



Thursday 17th December 2020

Newsletter No.17

Principal's Chat:

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

After such a challenging year it was uplifting to see such a happy conclusion for Years 7 to 9 students at the Hanging Rock excursion this week. There were lots of smiles for the students and staff who enjoyed a day of activities, including a fishing competition and the Homegroup tug of war. What a great way to bring this year to a close. *(please see collage in this edition)*

Our Year 12 students' Graduation was a very moving and inspiring celebration of their journey through school, culminating in a year during which they showed such determination to succeed. Thank you to our Senior Team for their organisation of this heart-warming event.

I would like to thank everyone in our school community for their support and contributions this year. Together we have provided a strong and resilient response to difficult circumstances and enabled our students to continue their learning, despite the most difficult circumstances. Thank you to our wonderful School Council members, led by John Doyle, for your hours of service in support of our school. The recent Citrus Tree fundraiser was a great success; we are grateful to Teagan Niessen for leading this and for looking after the trees until the COVID restrictions were eased and they were able to be distributed.

We extend our best wishes to our retiring staff members and thank them for the enormous contribution they have made to Kyneton High School over the years: Assistant Principal Pam Macdonald; Business Manager Tracey Madden; Food Technology teacher Annie Hall and Daily Organiser/Science Technician Bev Crowley. To staff who are leaving us to further their careers in other places, we wish you all the best and thank you for enriching the lives of our students whilst you were here: Melissa Griffin; Kenneth Radley; Kyle Hayes; Monica Kartika.

In this newsletter there are some helpful wellbeing tips for students to stay safe, healthy and active during the holiday break. I wish you all a happy and relaxing holiday with family and friends, and look forward to our return to school in 2021.

Best Wishes

Ana Rees
Executive Principal



Presentation Awards, COVID style, went ahead on Wednesday. We would like to congratulate all the recipients and Mrs Macdonald on a wonderful day

Captains Report

Hey guys, it's your college captains, Chloe, Mason, Jasmyn and Talesha;

Congratulations to the year 11 & 12s on a successful exam period, and to the year 12s for their graduation. This event was enjoyed by all who attended. We wish all the year 12 students well in their future endeavours.

Great job to everyone for the positive 'Begin 2021' step up program and for a wonderful end to the school year.

Last Tuesday after much deliberation from the department, Mrs Macdonald organised a great year 6-7 orientation day, which we really enjoyed attending. We are so excited to see and meet our new year 7s as they start next year!

We hope everyone has a safe and relaxing break over Christmas as you all prepare for a fantastic 2021!

From your School Leaders
Chloe, Mason, Talesha and Jasmyn

2020 Awards Presentation

This year our student awards were presented in our school hall at a morning assembly with just students and staff present. We are very grateful to the sponsors who were able to contribute this year. Despite the many challenges and changes to learning many students adapted and showed the motivation to do well.

Our awards recognise high achievement based on academic results and also a range of special awards for school community involvement, school values, and specific learning areas. Students receiving scholarships are also acknowledged.

A copy of the award slides will be emailed to parents of recipients.

Congratulations to all of our recipients. Please see photos and a list of our wonderful sponsors on pages 4 and 5 in this edition.

Pam Macdonald
Assistant Principal

UPCOMING EVENTS

December	2020
Wednesday 16 th	Awards Assembly <i>(Recipients have been notified)</i>
Thursday 17 th	General Office Closed No classes or activities Course Counselling (for selected students)
Friday 18 th	General Office Closed School Ends for 2020
Wednesday 30 th	VCE Exams-Final results
January	2021
Tuesday 26 th	Australia Day Public Holiday
Wednesday 27 th	Book Collection Day General Office Open Staff Resume
Friday 29 th	First day for Year 7 & 12
February	2021
Monday 1 st	All students at school First day for years 8, 9, 10 & 11

Grade 6-7 Orientation Day

Orientation day with our 2021 year 7 group took place last week

It was a very positive day for the students and staff which sets things up well for the start of the new year. Some of the anxieties of the new students were diminished.

Students had the chance to have a good look around and our new school captains were here interacting with the 2021 year 7s in the yard and visited a few of the day's classes.

The class groups are smaller – average 21 – so that works well after such a tough year and it also means there's plenty of room for the potential movement of families next year.

Pam Macdonald
Assistant Principal

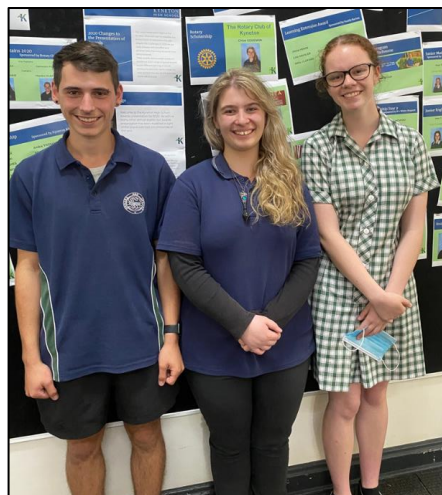
*Wishing our school community a very
Merry Christmas and a Safe, Happy
New Year.*

From the staff at Kyneton High

HANGING ROCK END OF YEAR EXCURSION



Presentation Awards 2020



Awards Presentation

Thank you to our generous Sponsors

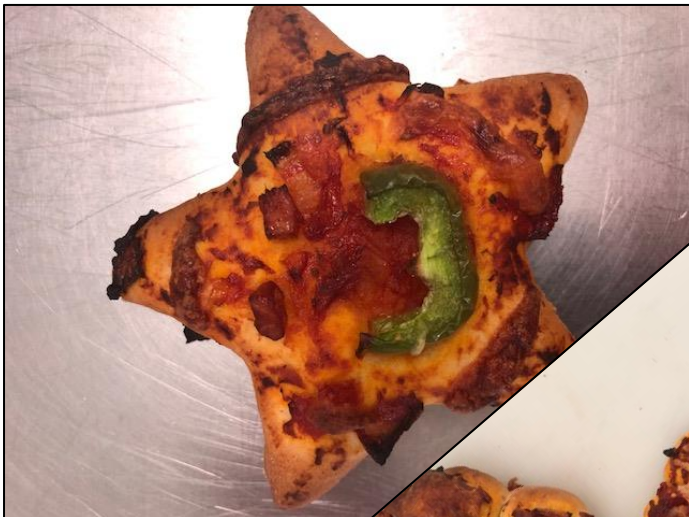
2020

Aesop's Attic
Armstrong Collins & Delacy
Australian Defence Force
Auto Pro Kyneton
Huntly Barton
Boltons Motorcycles
Bradleys Curtains Woodend
Bunnings Bendigo
Campaspe Dental Kyneton
Campion Education
E & ML Dearthcott
Dysons Bus Lines
Elliott Midland News
Evolution Copy Print Solutions
Hunters Motors Mowers
Indulgence Bakery Caf e
Insight Publications

KADD Facility Group
Kyneton Drycleaners
Kyneton Pizza & Wine Club
Kyneton RSL
Kyneton Toyota
La Trobe University Bendigo
Mary-Anne Thomas MP
BD & MA McKimmie Gas
McKnight Humanities Trust
Melbourne University Kwong Lee Dow
Noone Imagewear
Organs Buses
Perry's Stockfeed
Raine & Horne
Rotary Club Kyneton
Subway
Vereker Bros Smash Repairs
Faye Zollia
Zonta Club Kyneton

Yr 9/10 Creative Cooking

"Children's Party Pizza" from 9/10 Creative Cooking class from their design exercise class.



Annie Hall
Classroom Teacher

Yr 9/10 Creative Cooking



Year 9/10
Decorated Party Cakes



Annie Hall-Classroom Teacher

KHS students leading the way through community awareness of gender equality to prevent family violence

Sadly, one woman per week is killed by violence in Australia. The drivers of violence begin with attitudes that support rigid gender roles and expectations in society that make women and men not equal. Standing up to sexist attitudes can be challenging. A national survey revealed 73% of people feel uncomfortable with sexist jokes but only 37% say something.

Some classmates from my homeroom (8M – Chantelle, Ash, Stephanie, Freya and Makayla) and I volunteered to be part of a unique project to create an animation resource, with the support of our school, the Macedon Ranges Violence Prevention Network (MRVPN) and Women's Health Loddon Mallee (WHLM).

We created a script, characters, and the scene, drawing from our experiences to capture how sexist attitudes are formed early, how they affect young people and how a young person can stand up to the 'backlash' that can sometimes be felt when challenging sexist jokes and attitudes. We hope the animation resource engages other young people to educate and help us all work towards preventing violence.

On Wednesday 25th we were invited to a public event to speak about the project. It was a great opportunity to represent our school in a leadership role and help bring awareness to this important issue. We listened to other speakers and participated in the 'Break the Chains' dance to celebrate working together toward gender equality.



Kyneton High School

Important Dates - December 2020 – January/February 2021

Please be aware of the following events for the end of the year and the start of next year

Wednesday 16th December	Awards assembly for students notified they are getting an award. Starting at 10.00am school hall. Students need to wear uniform. Activities for remainder of day or students can arrange to leave early.
Thursday 17th December and Friday 18th December	General Office closed. No classes or activities. Course counselling for selected students at school request/appointment. General Office closed. End of school year.
2021	
Wednesday 27th January	Book collection day if home delivery not selected – set times. General Office will be open. Staff Resume
Thursday 28 th January	Staff professional learning & planning day.
Friday 29th January	First day Year 7 and Year 12 students only.
Monday 1 st February	All students at school. First day year 8, 9, 10 & 11 students.

Article From The Past

Science Students Excel

Every year the Science Teachers' Association of Victoria conducts a Science Talent Search to create interest and to promote scientific methods within students. The students from Kyneton Technical High School who entered the competition this year performed extremely well.

Of the students entering half have won money prizes and the remaining students have won certificates of merit.

- Haico Schepers won \$30 on his experimental investigation on the aerodynamics of cars.
- Conwae Knight won \$30 on his experimental investigation on the induction hotplate.
- Rhys Lade and Gavin Watson won \$20 on the model of a solar cell and a further \$10 on their experimental investigation on the solar cell.
- Dianne Boese won \$10 for her poster on the extinction of species.

The other students, Sally Mills, Wayne Valli, Phillip Barker and David MacDonald were all awarded certificates of merit for their respective entries.

Students of Kyneton Technical High School have also entered the UNISCAN Science Competition conducted by the University of New South Wales. These results will be published late in October.

Project Ready Seeking Support



Project Ready students from Kyneton High School, are looking for donations to be able to source new equipment for their self-funded boxing gym. The money raised will go towards boxing gloves, mouth guards, club singlets, and hopefully self-defence classes for kids.

The gym is a space for students to train and feel comfortable around other students. It builds their confidence and mental health, and helps students focus better at school.

Even the smallest donations will help, and anything is appreciated. Even if you're still unsure please take the time to take a look at our page and have a look at what we're trying to achieve.

<https://www.schoolsplus.org.au/gearing-up-our-gym/>

Thanks on behalf of all the Project Ready group and all of the students who use the gym.



FOR STUDENTS

Wellbeing support over the school holidays

It's been a big year and this guide provides tips to continue looking after your mental health and wellbeing over the school holidays and services to reach out to if you need support.

Actions to support positive mental health over the school holidays

- Exercise boosts mood and mental health – make it fun!
- Nourish your brain by eating healthily – it will also improve your mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things you enjoy
- Practice positive self-talk – and remember you are not alone
- Seek professional help if needed!

Feeling it: [mindfulness resources and activities for students](#). Smiling Mind gives you tips on looking after yourself, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

You may find that these actions are not enough to look after your mental health. Here are some signs you may need some support.

Signs that you or a friend may need mental health support

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2,3}



Supporting your friends

You and your friends are **most likely to turn to each other for support** before seeking out an adult or service provider. You and your friends can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting your friend know you may need to tell a trusted adult about your concerns.

Having these types of conversations can be difficult. Information on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#).

Mental health support

- **Your local GP** can provide you with additional support
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, you can self-refer by calling your [local headspace centre](#).
- **eheadspace:** 1800 650 890 www.headspace.org.au/eheadspace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Help:** 1800 595 212 www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467 www.suicidecallbackservice.org.au
- **Contacting 000** if you need urgent assistance.

Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

Family violence support and resources

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Family violence support](#)

Eastern Victoria bushfires: first anniversary

We are also approaching the first anniversary of the 2019-2020 summer Eastern Victoria bushfires. The anniversary may trigger worry or anxiety levels that are similar to what was experienced during the event. For more information:

- **Emerging Minds:** [Traumatic events, anniversaries and other triggers](#)
- **Trauma and Grief Network:** [Understanding and managing anniversary reactions](#)

Mental health resources

- [Mental Health Toolkit](#)
- [Understanding mental health – fact sheet](#) (Orygen)
- [Learn how to handle tough times](#) (headspace)
- [Get into life \(to keep your headspace healthy\)](#) (headspace)