

PRINCIPAL'S REPORT

Welcome back.

The term has continued with significant changes over the past seven weeks. There has been a noticeable relaxation of the rules, with students no longer mandated to wear masks at school. Students and staff who choose to wear masks are supported to do so. There has also been a noticeable change to Rapid Antigen Testing, with the program moving from testing every Monday and Wednesday, to only when students are demonstrating any symptoms or there is a positive case within their year group. Student and staff health is still being supported through enhanced cleaning, ventilation and increased hand sanitising. At the time of writing this newsletter, the advice for self-isolation for staff and students is as follows:

Household contacts

If a student or staff member lives with someone who has COVID-19, then they must follow the [NSW Health Self Isolation Guidelines External link](#) and self-isolate for 7 days. The student/staff member must also follow the NSW Health Self-Isolation Guidelines for 7 days if they have been notified to do this by NSW Health.

A household contact does not need to repeat isolation if another person in their household tests positive in the 14 days after their 7 day isolation period ends.

If another person in their household tests positive for COVID-19 more than 14 days after their 7 day isolation period ends, they will have to isolate again and follow the instructions for household contacts of people with COVID-19.

Since the start of the year, each student has been given three separate packages of Rapid Antigen Testing. The testing regime has been moved from twice weekly to testing when there has been a positive case within the child's year group, or if they are feeling unwell. The school still has some Rapid Antigen Tests that they can share with school community. Can I please ask that if you require additional Covid test kits, can you please ask your child to see Mr Walker in the front office for an additional test kit.

Finally, a frequently asked Covid related question from our community is related to RAT testing after contracting the disease. At the time of writing the following advice is:

It is recommended that students and staff that return to school after recovering from COVID-19 do not participate in rapid antigen testing for 8 weeks following release from self-isolation, unless they develop new COVID-19 symptoms. This is due to NSW Health advice that people who have recovered from COVID-19 have a low risk of contracting it again in the following 8 weeks.

The school is slowly returning to some form of normalcy. On Friday, 11 March, the school had its induction of the school leadership team, including the Captains Gabrielle Ajala and Riley Davies, and Vice Captains Paris-Lily Neilson and Ethan Shadbolt-Connors. It was fantastic to have parents and carers in attendance in the school hall. The ceremony was incredibly well received, and it was great to see ex-Captains Polytra Liufalani and Lachlan Dries present on the day. I would also like to acknowledge Heidi Nader and Ben Nicol for a wonderful ceremony. The school leadership team has already begun the process of collecting student thoughts on how the school can be improved. Most notably, they've introduced a QR code, which they have posted around the school to gather the thoughts of the student body.

2022 - is the first of a three-year program to move across to the new uniform. The uptake of the uniform has been quite remarkable and exceeded expectations. The adoption of the new sports uniform has been so large that it has created stock shortages at Workwear Express, which will be resolved in April. As part of the process, the school purchased the remaining stock from Lowes, which we can disseminate to students at the school. Can I ask parents and carers, if they require an item of the old uniform, please see Mr Walker in the front office and (based on availability) we will organise the garment at no cost for our students.

On 11 March, I had the pleasure to attend Central Vision at the Gosford Regional Gallery. This exhibition highlights the amazing artwork of public education students across the Central Coast. Yet again, our students were amongst the highest performers - most noticeably Chelsea Stewart, whose work won a major prize on the evening. I would like to thank the high performing CAPA faculty for their dedication and continual drive to develop the best in our students.

On 16 March, the school held its Meet and Greet Evening, to welcome parents and carers and our Year 5 and 6 students. This opportunity to showcase our school proved very popular and I'd like to thank Mr Riley and the staff and students who attended the evening. The school is incredibly popular and continues to attract large numbers of students, both within our catchment and beyond.

Coming up in the very near future, we have the Evening of Excellence on 23 March. This is always a wonderful evening celebrating the academic and sporting achievement of students in all years. This is a little later than usual and will celebrate the efforts of our dedicated and conscientious students for 2021.

Also, soon we have Parent Teacher Nights, which will be held on the following dates:

- Years 11 & 12 - Wednesday, 30 March (Term 1, Week 9)
- Years 9 & 10 - Wednesday, 11 May (Term 2, Week 3)
- Years 7 & 8 - Wednesday, 25 May (Term 2, Week 5)

Parents and carers also please note that Years 10 to 12 have received their 2022 assessment booklets. Years 7 to 9 have also been published and distributed. These assessment calendars can be found under the 'Publications' tab on the school's website. These are incredibly important documents and enable parents to support students as their assessment tasks draw close. They also prove incredibly helpful when students are unable to find any homework to complete.

Finally, the school is continuing to work closely with all local businesses to gain part time and full time opportunities for our students. Years 9 and 10 will soon undertake a survey during their careers lessons, to ascertain their interests and where they can meet local need. If you are an employer and feel that you might have an opportunity for our students to work full time or part time, please contact our Careers Advisor Claire Barber, to discuss the opportunity.

Thank you for your ongoing support of the school. Looking forward to a safe and productive end of the term.

Brent Walker
Principal



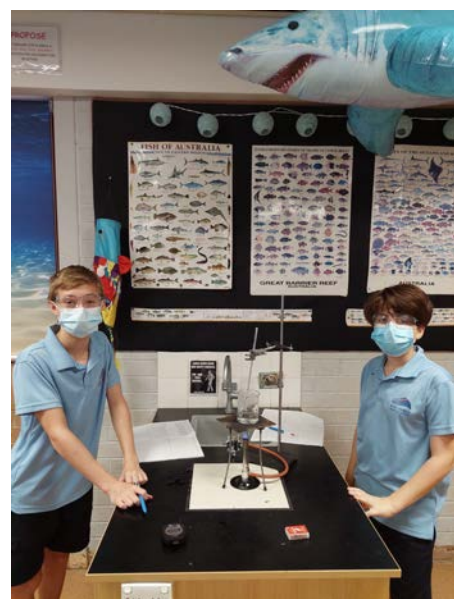
SCIENCE REPORT

Our faculty has been thrilled to see our students leap back into the classroom and undertake a range of experiments and activities, to further develop their understanding.

Our Year 7 super scientists have been utilising their newly acquired skills with the bunsen burner, to investigate changes in states of matter. Meanwhile, our Year 8 cohort has been split into two streams, which connect to their project based assessment later this term. As half of the students investigate energy changes, the others are exploring a range of chemical and physical changes. The star students of Year 9 have explored the origins of our universe and the benefits of space travel, while our Year 10 students have engaged in discussion over the ethics behind biotechnology and DNA. We have also been excited to see what is being developed in our elective classes - our Year 10 STEM students have become accomplished aviators, developing and testing a range of planes for altitude and speed.

We are looking forward to another great year back in the classroom.

The Science Faculty



HSIE REPORT

I am a new voice here in the Kincumber High School newsletter, with Mr Waters taking an opportunity to work with the Department of Education and its HSC Strategy Unit as a Legal Studies Teaching Quality Advisor. I wish him all the best in his new role.

It's great to be back in 2022, and the HSIE faculty features a number of new faces. I'd like to warmly welcome Mrs Cooper and Mr Clark to the HSIE faculty, and look forward to the positive contributions they will make throughout the year at Kincumber High School.

Unfortunately, due to the weather, both our Year 7 and Year 10 Geography fieldwork days have been impacted and, as a result, the Year 7 day was cancelled. Students will be provided with a number of virtual resources to assist the completion of their assessment task. Year 10 students visited Terrigal and Wamberal on Wednesday, 15 March and investigated the coastal processes, which have a significant impact in our local environment. Students participated in a number of activities and, with the assistance of the Rumbalara Environmental Education Centre, students had the opportunity to use a number of fieldwork equipment to assist their investigation.

We have seen a healthy uptake of HSIE subjects by the Class of 2023, with the following subjects running in Year 11:

- Aboriginal Studies
- Ancient History
- Business Studies
- Geography
- Legal Studies
- Modern History
- Society and Culture

This is a further diversification of active Stage 6 HSIE subjects being taught at Kincumber High School, with Aboriginal Studies running for the first time since I have been at Kincumber High School.

As you would have seen on the previous page, I have included a breakdown of Stage 4 and 5 Semester One Assessment Tasks. Stage 6 students are advised to refer to their Assessment Task Booklet. This can also be accessed on the school website in the 'Publications' section.

Lastly, I just wanted to take the opportunity to express my gratitude for the special place where we live. The photos below were taken last Friday when Mr Moore and I walked through Bouddi National Park compiling resources for Year 7 students virtual fieldwork. Despite having walked this track countless times, it still never ceases to amaze me, how wonderful our local surroundings are.

Mr Hopkins

Rel. HT HSIE



HSIE Overview

JUNIOR SUBJECTS 7-10
SEMESTER ONE

YEAR 7 GEOGRAPHY

Upcoming Assessment Tasks

Assessment Task One - Week 10, Term 1
Fieldwork Report
Assessment Task Two - Week 6, Term 2 -
Topic Test

YEAR 8 HISTORY

Upcoming Assessment Tasks

Assessment Task One - Week 9, Term 1
Multimodal Task
Assessment Task Two - Week 5, Term 2 -
Topic Test

YEAR 9 HISTORY

Upcoming Assessment Tasks

Assessment Task One - Week 7, Term 1
Topic Test
Assessment Task Two - Week 2, Term 2 -
Source Creation Task

YEAR 10 GEOGRAPHY

Upcoming Assessment Tasks

Assessment Task One - Week 8, Term 1
Fieldwork Test
Assessment Task Two - Week 3, Term 2 -
Infographic/Short Answer Test

ELECTIVES

YEAR 10 COMMERCE

Upcoming Assessment Tasks

Assessment Task One - Week 2, Term 2
Topic Test

YEAR 9 INTERNATIONAL STUDIES

Upcoming Assessment Tasks

Assessment Task One - Week 9, Term 2
Research Report

LIBRARY REPORT

Have you seen a new (well, different) face behind the Library Loans Desk this year? I, Miss McDonogh, AKA Miss Mac, have been appointed as the new Teacher Librarian at KHS! We will still see the highly experienced Ms Walsh in the library on Fridays. I am very excited to have moved into this role and I hope to see all our students in the Library for some quality learning. Years 7 and 8 will also see me in their Generation Tomorrow Skills for Learning Lessons.

I can help you with a number of things, including:

- Finding resources – Fiction, non-Fiction, popular media and academic articles and more.
- Research skills advice
- Referencing advice
- Premier's Reading Challenge book selection advice
- Printing

Please come and see me if I can help you with anything research or resource related.

The Library is a dynamic shared learning space in our school and, as such, it is a central location to showcase student work and achievements. This week, the library welcomed the addition of beautiful watercolour works (see picture at bottom right) produced by senior school students from the Support Unit. Students and teachers who have visited the library to see the artworks, have praised the students and Miss Tatiana Berberian for their work. Be sure to "watch this space" with regards to the Library walls in future.

We have several books that are new to our library catalogue this week, including (but not limited to!):

- *The Sustainable House Handbook* – author Josh Byrne
- #3 in the *Robin Hood Series: Jet Skis, Swamps and Smugglers* – author Robert Muchamore
- *League of Liars* – author Astrid Scholte
- *Only a Monster* – author Vanessa Len
- *The Rat Catcher's Apprentice* – author Maggie Jankuloska
- #3 in *Australia's Second World War: Sydney Under Attack* – author Sophie Masson
- *HSC Year 12 Mathematics Standard 2* – study notes. Authors Tania Eastcott, Rachel Eastcott.

If there is something you would like to see in the Library, please see Miss McDonogh or Mrs Blackburn and we will happily investigate for you.

See you in the Library!

Miss McDonogh



Miss McDonogh



Hollie Kepper - Year 8



Watercolour artworks



Avid Year 8 readers with our new titles

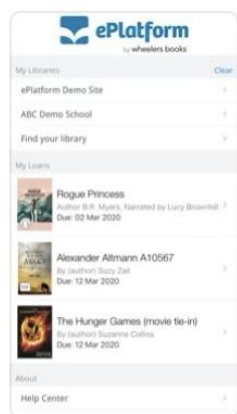


ePlatform by Wheelers

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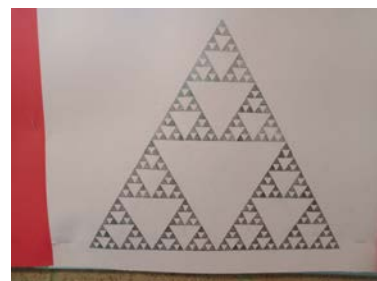
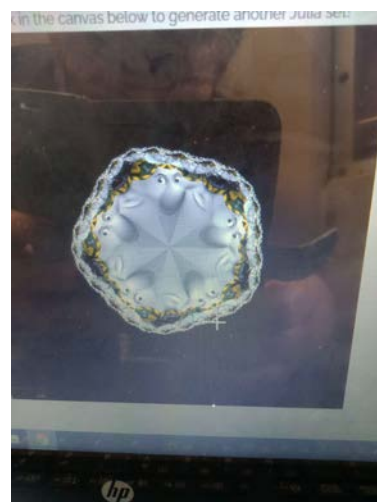
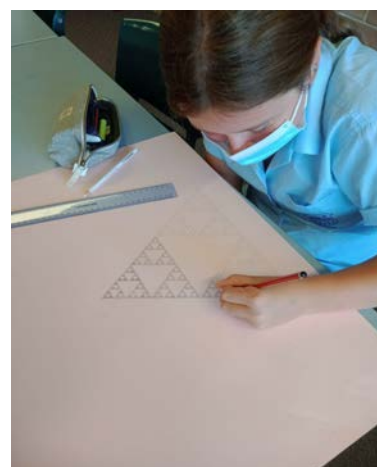
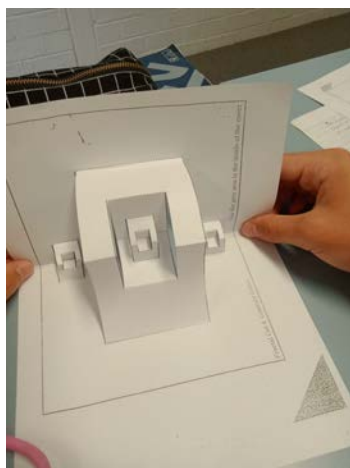
Premier's
Reading...

Students can log their Premier's Reading Challenge book entries via the student portal (see icon above). 20 books (with at least 15 from the PRC list) need to be recorded by the 19th of August. Happy reading!

Did you know that you can download e-books and audio books from home using the ePlatform app? Free to use.

MATHEMATICS REPORT

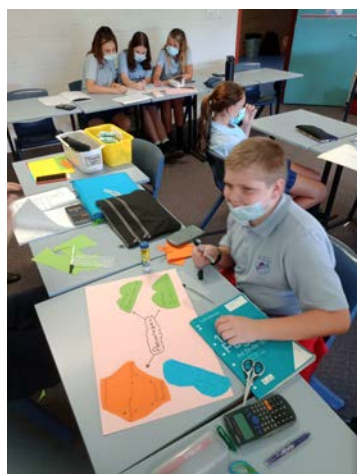
We have started the year very positively in Mathematics - the Year 9 Enrichment Elective class have completed their first assessment task, which was on Fractals. Students created various fractals using technology, pencil and paper, and even 3D fractals. Have a look at their great work in the photos below.



The fractals students created are on the wall outside the Maths Staffroom, so have a look as you go past ... and yes, they are hand-drawn not printed!

Students have also completed activities in Topology, slicing up Mobius bands. The favourites were the bands, which created squares and linked hearts ... Some of these were more successful than others!



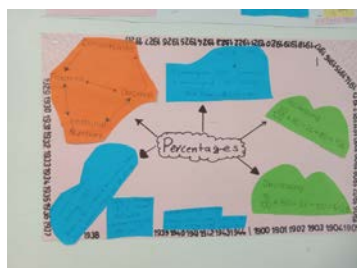


Ms Rennie's Year 8 class spent some time recently reinforcing their understanding of using percentages by making mind-maps to summarise the topic. As their first assessment task is coming up soon, these will come in handy when revising.

A reminder that ALL Year 8 and 9 students are expected to complete LEED tasks as a KHS School Plan priority. One lesson per fortnight is spent in class going over NAPLAN style questions on topics being covered in our timeline, and students then complete online quizzes here:

<https://sites.google.com/education.nsw.gov.au/year-8-mathematics/>

Hopefully this will help continue to lift student achievement for NAPLAN this year.



"After school maths" is up and running again this year, now that we no longer need to cohort. It is in F23 from 2:30-3:15pm on Wednesdays. All are welcome, and if you have a particular area you need more work on, let Mrs Woodley know beforehand so she can organise it for you. We have iceblocks ...

Just as leather shoes are essential for TAS and Science, so too are scientific calculators (like the one in the image) essential for maths. Too many tasks can't be done quickly or correctly without one. Please make sure you have one in your bag every day. Students can borrow calculators from the Library, or purchase one through the front office for \$30. Bring your receipt to the maths staffroom and we will issue the calculator.

Year 7 mathematics classes will undergo a major reorganisation at the start of Term 2. Currently they are aligned with 'core' classes. Data from Best Start, the Year 7 Placement Task, the Angles Assessment Task in Week 7, and Teacher Judgement will all be used to ensure students are placed where appropriate support or extension can be provided. Further movement throughout the year should be minimised after this change.



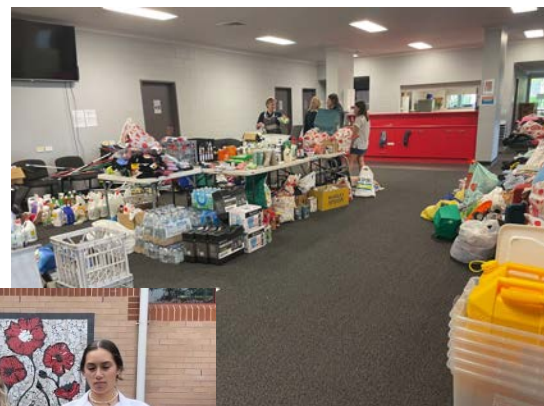
VET REPORT

Congratulations to the graduating classes of 2021! Despite the challenges of the year, VET subjects achieved excellent results, with the Construction class achieving 5.96% above state average and 1 Band 6 result (90%). The Hospitality class also achieved 8.65% above state average and also 1 Band 6 result (92%). VET courses are a valuable subject which contribute to a students ATAR and also prepares them with work readiness skills for life beyond the classroom.



Year 11

FSK - Skills for Work & Vocational Pathways - A number of Year 11 students are completing the new Skills and Pathways course this year. They have been very productive and busy since the beginning of the term. The course is designed for students to work on local community project initiatives and provides a range of work-based learning opportunities. All students now have an updated resume, bank accounts and tax file numbers. Furthermore, the students have commenced volunteering at Second Bite once a week. They also helped to organise relief packages for flood victims in Northern NSW.



Hospitality - Our two very full classes this year have made a great start to the course and are learning the fundamentals of workplace safety and food hygiene. All students should have purchased a uniform, as this is a mandatory requirement to participate in practical lessons. Keep an eye on the school Facebook and Instagram stories for regular updates of their wonderful cooking!



Ms Munro's class looking excellent in their Hospitality Uniforms.

Year 11 (continued)

Business Services - the Year 11 class are the first cohort to be undertaking the new Certificate III course. This is an upgraded qualification from the previous Certificate II, and a great opportunity for our students to extend their learning. In their first cluster task, 'Let's get Tech Savvy', students are learning how to compose emails and use Excel and Word – all vital skills in a business environment.



Year 12

Hospitality – all students have now completed their work placement at local Hospitality Businesses, or were granted RPL (recognition of prior learning) for those who already work in the Hospitality Industry. A big thank you to JWA Café , Chop 'n Grind, Artie's Place, Japanese Gardens, Bakehouse 2000 and The Table @ Avoca, for hosting our students for the week. Both classes are working hard at completing practical assessments, we couldn't get through during lockdown last year. This term we are finishing up our Espresso Coffee Assessment through the KHS Coffee Shop and have several upcoming practical cooking assessments, including the staff luncheon pictured below.



Food Technology

Year 11 - Students start the course investigating the origins of our food supply and native produce. We have visited the KHS bush tucker garden and made lemon myrtle cordial which was delicious! Students also sampled a range of bush food inspired biscuits, including Wattleseed, Finger-lime, Riberry and Rosella. We have also conducted a blind taste testing experiment of foods to understand the impact of our senses on food palatability. All students have been issued the first assessment task, which involves keeping a food diary for three days and analysing the factors that influenced their selection of foods, as well as a practical cooking assessment early in Term 2.



Year 12 - Students are looking at Food Manufacture this term – the investigation of why food spoils and how we can prevent it through preservation and packaging. We will take a deep dive into the world of commercial food production and exactly how food gets safely to our supermarket shelves. Students have sampled a range of freeze-dried foods, to better understand the impact on the quality, shelf life and nutrient content. They have also conducted a frozen emulsion experiment to examine the role of additives in ice cream. They have received their first assessment task, which involves analysing the processes involved in producing and preparing a product on a commercial scale.



Years 7-8 Technology Mandatory

All classes have completed their relevant safety tests and learning the basic skills required for their projects in textiles, woodwork, food and digital technology. We are starting to see their practical skills shining through in their project work.



Year 8 Digital Technologies

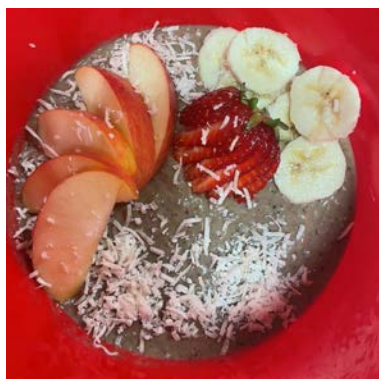
Year 8 digital technologies classes have been creating web sites using Sites. They are learning how to incorporate multiple page and using their design skills to present their information in an eye catching manner. After web sites have been completed, students move on to smaller house designers.

They are using SketchUp for Schools to design a 6m x 6m tiny home with an option of 3m x 2m extra space for a bathroom. Students learn how to turn a two dimensional shape into a three dimensional shape. They are madly applying materials and textures to their rooms and incorporating furniture to their rooms. It is great to see our future designers at work.



Year 8 Engineered Systems

Year 8 students have been investigating ENERGY. They have been discovering the difference between kinetic energy and potential energy. With these concepts in mind, they have been creating rubber band racers. We have cars of all shapes and sizes being created and tested to see how far the racers can drive. At times, we hear the crashing sounds as the wonky axles drive them into the cupboards. At other times, we have cars racing out the building doors with excited students chasing their prized vehicles.



CAREERS REPORT

WHITECARD INTRODUCTION TO CONSTRUCTION COURSE

The first of the Whitecard Introduction to Construction Courses was held last week in the Common Room at school. All participants were successful in obtaining their Whitecard. A full day of information, starting at 7:30am, for students who are looking at obtaining work experience or looking at working in the Construction Industry. The next course will be held on 8 June in Term 2.



JOBS ON THE NOTICEBOARD

We have received a number of jobs through Community engagement. Please see the notice board for the following:

- Local company - two positions in Trainee Business and Accounting
- Local Hairdresser - looking for an Apprentice Hairdresser.
- Local Business - Business Services Trainee
- Local Child Care Centre - Childcare Certificate III in Early Childhood
- Zibara Clothing Company - Office Administration Trainee
- McDonalds West Gosford - Day time Staff - Part time

JOBS ON THE INTERNET

There are lots of employment websites out there at the moment and you can use these with a refined search to find the job/career of your dreams.

- INDEED - <https://au.indeed.com/jobs-in-Central-Coast-NSW>
- JORA JOBS - <http://au.jora.com/j?q+&i+Erina+NSW>

MEDICAL AND DENTAL ENTRY

Students in years 10,11 and 12 who are looking towards a medical or dentistry pathway, will need to look into the UCAT examination. Go online to <https://www.medentry.edu.au/teachers#useful-downloads> for more information.

PDHPE REPORT

Uniform

The PDHPE faculty have been impressed with the uptake of our new PDHPE uniforms across the junior school. The new shirts and shorts look fantastic, and from all reports, are much more comfortable than our previous uniforms. With the current weather making washing challenging for some people, we would like to take the opportunity to remind families that if students are unable to bring the correct uniform to school for practical lessons, they are encouraged to bring an appropriate change of clothes, along with a note from home, so that they can participate in a hygienic manner in their planned lessons.

**Health lessons**

Year 7 students have been enthusiastically learning about the physical, social and emotional changes that teenagers experience in their '*Growing and Changing*' unit. Students in Year 8 have examined the risks and protective behaviours associated with drug use in the '*Party Safe*' unit. In Year 9, issues in mental health, such as resilience, are being explored through participation in the '*RU OK*' unit, while our Year 10 students are investigating personal safety issues in their unit '*It Couldn't Happen To Me*' (spoiler alert: It COULD happen to you!).

Key dates:

As we approach the back end of Term 1, students are preparing for their first assessment tasks, due on the following dates:

Week 7

Year 7: Growing and Changing in class test

Week 8

Year 8: Party Safe Presentation

Week 9

Year 10: Road Safety Task

Week 10:

Year 9: RU OK Website Design task

SPORT REPORT

SWIMMING CARNIVAL

Congratulations to all the students who attended the Swimming Carnival in Week 4. Whilst it was unfortunate that we could only proceed with a competitors only carnival, it was fantastic to see 65 students race competitively throughout the day. A special mention goes out to Mia Cracknell who set a new record in both the 17 year girls 50m Freestyle and Backstroke events. Congratulations are also in order for Skye Hackshall and Hamish Taylor who set new records in the 15 year 50m Butterfly event.

**ZONE SWIMMING CARNIVAL**

Last Thursday, Kincumber High School was represented by 48 swimmers at the Brisbane Water Zone Swimming Carnival. After a strong showing from our swimmers, we finished 2nd overall on the day. Each individual involved is to be commended on the sportsmanship they displayed, and their genuine will to help each other out during the day. A total of 40 students from Kincumber High School will now represent Brisbane Water at the Sydney North Swimming Carnival on Thursday in Week 7. Congratulations and good luck to all successful swimmers.

CROSS COUNTRY CARNIVAL

This year's Cross Country Carnival will be held on Wednesday, 6 April in Week 10. It will be compulsory for all students in Years 7 and 8. Years 9-12 will be for competitors only. Any student in Years 9-12 looking to compete, will need to fill out the Google Form that has been posted on your PE Google Classroom Pages.

SCHOOL SPORT**Open Boys Basketball Team**

KHS open boys basketball team played Epping Boys High School last Tuesday, in an away game played at Epping High School. The game was an extremely close game throughout both halves, with only two points separating the side at any one time in the match. It was a tense and exciting finish to the game, with Kincumber in possession in the last 20 seconds of the match and one point down. The ball ended up with Kayden McNamara shooting the ball as the buzzer went and being fouled. Kayden was sent to the line for two free shots as the rest of the side looked on from the sideline. Swish! He nailed the first shot to draw even and very calmly nailed the second shot with another swish to seal the game by one point and was soon mobbed from the rest of the team in celebration. Congratulations to the boys team in a hard won victory for Kincumber High.

Open Boys and Girls Water Polo Teams

The open boys and girls water polo teams competed this week in the CHS knockout at Gosford Pool. Both teams secured wins and displayed positive teamwork throughout all of their matches. Congratulations to all students involved.

REPRESENTATIVE SPORT

A big congratulations to the following students who have gained selection into a Sydney North Team this term:

Noah Watts and Jayden Morgan - Open Boys Softball

Noah Watts - Open Boys Baseball

Rafael Norris - Junior Boys Individual Tennis

Oliver Worrada - Senior Boys Individual Tennis

Beth Stewart and Lily Skelly Wade - Open Girls Volleyball

Brianna Kelly, Chloe Fraser and Sophie Prior - Open Girls Basketball



Congratulations on these fantastic achievements and good luck to students competing in trials for the rest of term.

SSU REPORT

Students in the SSU have enjoyed getting back into the normal routine of school life. They have been engaging in a range of fun lessons and activities, including cooking breakfast dishes, such as pancakes, breakfast wraps and apple and cinnamon muffins. The senior students have begun TAFE this term and will travel to and from Ourimbah and Wyong TAFE on a weekly basis. They will also commence their community access program next week, where they will visit various locations around the Central Coast to further enhance their social and community skills.

The SSU have been enjoying getting back into school sport. We were so lucky to have Mitch and Billy join us for some boxing and fitness this week. Everyone had a great time and appreciated the boys giving up their time. During this session, students practiced skills to build their strength and coordination.

Finally, a huge congratulations to Ashleigh, Jye and Summer, who have progressed through to the Sydney North Swimming Carnival.



Wellbeing Update Term 1

- Year Advisor, 2023
- Top Blokes
- Girls Shed
- Future Proofing
- National Day of Action Against Bullying and Violence



Matthew Downey
Year Advisor, 2023

It's wonderful to be back to some form of normalcy, being able to run wellbeing programs interacting with KHS students. There has been a lot happening so far this term, so here's a recap of what's been going on and what's coming up:

Year Advisor 2023

Congratulations to Matthew Downey, who was successful in becoming the 2023 Year Advisor. Matt is a PDHPE teacher, who has a great rapport with KHS students, teachers and the wider community. Matt begins the process of meeting and guiding the current Year 6 students from our feeder primary schools and will take another generation of students through KHS.

Top Blokes

The Junior Top Blokes Mentoring Program is a 16 week mentoring program currently being run with some of our Year 10 students. Students who participate in this program will improve their self-confidence, self-esteem, resilience, and positive decision making skills. They will also increase their knowledge and skills around mental health, alcohol, drugs, anger, discrimination, and online safety.

Girls Shed

This course is designed for female students to build resilience, connection and empowerment skills. Students will learn about relevant topics while developing positive self-esteem and self-confidence. Girls Shed is targeted at Year 9 this term, run by Jess Martin and Abby Douglass.

National Day of Action Against Bullying and Violence

Kincumber High School will be taking part in the National Day of Action Against Bullying on Friday, 18 March, 2022. During Period 1, students will participate in a school wide interactive lesson and discussion on bullying, with an emphasis on "Kindness Culture", as well as promoting inclusion, respect and community belonging for all students. This year marks 12 years for the program, which has supported schools, students and parents to achieve positive outcomes and resolutions for incidents of bullying and peer conflict, whilst building resilience in students and providing resources to establish and maintain inclusive and safe learning environments.



Future Proofing

The Future Proofing study was developed specifically to address the mental health crisis among young people and help influence the work of mental health service providers, like headspace and ReachOut. Run by the Black Dog Institute, students will complete online surveys about their mental health, as well as use apps to teach them skills to manage their wellbeing. The program was postponed last year due to Covid, however, it will be running for those students currently in Year 9 this year that signed up to be a part of it last year.

headspace



- eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.
- You can also visit headspace centres at Gosford, Wyong and Lake Haven.
- Group chat is 24/7. 1 on 1 chat is 9am - 1am
- <https://headspace.org.au/eheadspace/>

Beyond Blue



- Youth Beyond Blue provides information and support to help young people aged 12-25 achieve their best possible mental health
- Call 1300 224 636 - 24/7
- Chat online 3pm -midnight
- <https://online.beyondblue.org.au/#/chat/start>

Student Wellbeing Hub



- Wellbeing resources exploring topics such as responsible decision making, online safety, respectful relationships, mental health and more.
- <https://studentwellbeinghub.edu.au/>

CAPA REPORT

Dance

Dance: Students of the Week

Year 7 - Addison Hollibone, Emilee Allan, Lucia Rivelli, Sierra Campbell

Year 8 - Laura Finnelley, Jay Kelaher, Chloe Prior, Kiralee Garner

Year 9 - Cleo Kohler, Sienna Strickland, Briana Smith, Grace Chaston

Year 10 - Anushka Bresler, Saffron Francis

Year 11- Sierra Flett, Alicia Garner

Year 12 - Grace Larkin, Sasha Casey

Years 7 and 8 Dance Ensembles

All students interested in dance are invited to participate in the years 7 and 8 dance ensembles for 2022. Year 7 meet at 7:30 am on Wednesday mornings in the hall, and Year 8 meet during break 1 each Tuesday in the hall.

We are starting to work on performance pieces for the Central Coast Dance Festival, although if you haven't attended a rehearsal yet, there is still time to jump in.

Below, you will find a link to a google form to fill in your interest for dance workshops with industry professionals. We are looking to start these in term 2.



<https://forms.gle/zCz9VeQK5EAodiUi6>

Central Coast Dance Festival

This year, the festival has been moved back to September.

The dress rehearsal dates are Monday, 29 August, Tuesday, 30 August, Wednesday, 31 August, and Thursday, 1 September.

The performance dates are Tuesday 6 to Thursday 8 September and Tuesday 13 to Thursday 15 September.



HSC Dance

Our Year 12 dancers have started to work with their composition dancers and we are extremely appreciative of the Year 9 dancers who are working with them to present the HSC compositions.



Kincumberhighschool_dance

A reminder that we have a Kincumber High School Instagram page, so make sure you follow us for regular information and updates.



Celebrating student success in Visual Arts, Visual Design and Photography

You are welcome to see the amazing talent of our students first hand by attending "A Central Vision" exhibition of the best student artwork (Year 7 to Year 12) from across Central Coast Public Schools.

A Central Vision is a long standing partnership between the Department of Education and Gosford Regional Gallery, that celebrates the creativity of local students and provides an opportunity for the public display of student work.

Please note the exhibition is being held across two galleries, both opening on 12 March, with the junior show closing earlier than the senior show:

Year 7 to Year 10 Community Gallery - closing 10 April. Year 11 to Year 12 Foyer Gallery - closing 24 April

Students whose 2021 artworks were preselected for possible inclusion:

Year 12: Robin Blackwell, Hannah Lyttle, Ruby Petheram, Imogen Gray, Saxon Garside.

Year 11: Sophie Warman Nettleton, Hayley Stevenson, Ava Oteiwi, Jasmine Vella.

Year 10: Bodhi Cameron-Hayes, Jade Hackshall, Chelsea Stewart.

Year 9: Akira Goucher, Maia Elton,

Amiel Barton.

Year 8: Casey Kepper, Cooper Groom.

Year 7: Townes Werchon.

Students selected by the exhibition panel were: Hannah Lyttle, Robin Blackwell, Jade Hackshall, Chelsea Stewart, Akira Goucher, Townes Werchon.

Chelsea Stewart gets a special mention for receiving an award for her wonderful drawings.

Congratulations to all students and we look forward to further success in the future.



Akira Goucher "Genshi Impact"
Visual Design Digital Image
Poster

Central Vision

Some of our Central Vision students (and staff) at Gosford Regional Gallery



From top left clockwise: Akira Goucher, Chelsea Stewart, Hannah Lytle, Mrs McGilvery and Chelsea Stewart (on receiving her award), Jade Hackshall, Robin Blackwell, Mrs McGilvery and Miss Berberian. Congratulations again to all students preselected and selected for this prestigious show.

Congratulations to all students!

Visual Art, Visual Design & Photography

Students of the Week Visual Arts, Visual Design and Photography:

Year 7 Visual Arts - Cienna Chapman, Tiffany Jarvis

Year 8 Visual Arts - Heidi Freestone, Lincoln Cole

Year 9 Visual Arts - Libby Moody, Sophia Hodgson

Photography: Sophie Hoskin, Sophia Hodgson, Will Guz, Kaelon Craig, Ashleigh White, Liana White, Casey Kepper

Year 10 - Visual Arts: Maia Elton, Paige Whittaker, Sam Fink-McKenzie

Visual Design: Akira Goucher, Leela Murray, Abbie Hughes

Photography: Ryan Sedevic

Year 11 Visual Arts - Francesca Nellis, Charlie McAlpine, Ella Leigh Jones, Phoenicia Mawad, Archie Orr, Toby Williams

Year 11 Visual Design - Teagan Chapman, Jade Hackshall, Hayley Chase

Year 12 Visual Arts - Jhon Houghton, Jasmin Vella, Mallika Strickland, Zane Kohler, Darcy Kane, Beth Stewart, Jemma Casey, Lachlan Herrick, Lucia Markey, Hayley Stevenson, Scarlett Sykes, Sophie Warman-Nettleton



Casey Kepper



Saxon Garside



Above:
Amiel Barton



Left: Bodhi
Cameron-Hayes

Right: Jasmin Vella

Central Vision
Pre - selected
2021 artworks.



Gosford
Regional
Gallery

Music



Our fantastic Year 12 Rock Band

From left to right: Ethan Cochran *on lead guitar*, Aidan Fullagar *on bass guitar*, William Jacobson *on drums* and Ari Bailey *on rhythm guitar*.

The boys put on a fantastic show to entertain staff and students during our first assembly this term in the school hall.

We look forward to further performances.



Carson & Associates are proud to sponsor the Kincumber High School Legal Studies Award. This award recognises the highest performing Legal Studies student in the HSC examination and is awarded annually at the KHS Evening of Excellence awards ceremony.

Carson & Associates are proud partners of Kincumber High for the past three years, as well as numerous community groups and projects.

Carson & Associates provide a whole range of community services designed to promote community spirit and well-being.

Through our Community engagement programs Carson & Associates strive to create a better community for us all.

KHS is very grateful and appreciative of our community sponsors that give so generously in support of our students.



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