This is a directive from the Department of Transport and must be adhered to.

Vicki Pickup-Bus Coordinator

KYNETON HIGH SCHOOL

EXCURSIONS TO LOCAL INDUSTRIES

In the course of study for leaving certificate geography, the University requires the students to submit notebooks containing records of practical work. This includes reports on geographic and geological features of the district, records of meteorological data and accounts of local industries.

For the purposes of studying the local industries, twenty senior pupils of the Kyneton High School, accompanied by their geography master (Mr. S. K. Glover), visited the Kyneton butter factory and the Kyneton Timber mill on Wednesday.

At the butter factory the students were conducted over the works by Mr. D. L. McKenzie, who explained the various stages regarding the processing of butter, while at the timber mill Mr. M. Ogden gave an interesting account of the timber industry from the forest to the home.

Later the students will visit the Lincoln Knitting Mills, where, as in previous years, Mr. J. Roberts very kindly explains the industrial process of the factory.

Thanks are due to the managers of these local industries for their assistance to the students.

SECOND TERMINAL EXAMINATIONS

At the second terminal examinations at Kyneton High School the following pupils gained top positions in their forms:

Form 1a. – Anne Nolan, 88.4 per cent.; John Goodall, 87.1; Gerald Rowe 86.6.

Form 1b. – Peter Lowe 85.3; Lesley Todd, 84.5; Leslie Wilson, 80.5

Form 11a. – Richard Donaldson, 94.3; Judith Charles, 87.1; Jean Strawhorn 86.4.

Form 11b. – Allan Whatley, 89.6; Jean Leggo, 81.6; Violet Mudford, 81.4.

Form 111. (Prof.). – Ian Waters, 84.5; Albert Donaldson, 84; Constance Venville, 83.4.

Form 111. (Com.). – Gwenlyn Easton, 79.1; Joan Linton, 76; Ruth Ireson, 72.3.

Form 111. (Dom. and Ind.). – Vera Fraser, 72.5; Kevin Sundblom, 70.7; Lindsay Doyle 70.6.

Form 1V. – Hugh Dettmann, 85.5; David McKecknie, 80.8; Thomas Donaldson, 77.6.

Form V. – Suzanne Baer, 78.2; Pauline Pascall, 67.7; Kevin Hartigan, 62.7.

The sixth year pupils doing matriculation were not examined this term. Instead, they will have a final school examination test in October.

Kyneton Guardian 30th August 1947

Community News



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 by 11 November 5pm
Gift Shop Cards issued 25 November

email: 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 25th November using a drive through arrangement hosted at the Kyneton Baptist Church, the Gift Cards will be valid from this date through to the 31st 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 11th November
Please either fill out the attached form or collect the following details and email to 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@mrc.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

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