



# Kiama High School Newsletter

*RESPECT · RESPONSIBILITY · EXCELLENCE*

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[kiama-h.schools.nsw.gov.au](http://kiama-h.schools.nsw.gov.au)

Term 1 Week 4A

Commencing Monday 18 February  
2019

## FROM THE PRINCIPAL'S DESK



Congratulations to students who have achieved recognition for volunteering. Senior students who are pictured below received Premier's Volunteering Awards on assembly this week. Also pictured is Raina Lawton who received her Silver Duke of Edinburgh Scheme certificate and badge. Raina has demonstrated our core values and SLEEP!!

Sleep is just as important to the human body as food and water. Staying awake for 24 hours leads to reduced hand-to-eye coordination and is similar to having a blood alcohol content of 0.1. This is why sleep deprivation contributes to road accidents and work injuries. We are talking about the importance of getting a good night's sleep at school. Have a chat to your child so you can be a valuable resource in helping them arrive at school refreshed and ready for learning.

Lack of sleep is becoming a problem in modern society when we stay connected to the world via electronic devices. As early as 2010 studies at the Brain and Mind Research Institute in Sydney found that the number of hours a teen sleeps, and at what times, could help parents and doctors determine risks of developing mental health issues.



Another study from the University of South Australia's Centre for Sleep Research found that people who usually only slept four to five hours a night were at greater risk of developing dietary problems.

### Did you know?

- A digital alarm clock can be enough to disrupt the sleep cycle even if you don't fully wake. Tiny luminous rays turn off a "neural switch" in the brain, causing levels of a key sleep chemical to decline within minutes.
- Body temperature and the brain's sleep wake cycle are closely linked. To drop off we must cool off. Hot summer nights can cause a restless sleep. The blood flow mechanism that transfers core body heat to the skin works best between 18-30°. But later in life, the comfort zone shrinks to between 23-25°. This is also why older people have more sleep disorders.



### What are some common sleep disorders?

Sleep can be disturbed in many ways. Some common sleep disorders include:

- Snoring: breathing through the mouth while asleep, this is more common in males.
- Insomnia: difficulties in getting to sleep or staying asleep. The most common sleep disorder in adults.
- Jet lag: a different time zone throws off the body's internal clock, which takes a few days to reset. Working night shift can mimic the symptoms of jet lag.

- Narcolepsy: extreme tiredness with intermittent sleepiness during the day, which can include involuntary napping.
- Periodic limb movement disorder: muscle spasms of the legs that often wake up the sleeper. This is more common in the middle aged and elderly.
- REM sleep behaviour disorder: the sleeper tends to act out what's happening in their dreams, which could mean punching or kicking.
- Restless legs: this feels like cramps or some kind of irritation in the lower legs, which makes the person need to move their legs or get up and walk around.
- Sleep apnoea: when breathing stops for a time during sleep.
- Sleep starts: common feeling of muscle jerks or a sensation of falling that happens when a person is just going off to sleep.
- Sleepwalking: tends to affect children more than adults. Some sleep disorders need to be treated at a sleep disorder clinic.

### How can I get a better night's sleep?

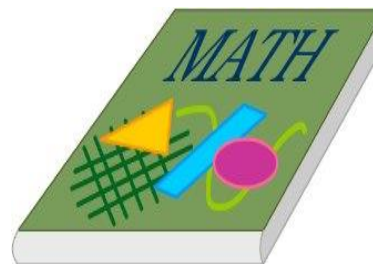
Sleep hygiene means habits that help you have a good night's sleep. Common sleeping problems (such as insomnia) are often caused by bad habits reinforced over years or even decades.

### Tips to help students get a better night's sleep:

- Purposefully go to bed earlier each night – establish a routine
- Don't smoke or drink caffeinated beverages in the hours before bed
- Improve your sleeping environment in any way you can, e.g. wear earplugs if you have noisy neighbours
- Get plenty of morning sunlight. This will help regulate your sleep-wake cycle
- Have a hot shower or bath before bed. Our body temperature peaks in the daytime and falls during sleep. We tend to fall asleep as our body temperature begins to fall.
- Do not use electronic devices 2 hours before bedtime'

**Catherine Glover, Principal**

## MATHS YEARS 7, 11 and 12



Welcome to Year 7 parents and welcome back to Years 11 and 12. You may have noticed a new fee this year in Mathematics for Year 7, Year 11 Mathematics Advanced and Standard students and Year 12 Mathematics Standard students. It is a technology fee and will allow us to use the full potential of our new Maths textbooks.

It will allow students to access their texts online as well as giving students extra resources that will cover our literacy, numeracy and our BYOD priorities, as well as additional material for use in the learning of the curriculum. If you haven't already paid your school fees, please do so as soon as possible. Staff will be receiving training in how best to utilise this online material for our students in the coming weeks.

**Ms E Donovan**  
**Head Teacher Mathematics**

## SRE SCRIPTURE

Greetings Parents and Guardians!

My name is Wycliffe Ochieng' and I am the new SRE (Scripture) Teacher here at Kiama High School. I am looking forward to walking alongside your children as they seek to explore more about the Christian Faith.

I am very excited about my role here at KHS and extremely blessed to be part of such a great community. Please feel free to say G'day when you see me around.

Kind regards,  
**Mr Ochieng'**

## CAREERS NEWS

Congratulations to the 40 Year 12 students who attended the UOW Discovery Day Excursion on 7 February. Well done on taking steps in planning your future.

- A reminder to students and parents that careers information is available via [kiamahighcareers.com](http://kiamahighcareers.com) and the Kiama High Careers Facebook page.
- Can any students in Year 10 interested in exploring a career in early childhood or primary education please see Mr Grove in Careers Office L3. I have two employers who are looking at offering substantial work experience and potential school-based traineeships in these areas.
- Any Year 9 and 10 students interested in participating in Rural Fire Service Cadets during sport time in Term 2, please visit the Careers Office to register your interest and collect a brochure. This is a great opportunity to develop important employability skills including teamwork, communication, leadership and safe work practices. It will be a fun, practical program with lots of time spent in uniforms outside learning about firefighting.
- Any students in Year 11/12 interested in transitioning out of school and into a business administration career, I have an opportunity available with a Kiama-based employer so see me ASAP. Also, lots of other entry level roles around at the moment across many industries - all shared on our Careers Facebook page.
- Any Year 11/12 students considering leaving school to study at TAFE full-time - courses are commencing so you would need to pursue this ASAP. See me for assistance.
- Any students interested in construction careers who would like to attend a career information event in Shellharbour on 7 March, see me ASAP as I need to register our group.

- Year 12 students are reminded of dates on the near horizon - ANU applications open on 4 March and UCAT registration opens on 1 March for students planning on applying to study undergraduate medicine degrees in 2020.

As always, students and parents can contact me at any time for careers information and support. The easiest way is via email - [mitchell.grove2@det.nsw.edu.au](mailto:mitchell.grove2@det.nsw.edu.au)

**Mitchell Grove**  
Careers Advisor

### AUTISM SUPPORT IN WOLLONGONG LGA

The Autism Community Network provides free support for families living with autism conditions. If you would like to meet other carers who understand you or find social opportunities for your ASD child and their siblings, please contact us or come along to our free support group meetings.

#### WOLLONGONG SUPPORT GROUP

Meets First Thursdays during school terms 10am to noon

**VENUE:** Illawarra Leagues Club

Come along and meet other parents and carers for mutual support.

#### OTFORD KIDS CLUB

Meets Tuesdays during school terms 4.00 to 6.00 pm

Otford Community Hall - 121 Otford Road, Otford

A club for kids on the spectrum and their siblings to play games, socialise and make friends.

For more information :

[www.autismcommunity.org.au](http://www.autismcommunity.org.au) | [info@autismcommunity.org.au](mailto:info@autismcommunity.org.au) | 9543 9036

## ALBION PARK SHOW DEBUTANTE BALL

Albion Park Show Society invites any young ladies in Year 10 or older to be part of the Debutante Ball to be held on 31 May 2019. For any enquiries phone Diane 4236 0403 / 0427 360 403 or Lexie 4256 2112.

A meeting will be held on 10 March at 7.00pm in the HACC Centre Albion Park Showground to take names, meet the girls (partners) and parent/s and to answer any questions.



## SWIMMING CARNIVAL



The Kiama High School Swimming Carnival is over again for another year. Students were well represented across all years with the whole of Year 7 attending the event. Students should be commended on how they conducted themselves throughout the day, showing great sportsmanship and comradery. Congratulations to all students who competed on the day and we hope to see more students get involved next year.

The School team will now compete in the Zone Carnival to be held at Bomaderry Aquatic Centre on 19 February 2019.

A huge congratulations to the following students who have been crowned our school swimming age champions for 2019.



12 years: Josh Bender, Hannah Williams  
13 years: Jack Maguire, Zali Guy  
14 years: Deakin Davidson, Jasmine Mole  
15 years: Nick Bamford, Avery Green  
16 years: Sidney George, Emma Davison  
17 years: Sam Scobie, Sarah Williams

We would like to wish these students along with all the members of Kiama High School team the best of luck at the Zone Carnival.

**Mr N Ford**  
Sports Organiser

## NATIONAL YOUTH SCIENCE FORUM

Our school captains Mackenzie Warfield and Emilio Goytizolo, along with Chloe Burg and Brooke MacDonald were selected to attend the Forum. Here's what they experienced.

### Chloe Burg

I attended the NYSF Summer Session C, which began on 16 January this year. When we arrived we were organised into interest groups based on the areas of science that we are most interested in. Being in the biology group meant that I went to lectures on zoology, agriculture and even a specialised lecture on psychology. Visiting labs on the ANU campus also allowed us to experience and learn a range of lab skills. During the camp we were exposed to a range of different career paths and university degrees that many of us hadn't previously considered. This camp was a great experience and gave me the opportunity to meet like-minded people who over the past two weeks have become some of my best friends.

### Emilio Goytizolo

The NYSF has been an absolute blessing; it's been life changing. As a part of the program we were given the opportunity to visit some of the world's top universities and also a chance to see how much bigger the world really is outside of school. From genetic engineering to robotics we were shown the infinite number of careers and passions we can pursue. I have made life-long friends whom I definitely will never forget and I've made valuable connections with Australia's next great scientists.

It has set me up for what career I want and has re-established my love of science and how the universe works.

### Mackenzie Warfield

I was lucky enough to be endorsed by Gerringong Rotary to attend NYSF, Summer Session C in Canberra which was held in the Christmas holidays. Chloe Burg and I got to apply our love for science in more ways than I could imagine.

I was placed into a medical science interest group and got to go to various medical research fields such as pathology and rehabilitation centres. I also got to meet neuroscientists and go to the John Curtin Medical Centre in Canberra which is a

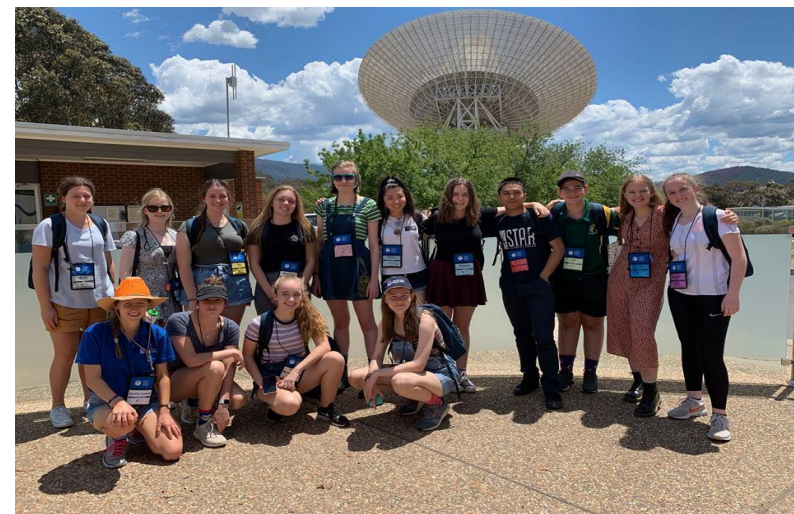
great experience for many want-to-be scientists!! This was an absolute dream of mine being able to attend this event as I have had a love of science since Year 7, and being able to participate and learn more about the fields of science on offer through this course was an absolute must for me as I wasn't sure what I wanted to do before this course. I would recommend it to everyone who loves science. I met some great friends and it is an experience I hope everyone can have one day.

### Brooke MacDonald

NYSF was the most amazing experience of my life! Through the program I meet so many life-long friends not just on session but through the interview process too. I went to Session B in Brisbane at the University of Queensland. It was a long trip but I wouldn't have given up the opportunity to be on that bus with everyone for anything.

The stem visits (lab and science facilities) opened up my eyes to the broad field of science; we got lectures from leading scientists and lab tours by PhD students. Through Partner's Day and the science dinner we got to network with scientists and supporters of NYSF. They talked highly of the program and some of us even got offers from them! I got an offer from Anjali, a specialist in the field of medical robotics, to observe a cardio surgery! Experiences like these I will highly value and remember forever. The NYSF is not just a science camp, it is full of social events and activities. I

would recommend it to everyone who has any kind of interest in careers in science, technology, engineering, maths or medicine!



## CANTEEN ROSTER

### *Help Needed .....*

The beginning of the New Year is a busy time and the canteen would love to welcome new parents.

Janelle and Nicole provide a wonderful service to the students and with new volunteers they can continue to run the canteen in a smooth and efficient manner. The time slot required is from 9.00am to 11.30am.

Please phone the school 4232 1911 ext 129 or on 4232 2007.

Week 4A				
Mon 18/2	Tue 19/2	Wed 20/2	Thu 21/2	Fri 22/2
Nicole Mc	Jacinta Sandra	Gel	Sharon Roxanne	Serena
Week 5B				
Mon 25/2	Tue 26/2	Wed 27/2	Thu 28/2	Fri 1/3
Victoria Suzie	Laura	Megan Ingrid	Help needed	Jo No

## COMING EVENTS

### WEEK 4A 2019

#### **MONDAY 18/2**

- Yr12 Hosp & Metal Workplacemt
- NSW CHSSA Girls Cricket

#### **TUESDAY 19/2**

- Yr12 Hosp & Metal Workplacemt
- Yr 11 Striving for Excellence Day
- Zone Swimming Carnival
- NSW CHSSA Cricket
- NSW CHSSA Boys Softball
- 15 Yr Boys & Girls Touch Trials

#### **WEDNESDAY 20/2**

- Yr12 Hosp & Metal Workplacemt
- 15 Yr Boys & Girls Touch Trials
- NSW CHSSA Girls Softball
- NSW CHSSA Girls Cricket

#### **THURSDAY 21/2**

- Yr12 Hosp & Metal Workplacemt
- NSW CHSSA Boys Softball
- NSW CHSSA Girls Cricket

#### **FRIDAY 22/2**

- Yr12 Hosp & Metal Workplacemt
- Girls Rugby Trials

### WEEK 5B 2019

#### **MONDAY 25/2**

- Yr12 Hosp & Metal Workplacemt
- Yr12 Construction Workplacemt
- SC Boys Cricket

#### **TUESDAY 26/2**

- Yr12 Hosp & Metal Workplacemt
- Yr12 Construction Workplacemt
- Netball Trials
- NSW CHSSA Girls Softball

#### **WEDNESDAY 27/2**

- Yr12 Hosp & Metal Workplacemt
- Yr12 Construction Workplacemt
- NSW CHSSA Girls Softball
- SC Netball Trials

#### **THURSDAY 28/2**

- Yr12 Hosp & Metal Workplacemt
- Yr12 Construction Workplacemt
- NSW CHSSA Girls Softball

#### **FRIDAY 1/3**

- Yr12 Hosp & Metal Workplacemt
- Yr12 Construction Workplacemt
- KHS Tennis
- Clean-Up Australia Day Period 1-3





## **ACTIVE KIDS and CREATIVE KIDS VOUCHERS**

Whether your child is into sport and organised physical activity or more into creative and cultural learning activities, there is a voucher available to assist you with paying for the necessary training and classes.

Parents can now access both Active Kids and Creative Kids vouchers which provide parents with up to \$200 for every school-aged child to help cover the cost of enrolment for either sporting activities or creative and cultural learning activities.

Parents can use one voucher for every school-age child per year to help meet the cost of registration and / or enrolment.

With the commencement of the school year I encourage parents to get in early by accessing the ***Service NSW website to register for both the Active Kids and Creative Kids vouchers.***

Cost of living is a major issue for families and because of our State's strong budget position, we are proud to be providing this assistance for children and families to participate in these valuable sporting and creative programs.

If you have any questions, give me a buzz!

Gareth Ward MP Member  
for Kiama

# WANT TO PLAY



## REGISTRATIONS NOW OPEN

### Boys & Girls, 4-17



**OPEN DAY &  
merchandise runout sale**



## SUN. FEB 17th, 3pm BONAIRA OVAL, KIAMA

For more  
details

Auskick - 0412 970 035  
Juniors - 0404 557 302



**OR REGISTER  
ONLINE AT**

# [kiamapowerafl.com](http://kiamapowerafl.com)







@kiamahockey



# Kiama Hockey Club

Come and join this family friendly club, offering junior teams from U7 through to U15.

For more info message us via Facebook: @kiamahockeyclub or visit the link below.



- Kiama Hockey Club run junior teams for boys and girls of all abilities and experience as well as senior teams at different levels for anyone over 16 wishing to play.
- Hockey is a great sport for developing fitness, co-ordination, teamwork skills and new friendships.
- At junior level hockey is played as a mixed competition.
- We would love to welcome new players to join our existing teams. Come and give it a go.....

<https://www.revolutionise.com.au/kiamahockey>



## Senior Baseball

**Season starts Saturday 30<sup>th</sup> March 2019**

**Training will be Tuesdays and Thursdays Afternoons**

**Starting Tuesday 12<sup>th</sup> February 2019 at 5pm**

**Ison Park Baseball Field**

**Hillcrest Ave South Nowra**

**Ages 15 and Above**



### **The Shoalhaven Mariners Baseball Association**

Any further information please contact Kerrie Raymond 0411 500 687

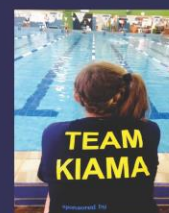
[Shoalhaven.marinersbc@gmail.com](mailto:Shoalhaven.marinersbc@gmail.com) [www.shoalhavenmariners.baseball.com.au](http://www.shoalhavenmariners.baseball.com.au)

Shoalhaven Mariners are a NSW Sport approved Active Kids Voucher Provider

Canteen Facilities are available







**Come and join Kiama Swimming Club!**

**Our Summer 2018/19 Starts on Friday 01 February 2019**

**THE FIRST 2 WEEKS TRIAL ARE FREE!!**

Kiama Swim Club is all about fun, friends and fitness. We have swimmers of all levels and ages. Friday night Point-score gives our members the chance to practise their racing skills and build confidence.

We meet on Friday nights during school terms at the Kiama Leisure Centre.

**NEW MEMBERS ARE WELCOME** and the first 2 weeks are **FREE!**

Point-score gives swimmers the opportunity to race against their own P.B. (Personal Best).

We also run club championships once a season.

Our members can enter development or qualifying carnivals on various weekends throughout the season if they would like.

**When:** Friday nights during school terms.

**Where:** The Kiama Leisure Centre

**Time:** Race entries close at 6.40 sharp for a 7pm start

If you would like to enquire about Kiama Swimming Club please contact:

- **Registrar:** Emma Noonan **Ph 0421 734 339**
- Or chat to our Coaches Victor or Corinna at the Kiama Leisure Centre
- 

**If you would like to come and try before you join, please email our registrar Emma Noonan with your child's full name and Date of Birth, to receive further information. Or if you would like to see what it is all about, come down to the pool on Friday night.**

**Find and "Like" us on Facebook - Kiama Swimming Club** 

**Website:** <http://kiama.swimming.org.au/>

**Email:** [kiamaracesecretary@gmail.com](mailto:kiamaracesecretary@gmail.com)





**STELLA**  
studios



EMPOWER ME PROGRAM INC. PRESENTS

# The South Coast Women's & *Teens* EMPOWERMENT EXPO 2019

*'She turned her can't's into cans and her dreams into plans.'*

SATURDAY 9<sup>TH</sup> MARCH 2019

9:00AM - 3:00PM

SHOALHAVEN CITY TURF CLUB

Tickets \$25 each which includes:

Registration to workshops, entertainment, empowerment talks, market stalls and giveaways.

Tickets can be purchased at:

<https://www.empowermefoundation.com> or email  
[empowerme2015@outlook.com](mailto:empowerme2015@outlook.com)

**Empower Me**  
*Self-esteem - Body image - Resilience*

