

## Principal's Chat:

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

Firstly, I would like to extend a very warm welcome to three new members of staff to our school community and wish them all the best:

Breanna Lancaster: Mental Health Practitioner

Blaire Plowman: Humanities, Mathematics and VCAL Intermediate Work Related Skills

Eliza Cole: Health and Physical Education

Thank you to all parents and students who responded to our remote and flexible learning survey. This newsletter contains a summary of the feedback that we received. There were a few themes that came through in the comments; we have shared them with staff so that we can make adjustments to support students with their remote learning program. For instance, feedback tells us that there is a wide range of opinion about whether the workload is too much, too little or just right. We have made modifications for some students to ease the workload pressure or to provide further extension and challenge. The key is communication so that we know that there is a need, so please do not hesitate to communicate with the teacher if it is a particular subject(s) or with the Year Level Leader if it is a concern across all subjects.

## VCE & VCAL Update

Changes have been made to the VCE/VCAL program in response to COVID-19. The changes announced include the following:

- Movement of the General Achievement Test (GAT) to October or November
- Movement of end of year exams to December
- VCAL students have more time to complete their courses in line with the revised dates for VCE
- Changes to the Unit 4 Study Designs in order to relieve workload pressure on students

Currently, the VCAA is advising the following:

- There will be no changes to the length of end of year exams; however they are considering a compressed exam schedule to minimise disruption
- All students will be able to complete their VCE in 2020
- Provision of ATAR scores and access to further study in 2021 will not be impacted.

We are very mindful of our Year 12 students who are in their final year of school; our teachers are proud of the way they have continued to work hard and stay engaged with their learning and we extend our thanks to parents for their support.

Stay safe and well!

Ana Rees

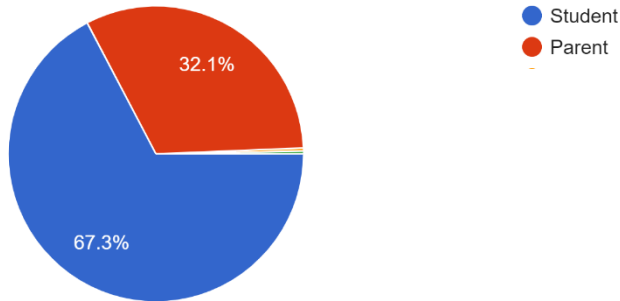
Executive Principal

# Survey

## Remote Learning Survey Responses from Students and Parents Term 2 Week 4

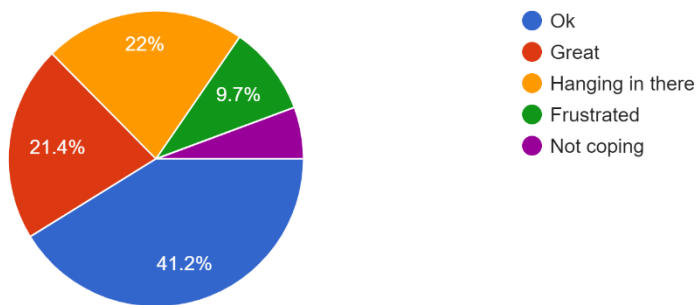
Are you a . . . .

318 responses



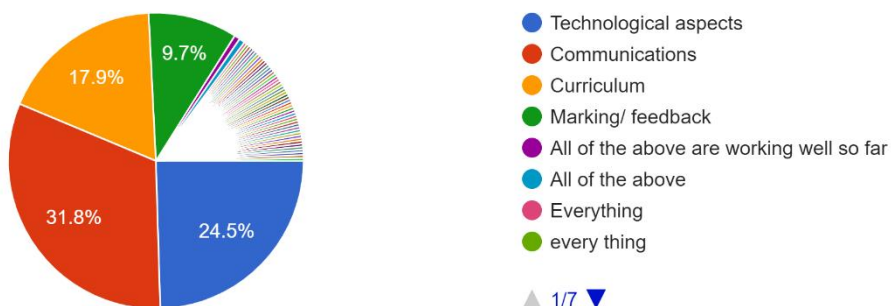
How are you going?

318 responses



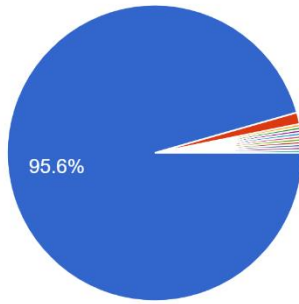
What is going well for you so far?

318 responses



Are you or your child(ren) 'checking in' each day?

318 responses

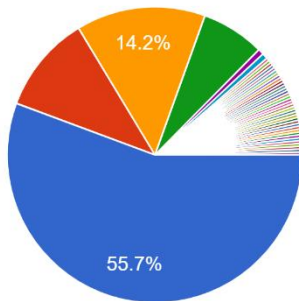


- Yes
- No
- I missed like one day
- this was a confusion point with my son...
- some days
- Yes but I'm getting marked absent
- Sometimes, it depends on the situatio...
- When he can

▲ 1/2 ▼

Are you/ they up to date with your/their school work?

318 responses

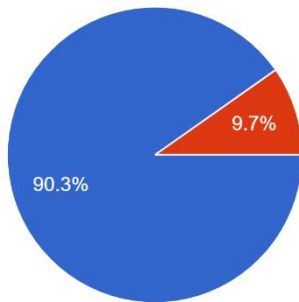


- Yes
- No
- Maybe
- Don't know
- sort of
- Mostly
- One child is and one isn't
- Some classes yeah, but other classes...

▲ 1/6 ▼

Have you got everything you need for your learning?

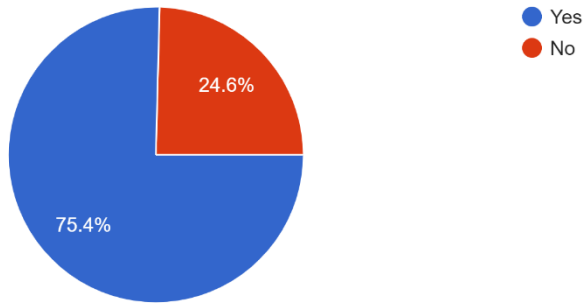
318 responses



- Yes
- No

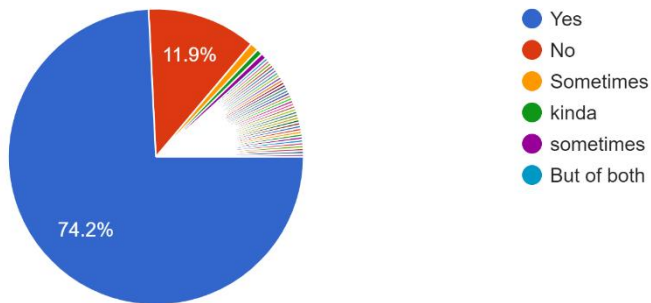
Does the work set help you learn something new or practice a skill?

309 responses



Do you/ they feel supported in your/ their learning?

318 responses



## Cooking in ISO!

One of the few silver linings...having your children cook you dinner!

Many of our Year 9/10 Food students have been producing wonderful meals, cakes and muffins while they are learning from home.....Keep up the great work!

**Annie Hall-Classroom Teacher**



Xander's Zucchini Pie



Tom's Mousse



Roberts's Gnocchi



Mollie's Mossaka



Phoenix's Edible Wraps



Milly's Zucchini Slice

## Year 7 Humanities

As part of the year 7s studies on Ancient Egypt, students were required to make an Egyptian artefact out of whatever materials they had around home. All of the Humanities teachers were impressed at the quality of artefacts created this year under trying circumstances.

Students are encouraged to hold onto their projects until we return to school so we can have our usual museum display and award some prizes. (Please see collage on next page)

**Caroline Sharpe-Year 7 Coordinator**







## Pride Crew Online



We might be in lockdown but we can still do PRIDE CREW! We kicked off our first online Pride Crew on Wednesday 29 April and will be continuing fortnightly on Wednesday lunchtimes via WebEx.

Pride Crew is a group for LGBTIQ+ students and their allies and is a safe, supportive and confidential space for participants to share their experiences, increase knowledge, connection and inclusion, develop events, and celebrate diversity. The Pride Crew is facilitated by KHS Wellbeing staff and WayOut staff from Cobaw Community Health.

Pride Crew is an important part of what makes KHS an inclusive, safe and welcoming school for LGBTIQ+ students. And we know that positive and inclusive environments lead to better engagement in education and social connection for LGBTIQ+ young people.

For more information on how to join KHS Pride Crew contact Amanda on [summers.amanda.a@edumail.vic.gov.au](mailto:summers.amanda.a@edumail.vic.gov.au) for more.

WayOut also offers support for rainbow young people in the community through LGBTIQ+ focused youth group, House of Awesome (HoA). HoA runs every Tuesday 3pm – 4pm via Zoom. HoA is a great way to connect with other rainbow young people across the region in a safe, inclusive and supportive online environment.

It is also important for teachers, families and care givers to know that WayOut are here to offer advice and referral on how to support the LGBTIQ+ young people in their lives.

For more information on House of Awesome or any of the other programs or services that WayOut provides, please contact Rhani at [rhani.dean-talbett@cobaw.org.au](mailto:rhani.dean-talbett@cobaw.org.au)

**Amanda Summers-Student Wellbeing Officer**

## Senior Years News

The VU Information Evenings have gone online.

They are now running all their Information Evenings online from 6pm to 7pm over a number of nights. Sessions will be held on:

- Sport & Outdoor Leadership
- Law, Criminology & Legal Services
- Business, Tourism, Hospitality & Event Management
- Engineering, Built Environments & IT
- Creative Arts, Humanities & Music
- Youth Work, Criminal Justice & Community Development
- Education & Early Childhood
- Psychology & Social Work
- Biomedical, Exercise, Environmental & Biotechnical Sciences

In these Zoom webinars you will learn about the new way to do uni in the VU Block Model, their pathways, industry connections and course options.

Plus you'll have chance to ask academics and current students questions and hear all about the opportunities on offer to help you reach your goals.



THE NEW WAY TO DO UNI

Years 10 to 12 students are encouraged to register at <https://study.vu.edu.au/informationevenings>

**Lizzie Trembath- Year 12 Coordinator**

## Welcome Breanna

Our school is excited to be part of the Mental Health Practitioners initiative. This initiative supported our school in recruiting a mental health practitioner. We have been allocated funding for a practitioner for two days a week and are excited to have Breanna Lancaster filling this position. Breanna will make a positive contribution to the support of student wellbeing here at Kyneton High School.

Students and parents are advised to contact Amanda Summers via email [summers.amanda.a@edumail.vic.gov.au](mailto:summers.amanda.a@edumail.vic.gov.au) if they would like to discuss their suitability to engage with the service. Please note, referral and consent documentation will be required prior to service commencement.

For more information on the Mental Health Practitioners initiative see the Department website.

<https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mental-health-practitioners-secondary.aspx>

**Amanda Summer-Student Wellbeing Officer**

## Noone Trading Hours

KHS uniform supplier Noone, have informed us of their decision to operate their Bendigo store from 10am-3pm on Monday, Wednesday and Friday's only, until further notice.

They will keep you posted when these hours are extended again.

Thank you for your understanding

**Cheryl-Uniform Coordinator**

## Article From The Past

### PNEUMONIC INFLUENZA

Reported cases in Melbourne and suburbs on Thursday evening totalled 599. Fewer cases have been reported in country centres. Six deaths occurred on Thursday in the metropolitan area.

The Victorian Education Department has cancelled the opening of all departmental schools all over the State until further notice. This includes all State, High, and Technical Schools.

A regulation has been issued prohibiting meetings in a building in any portion of the State where there is an outbreak of the disease.

### PRECAUTIONS IN KYNETON

#### Hospital Space Required

The Shire Secretary (Mr. H. Harper) was instructed to make application to the Education Department for the use of the State School. This was considered necessary in the event of the number of cases under public treatment exceeding 28, which is the maximum number that can be treated in the public hospital.

The Secretary was further instructed to make enquiries regarding the necessary equipment for the State School should it become necessary to use the building.

**Kyneton Guardian 1<sup>st</sup> February 1919**



# Sleep

Sleep is a really important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.



## How much sleep do I need?

Everyone is different, and the amount of sleep you need might be different to what your friends need. In general though:

People aged 14-17 need between



People aged 18-25 need between

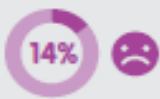


## Why is sleep important for good mental health?

Good sleep habits have been shown to improve mood, concentration and performance at school or work. They may also help control overeating and help prevent obesity.

Lack of sleep is linked to symptoms of depression such as feeling down, hopeless, irritable, having thoughts of suicide, and using alcohol or other drugs.

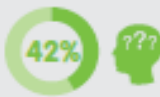
Research suggests that for every hour of sleep you miss at night, there is a:



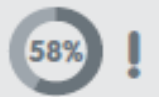
increase in risk of unpleasant emotions or feelings that affect day to day function



increase in the chance of feeling sad and hopeless



increase in the chance of having thoughts of suicide



increase in the chance of suicidal behaviour



increase in the chance of using tobacco, alcohol or marijuana.

People who regularly go to sleep very late each night and don't wake up until the afternoon may have Delayed Sleep Phase Syndrome, and are at an increased risk of developing insomnia and depression.

Very short sleepers (less than five hours each night) are more likely to experience long-term mental health issues than people who get enough sleep.

On the other hand, if you sleep more than the recommended amount each night, find it hard to wake up in the morning or still feel tired during the day, something else might be going on.

If you're worried about any aspect of your sleep, or are experiencing any of the negative consequences of bad sleep, get in touch with your GP.

## What gets in the way of a good night's sleep?

For young people, not getting enough sleep might be caused by:

**Biological factors:** such as puberty or changes in your body clock

**Environmental factors:** such as social pressure, school or university workload, use of electronic devices, or using alcohol or other drugs



# Sleep



## Some tips for a good night's sleep

If you're having trouble falling asleep or staying asleep, here are a few things you can try:

- **Aim to get to bed and wake up around the same time each day**, including on the weekend. This helps your body to get into a routine. Try not to take naps in the day as this affects your body's routine.
- **Turn off your screens (such as your phone, TV and laptop) at least 30 minutes before bed time**. The light from screens can stop your brain producing the sleep chemical melatonin, which is important in helping you get to sleep.
- **Try not to worry about having a bad sleep**. A lot of people underestimate how much sleep they get – so you might find it useful to use a sleep app to see how much sleep you're getting.

However, if you find that this makes you focus on how much sleep you're not getting, you may be better off without it.

- **Natural sleep cycles are based on your body clock, which is mainly set by when you're exposed to light**. Light is needed in the morning, so aim to be outside for 30 minutes, sit by a bright window, or use a specially designed artificial light sources. In the evening, your body needs less stimulation, so try dimming the lights.
- **Exercising during the day is a good way to make you tired at night**. This might mean going to the gym, walking around the block at lunchtime or playing sport. Try to avoid exercising last thing at night though, as this can keep you awake.

- **It's best to try and keep your bed for sleep and sex**. Working, watching TV or being online in bed can cause your brain to associate bed with being alert and awake.
- **Your bedroom should be dark, cool (around 16-18°C) and quiet**.
- **Try to limit how much caffeine you have, including coffee, energy drinks and soft drinks**. Also, try to avoid caffeine entirely after lunchtime.
- **Avoid drinking alcohol before bed**. It might make you sleepy, but you're less likely to get good, restful sleep with alcohol in your system.
- **Avoid smoking before bed**. Discuss ways to quit smoking as well as any other problems with drugs or alcohol with your GP.

• **Sleep medications are not usually required to help with sleep problems**. While they can help in the short term, they also have a number of side effects and may not give good quality sleep. Your body can also get used to these medications quickly so the effect wears off.



For more information about sleep, go to

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

[www.reachout.com](http://www.reachout.com)

## Getting help

If you find it hard to fall or stay asleep, or you feel tired a lot of the time, a healthcare professional may be able to help. In a first instance try contacting **headspace** or get in touch with your GP.



**headspace**  
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)

### References

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## ART'SCOOL ONLINE VIDEOS FOR AGES 5 - ADULTS / PORTRAITURE

Learn a new skill / Have fun in quarantine / Stay Positive

### LEARN TO DRAW PORTRAITS

If you're struggling to entertain the kids and fill their day with the right balance of creative expression, I recently launched Art'scool for Kids online and is fun for the whole family, no matter what skill level.

With 12 videos, focusing on each facial feature to harness portrait drawing, I take you on a journey to create your own masterpiece.

Suitable for all ages, with videos 20 - 60 minutes (students able to pause as they go). The videos take on a Harry Potter theme and were filmed in my Melbourne studio, giving a special glimpse of my secret space. No matter what one's subject preference may be, eye, hand, brain stimulus and coordination enhances learning and creative development.

### FEATURES

- 12 educational and entertaining videos focusing on the face and its features
- Instructed and led by Terry Taylor, who has over 30 years of teaching experience
- Features a split-screen - with teaching on one half and live model on the other for students to use
- Each video is packed with educational information and highly engaging
- Suitable for ages 5+
- Available individually (AU\$15 ex GST) or as a package (12 for AU\$160 ex. GST)

### CHECK OUT THE TRAILERS

[vimeo.com/403445670](https://vimeo.com/403445670) Front On with Elysis  
[vimeo.com/403446201](https://vimeo.com/403446201) The Nose  
[vimeo.com/403449237](https://vimeo.com/403449237) My 93 year old Mum 3/4 Head Study  
[vimeo.com/403449711](https://vimeo.com/403449711) The Neck and Neckline  
[vimeo.com/403448880](https://vimeo.com/403448880) Hair  
[vimeo.com/403449494](https://vimeo.com/403449494) Teeth  
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[vimeo.com/403450070](https://vimeo.com/403450070) The Chin  
[vimeo.com/403448478](https://vimeo.com/403448478) The Mouth  
[vimeo.com/403447784](https://vimeo.com/403447784) Profile: Matthew sits  
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