

# **Kandos High School**

# NEWSLETTER



## Year 11 & 12 Life Ready Excursion



## **Great Aussie Bush Camp**



# **Sporting Achievements**

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- **f** Official Kandos High School

# Term 1 Week 10 2025

# What's On?

#### Monday, 31 March

- Girls Soccer Trial
- CHS Rugby Trial

#### Tuesday, 1 April

- Chess Team Vs Portland Central
- 2nd Round Western Squash Trial
- After School HSC Industrial Tech Class

#### Wednesday, 2 April

- Gaanha-Girri: Carrying Future Program
- P&C Selling Mother's Day Raffle Tickets at IGA, Kandos

#### Thursday, 3 April

Boys Rugby League

#### Friday, 4 April

- Student Cafe
- PI Sheep Work

#### Tuesday, 8 April

 After School HSC Industrial Tech Class

#### Wednesday, 9 April

- NSWCHS Swimming
- Ganguddy Field Trip
- Flag Laying at Rylstone Cemetery
- SRC Disco

#### Thursday, 10 April

Good Start Assembly

# Principal's Welcome

Recently at Kandos High School's Thursday Assembly, I spoke to students about the need to practise what it is we are not good at. It is only through practise that a soccer, football or basketball team can improve and it is exactly the same with academic improvement.

As a young student, I attended Rylstone Primary School and reading was not my forte. To improve, I would practise with Mrs Cornelissen and go home and practise some more. I can still remember the first book I learnt to read at home – "I wish I had a Dolly"...in fact, I still have the book and can still remember it word for word. "I wish I had a dolly, I wish I wish I wish..."

Inexplicably, those that need to improve in the sporting domain experience no stigma for wanting to improve. In fact, parents will often transport their children to sporting practise and at the game on the weekend shower the child for their in praise improvement. Do you approach academic practise in the same manner? Why is there a stigma attached to those who want to improve? How often do you have your child read a book when they say they have no homework so that they can improve their vocabulary?



The NSW Department of Education provides guidelines on the recommended time students should spend on homework and study in high school. Here are some general suggestions for each stage:

- Stage 4 (Years 7–8): Approximately 1 2 hours per week.
- · Stage 5 (Years 9–10): Approximately 2 3 hours per week.
- Stage 6 (Years 11–12): Approximately 3 4 hours per week, increasing as assessments and exams approach.

These recommendations aim to help students develop effective study habits and time management skills while balancing their academic commitments with extracurricular activities and personal time. It's important for parents and caregivers to support their children in establishing a consistent study routine that fits their individual needs.

Remember practice makes perfect!!

#### **Mrs Deb Johnston**

Relieving Principal



#### **Attendance Matters!**

A huge congratulations to our attendance superstars who achieved an impressive 100% attendance for the first half of the term!

We'd also like to give a special shoutout to our incredible Year 9 students, who are smashing it with a cohort average sitting above 90%!

Well done to all our students for their commitment to showing up and giving their best. Let's keep the momentum going, KHS, every day counts!





# **Justifying Absences**

At Kandos High School, we understand that there are times when students may need to miss school. However, it's important to remember that the Department of Education requires a justified reason for your child's absence to be provided within 7 days of their non-attendance.

#### How to Justify an Absence

You can inform the school about your child's absence by:

- Replying to the SMS sent by the school
- Calling the Front Office
- Emailing the school
- Providing a signed note

#### **Justified Reasons for Absences**

Absences are considered justified for the following reasons:

- Feeling Unwell Including cold & flu, COVID-19, infections, gastro, etc.
- Medical Appointments Such as doctor, dentist, specialist, physiotherapist, optometrist, etc.
- Family Reasons Including sorry business, moving house, or the passing of a relative.

#### Why Justifying Absences Matters

Failing to provide a justified reason for your child's absence can have a significant impact on their attendance percentage. Since attendance is closely monitored, unverified absences may negatively affect your child's overall school record.

We strongly encourage families to communicate with the school as soon as possible to ensure all absences are appropriately recorded. If you have any questions or concerns about this process, please contact the KHS Front Office on 6379 4103.

# **Opens Basketball Gala Day**

On Wednesday, 12 March, our Kandos High School basketball teams took to the court to compete in the Opens competition. While our teams didn't secure any wins, they displayed incredible sportsmanship, and resilience throughout the day.

Both teams were quite young for the division, with only two players from each side not eligible for the Under 15s competition later this year. Despite the challenge of facing older and more experienced opponents, our students gave their all and improved with each game, a promising sign for the future of KHS basketball.

Despite the challenging competition, our students maintained positive attitudes, showed great team spirit, and displayed consistent effort throughout the day. We are incredibly proud of their dedication and perseverance.

Well done, KHS! Your determination is truly commendable, and we look forward to seeing what the future holds for our talented basketballers.



#### **Boys Results:**

Kelso 90 - 9 Kandos Cowra 40 - 14 Kandos Canobolas 38 - 32 Kandos Lithgow 44 - 21 Kandos

#### **Girls Results:**

Orange 69 - 0 Kandos Canobolas 34 - 6 Kandos Blayney 22 - 8 Kandos

## Under 15s Boys & Girls Touch Football

On Tuesday, 25 February, our Under 15s Boys and Girls Touch Football teams travelled to Mudgee to compete against schools from across the region. Both teams put in an impressive effort throughout the day.

A special mention goes to Pyper Wilkinson for stepping up as an referee on the day, your contribution was greatly appreciated!

We would also like to extend a huge thank you to Miss Brooke Garland for organising the excursion and being such a dedicated supporter of our teams.

Well done to all our players for representing Kandos High School with pride, we're incredibly proud of your efforts!



#### **Boys Team Results:**

Win vs Gulgong High Win vs Henry Lawson High Loss vs Dubbo High

#### **Girls Team Results:**

Win vs Blayney High Loss vs Orange High Draw vs Lithgow High On Wednesday, 19th February, our KHS Touch Football teams hit the field, taking on some strong competition from larger schools. Both teams played with heart, giving their all throughout the day.

The girls' team showed impressive teamwork and resilience, battling through some close matches before finishing the day with a fantastic win against Forbes. Their strong defensive plays and solid teamwork kept them competitive in every game, a fantastic effort by all!

Our boys' team, made up mostly of Year 8 and 9 students, faced off against older and more experienced opponents. Despite the tough results, the boys kept their heads high, played hard, and gained valuable experience. Their perseverance and teamwork showed true KHS spirit, and with a couple of years' growth and training, this young team is shaping up to be one to watch!

A huge well done to both teams for their hard work and sportsmanship. You did Kandos High School proud!



#### **Girls Results**

Draw with Cowra
Draw with Bathurst
Loss to Dubbo (6-1)
Win against Forbes (5-1)

#### **Boys Results**

Loss to Parkes (6-0)
Loss to Nyngan (5-1)
Loss to Bathurst (6-1)
Loss to Canobolas (5-0)

# **NSWCHS Western Swimming Championships**

Kandos High School is proud to celebrate the achievements of our talented swimmers, Emily Gallaher, Luke Moxham, and William Moxham, who recently competed at the NSWCHS Western Swimming Championships in Dubbo.

The Moxham brothers both achieved Personal Best times, showcasing their impressive progress and hard work. Emily delivered a particularly remarkable performance, earning 3rd place in the 200m Freestyle.

This fantastic result has secured her a spot at the NSWCHS State Swimming Championships at Sydney Olympic Park Aquatic Centre between Monday, April 13th to Wednesday, April 15th, 2025.

We are incredibly proud of all three swimmers for their commitment and achievements. Congratulations to Emily, Luke, and William for representing Kandos High School with pride.

We can't wait to cheer Emily on as she takes on the next challenge at State!



# NSW Junior Track and Field Championships

A massive congratulations to Oskar Sander for his incredible performance at the NSW Junior Track and Field Championships held at Sydney Olympic Park on Saturday, 15 March!

Competing in intense 39°C heat, Oskar displayed remarkable strength and determination, achieving a personal best and earning himself a bronze medal. This outstanding achievement has also secured Oskar a place on the NSW Team heading to the Australian Junior Track and Field Championships in Perth from April 4th to 8th.

This is a fantastic accomplishment, and we are incredibly proud of Oskar's hard work and dedication. Best of luck at Nationals, Oskar, we can't wait to see you shine on the national stage!





# Year 11 & 12 Life Ready Excursion

Our Year 11 and 12 students recently embarked on an exciting three day journey to Sydney for the annual Life Ready Excursion. Accompanied by Mr Mick Vaughan, Miss Brooke Garland, Mrs Julie Parsons, and Mrs Leigh-Anne Thorn, the students experienced the vibrant energy of city life while gaining practical skills and building independence that will set them up for their journey into adulthood.

The adventure began with a bus trip from Kandos to Lithgow, followed by a train journey from Lithgow to Sydney, teaching students how to use public transport. Upon arrival in the city, students boarded a ferry to Manly, where they participated in surfing lessons at Manly Beach. Bravely facing the waves, the students enjoyed learning new skills under the guidance of experienced instructors. This exhilarating experience was the perfect way to embrace the coastal lifestyle and build confidence in the water.







After an action packed day, students explored the stunning Sydney Harbour waterfront, enjoying a delicious dinner by the sea. The evening concluded with a scenic walk around the iconic Sydney Opera House and through the beautiful Royal Botanic Garden, offering a peaceful end to a memorable day.







The following morning, the group set off on a ferry trip to Cockatoo Island, a UNESCO World Heritage site located in the heart of Sydney Harbour. This historical site provided a hands-on educational experience, showcasing its rich past, from Indigenous significance to its time as a convict settlement and later an industrial shipyard. Students explored convict-built structures, historic dockyards, and preserved workshops, deepening their understanding of Australia's heritage.





The adventure continued with students Sydney's bustling navigating transport network. Their trip included mastering the light rail system at peak hour, where they tackled the challenge of staying upright without holding on! The staff their impressed students with adaptability, demonstrating confidence and independence throughout their travels.



Students also enjoyed an evening exploring Paddy's Markets, where they sampled delicious food and soaked up the lively atmosphere of this iconic Sydney destination.







On the final day, the group started their morning with a picturesque walk across the Sydney Harbour Bridge, taking in the breathtaking views before heading to Luna Park for a morning of fun and adventure. The thrill of the rides and excitement of the park added a perfect touch of excitement to round out the trip.











Throughout the excursion, students gained valuable life skills, from navigating busy streets and public transport to exploring new environments with confidence. The trip provided an excellent opportunity for students to strengthen their independence and resilience while creating unforgettable memories with friends.

We are incredibly proud of our Year 11 and 12 students for embracing this experience with such enthusiasm. A huge thank you to the dedicated staff members who made this incredible excursion possible!











Scan the QR Code to view the full photo gallery on our School Website

## Year 9 Great Aussie Bush Camp

Excitement filled the air as our Year 9 students embarked on their unforgettable journey to the Great Aussie Bush Camp, accompanied by Year Advisor Mrs Kerry Reynolds, Mrs Nikki O'Brien, and Mr Nick Nassis. Known for its action-packed outdoor experiences, the camp promised to challenge our students, push them outside their comfort zones, and create lasting memories.



The Great Aussie Bush Camp has been providing adventure-based learning for over twenty years, helping students develop resilience, teamwork, and leadership skills through thrilling activities. This year, our students took on a range of exciting challenges designed to test their courage and determination.

The adventure began with a series of teambuilding challenges that put students' problemsolving skills and resilience to the test. Encouragement was key as they worked together to overcome tricky tasks and push their limits.



















A highlight of the trip was the Vertical Challenge, where students scaled new heights with bravery. With their peers cheering them on, students found the courage to conquer their fears and complete the climb, a true display of teamwork and perseverance.

















After a morning of intense challenges, students enjoyed a well deserved break at Jimmy's Beach, soaking up the sunshine and fresh sea breeze. The afternoon's highlight? A lively hermit crab race that kept everyone entertained and added a touch of coastal fun to the day.









Challenge Night provided plenty of laughs as students tackled tricky obstacles and participated in hilarious activities. The following morning, there were more than a few sore bellies, not from the challenges, but from all the laughter shared throughout the night.

The Great Aussie Bush Camp delivered an unforgettable adventure filled with courage, teamwork, and endless fun. We are incredibly proud of our Year 9 students for embracing each challenge with enthusiasm.

A massive thank you to the KHS staff who made this awesome excursion possible!











Scan the QR Code to view the full photo gallery on our School Website

#### **Public Service Announcement**

Recently, students from the CLIP class were learning about Infectious Disease and were taking swabs from around the school to see how many unhidden dangers are lurking. Students saw Mrs Johnston walking across the Quad and asked for suggestions on what they could swab to see if they could grow bacteria. She offered up her phone. Students swabbed her phone case and screen and with the help of agar, time and warmth, the results were horrifying!! Mrs Johnston's phone could be used in biological warfare with various moulds, fungi and bacteria growing on the device.

As a result, CLIP recommend that everyone regularly cleans their phone cases and screens with a screen safe antibacterial wipe and wash your hands before eating. Also, just to be safe, don't play with your phone while you are at the dinner table.





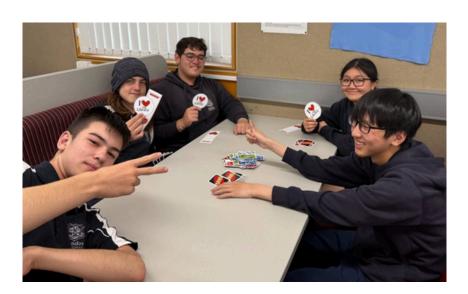
# Library Lover's Day

February at Kandos High School was filled with heartwarming moments as we celebrated Library Lover's Day, an event dedicated to sharing our love for books, stories, and all things reading.

Thanks to the wonderful efforts of our dedicated librarian, Mrs Helen Fuller, our library was transformed into a cosy haven of literary love.

Students and staff alike were invited to immerse themselves in book displays, explore new titles, and take part in some fun activities designed to celebrate the joy of reading.

One of the highlights of the day was our lolly guessing competition, where participants tried their luck at guessing the number of sweet treats in the jar. Congratulations to Janine Maw, who showed remarkable precision by guessing the exact number, a truly sweet victory!









Library Lover's Day was a fantastic reminder that books have the power to connect us, inspire us, and transport us to new worlds. Whether you're drawn to thrilling mysteries, captivating romances, or inspiring non-fiction, there's always a story waiting to be discovered.

A huge thank you once again to Mrs Fuller for her hard work in organising such a memorable event. Her passion for fostering a love of reading continues to make our library a welcoming and vibrant space for all students.

So, as we turn the page on February, let's remember that no matter where life takes us, a good book is always the perfect companion. Happy reading!











#### **Yass Show Success**

10 students, 5 cattle and 6 sheep recently made the trek to the Yass Show where they competed with another 75 students in parading, cattle showing and judging. Our first success of the show was on Friday when Irene managed a clean sweep with her Superfine Fleece. She won the Supreme Exhibit for Black & Coloured Sheep, Champion Exhibit and Grand Champion Exhibit in the Interbreed Competition. Put simply, our very own Irene was the best fleece in the show. Irene's fleece will now go on to compete at the Australian Sheep & Wool Show that will be held in Bendigo. We are very proud to have Irene compete with the best of the best from across Australia. Fingers crossed for July!





Saturday proved to be a very hot day, with animals and students alike feeling the heat. Seanna Duffield waved the flag early for Kandos, making the Top 8 in the Senior Cattle Judging. This was followed shortly after with much perseverance, Grace Mascord led Cudgie to a Top 8 finish in the lightweight commercial group, beating Zulo led by Tamarah Duff in the heat.

As the day went on it only became hotter with Cudgie, Carter and Stevo struggling to understand why we insisted on taking them out of their comfy cool shed to parade them around in the sun. Zen and Zulo fared better in the heat, with Zen on her best behaviour for Aleisha Brennan the pair went on to qualify for the final in parading, joined by Zulo and Seanna. While they missed out on a place, congratulations must go to both students who showed our school values during the rigorous judging process.

















While the cattle parading was underway, students were also busy showing sheep. Xander, at his first show was tended by Ryan Mundey and Clyde Curley took out 2nd place in the lamb ram section. Don Fisher taking over where Alf left off won his class and would go on to be Reserve Champion under the guidance and careful preparation by Bronte Macpherson and Alex Rogers. Our Border Leicester ewes attended their very first show. Under the watchful eye of Aleisha, Kiesha Duffield and Seanna, Abbi placed 1st, Bree 2nd and Eden 3rd.





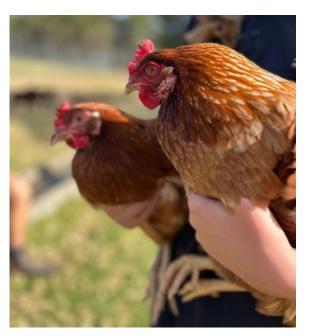
To round out the day of competition, students competed in Merino Judging with pleasing results. Pat Lus would go on to be the Junior Judging Champion, while Seanna would take out the Open section. As a result of her win, Seanna will act as the Associate Judge at the Yass Show in 2026.



# Preparations for the Royal Easter Show



Year 9 & 10 Agriculture have been learning about Egg Production Systems this term. The hens were donated to the school and are part of the Schools Commercial Laying Competition at the Royal Easter Show. Students have to make a poster to send with the Girls that tracked their growth and egg laying. As you can see for yourself, they are friendly, with students from all years regularly going down to the hen house and carrying them around. Good luck with your final preparations. If you are at the Show, pop into the Poultry Section and see how we go.









### Alf Retires

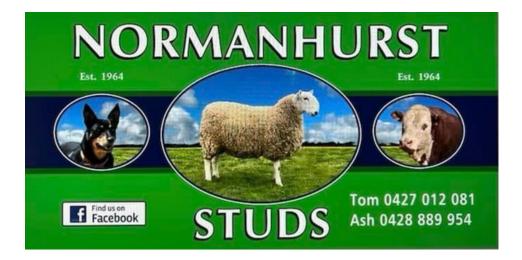


Many of the Ag Brag readers will be wondering why Alf did not attend the Yass Show. Please do not panic, Alf has retired from showing and is living his best life at Mrs Pennell's family property where he has many, many, many girlfriends and it is safe to say is enjoying his new life.





Mrs Deb Johnston **Agriculture Teacher** 



This edition of Ag Brag has been proudly supported by Tom & Ash Corkhill from 'Normanhurst', Boorowa, NSW. Their ongoing support for our Show Team helps us celebrate the achievements of our agriculture students and showcase the hard work put into our school's agricultural program.

# Year 7 Parent Feedback Survey - We Value Your Input!

Attention Year 7 parents! We would love to hear your thoughts on how we can continue improving the transition and support we provide to our students. Your feedback is incredibly valuable in helping us refine our processes and better support our Year 7 cohort.

Providing us with honest and constructive feedback allows us to identify what is working well and where improvements can be made. At Kandos High School, we are committed to listening to your suggestions and using your insights to improve our programs, communication, and overall student experience. Every response helps us ensure we are meeting the needs of our students and families.

Our Year 7 Parent Feedback Survey is now open, and we encourage all parents and caregivers to take a few moments to complete it. How to Access the Survey:

- Check your emails: A link to the survey has been sent directly to all Year 7 parents via email.
- Sentral Notification: A reminder with the survey link has also been shared through Sentral.
- Prefer a Hard Copy? You can request a printed version from the Front Office or call us on 6379 4103 to complete the survey over the phone.

We greatly appreciate your time and input, and we look forward to hearing your thoughts. Thank you for supporting us in making Kandos High School the best it can be!





# Introducing The Focus: Your Weekly KHS Snapshot!

Our P&C asked for a clearer way to stay informed, and we've delivered! Introducing The Focus your go-to weekly guide for what's happening at Kandos High School.

The Focus is designed to keep parents, carers, and students updated with key events, important reminders, and what's coming up at school. Whether it's special assemblies, excursions, sports events, or important deadlines, The Focus will ensure you never miss a beat.

For even more details and to plan ahead, remember to check the Sentral Calendar for the most up-to-date information on school events.

To stay informed and never miss an update, we encourage you to scan the QR code to like and follow us on Facebook for regular KHS news and reminders.







# Breakfast Club Kicks-Off at KHS



Rise and shine, KHS! We're excited to announce that Breakfast Club is now running every morning from 8:30 AM in Room 13. This fantastic initiative offers students the chance to grab a free breakfast, chill with friends, and start their day on the right foot.

A special thank you goes to our wonderful students who have embraced Breakfast Club and made it such a positive and welcoming space. Your participation has truly helped build a warm and supportive environment to kick-start the day.

We would also like to express our heartfelt gratitude to Nanna's Haberdashery for their incredible support. Their generosity has made it possible for us to provide breakfast to our students, ensuring no one starts their day hungry.

Lastly, a huge thank you to our dedicated Wellbeing Team for organising and hosting this important event. Their commitment to student welfare is greatly appreciated, and initiatives like this play a vital role in promoting wellbeing and connection at Kandos High School.

We encourage all students to swing by Room 13, grab some brekkie, and enjoy some time with their mates. See you there!

#### **New Enrollments - Head Lice!**

It seems Kandos High School has gained an unexpected new enrollment, Head Lice! While they may be small, these tiny pests can spread quickly and cause discomfort for students.

We are asking all parents and carers to please check their children's hair regularly for signs of head lice. Early detection is key to preventing the spread, so we encourage everyone to take a few moments to inspect hair and scalp thoroughly.

#### What to Look For:



Itchy scalp or excessive scratching



Small white or brown eggs (nits) attached to the hair shaft close to the scalp



Live lice crawling near the scalp

#### **Treatment Tips:**



Use a recommended lice treatment from your local pharmacy and follow the instructions carefully.



Comb through the hair with a fine-toothed lice comb to remove eggs and lice.



Repeat the treatment as directed to ensure all lice and eggs are eliminated.

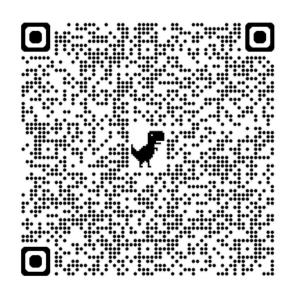


Wash pillowcases, hats, and hairbrushes in hot water to reduce the risk of reinfestation.

For more detailed tips and tricks about removing lice from the scalp and home environment, please scan the QR code to visit the NSW Government Health Website for trusted information and advice.

We understand that dealing with head lice can be frustrating, but with prompt action and regular checks, we can work together to minimise their spread. If you have any concerns or need guidance, please contact the Front Office on 6379 4103 for support.

Thank you for your cooperation in keeping our school community healthy and itch-free!



# Good Start Assembly

Kandos High School is proud to announce our Good Start Assembly, a special event to celebrate the hard work, dedication, and achievements of our students throughout Term 1.

Join us at 1:40pm in the KHS Gymnasium as we acknowledge the outstanding efforts of our students in starting the school year with determination, positivity, and a commitment to growth. All members of our school community are invited to attend, including parents, carers, family, and friends.

To make the occasion even more special, we'll be hosting a BBQ at 1:00pm for all guests attending the assembly. Please enter for the BBQ via the Front Office and enjoy the BBQ with student and staff in the Ouad.

We look forward to coming together as a school community to celebrate the achievements of our KHS champions, we hope to see you there!





Gymnasium

Air Conditioning

Project

COMMUNITY CIDV/EV



- 2 Minutes to Complete
- Your Opinion Matters!
- Help us Improve KHS Infrastructure
- Go Into a Draw to Win a KHS Goodies Bag!

Scan the QR Code to Complete our Digital Survey

Collect & Complete a Survey from our Front Office

Follow us





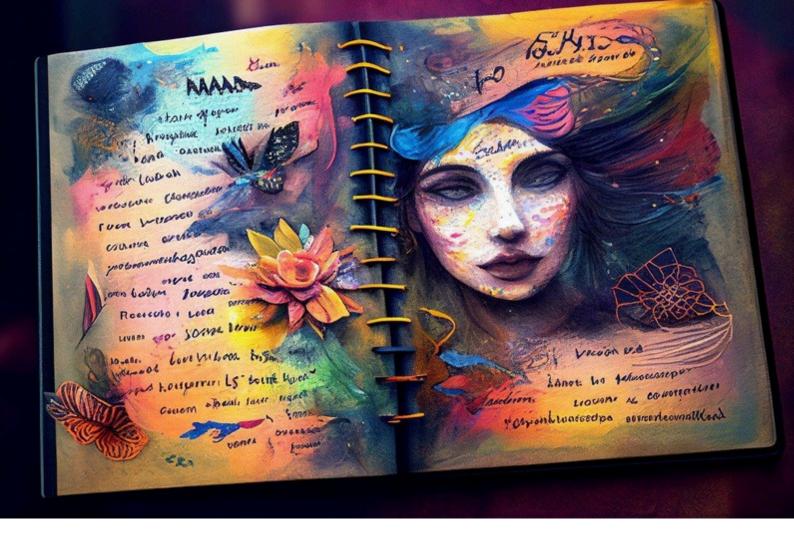


**For More Information** 

E: kandos-h.school@det.nsw.edu.au PH: 02 6379 4103



CYNELL ST.



# **Kandos Library**

# Monthly Book Club & Journalling

All journalling materials supplied

Ages 12-25

Wednesday 9 April – 3.45PM to 4.45PM



Bookings Essential mwrcyouth.eventbrite.com





MARKET STALLS ~ BBQ ~ RAFFLES ~ LIVE MUSIC

Saturday, 29th March 2025

at the Ilford Public School grounds

A special visit from the EASTER BUNNY

Chocolate Egg & Spoon race at 11AM

Support local small businesses

FREE Kids Bunnings Workshop

Live music from 'BUSHROCK'

Best dressed PRIZES

Free Entry

9am to 2pm

Everyone is welcome



Stall holder applications close Friday 21st March at 5pm. Stall holder 'walk-ins' will NOT be accepted on the day. Email ilfordpandc@outlook.com for an application



Photo Credit: Alex Wisser

# Body Moves & Monster Grooves: Space, Place and Scale in Performance Art

Join artist Gabrielle Bates for a free one-day immersive experience in collaborative performance art, emphasising the exploration of the body and its interaction with spaces, place and other participants.

# **Thursday 24 April**

from 10am – 2pm

Kandos Community Hall, 44 Angus Avenue Kandos





# We're coming to your community



# We're bringing NSW Government services to: Kandos Thursday, 1 May 2025 9AM - 3PM

Visit our Mobile Service Centre to access services like:

- Driver Knowledge Tests
- driver licence, mobility parking and photo card applications
- · Working with Children Checks
- NDIS Worker Checks
- birth, death and marriage certificates
- · cost of living support and more.

Call 13 77 88 or visit service.nsw.gov.au to check our latest timetable.

Severe weather may mean our timetable has to change at short notice, we strongly recommend you check on the day.



Find us at:

**Kandos Community Centre** 44 Angus Avenue





# Permission Forms & Payment Reminders



A friendly reminder that payments and permission notes for the following are now due:

- Ganguddy Field Trip
- ★ Biology Textbooks
- ★ Macbeth

Payments can be made via cash, cheque, or EFT at the school office. Alternatively, parents can now take advantage of our new online payment system in Sentral for added convenience. Instructions on how to use this system can be found on our School Website.

Thank you for your prompt attention to these payments, we appreciate your support!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PERIOD 1	9.00 -	9.00 -	9.00 -	Assembly	9.00 -
	9.55am	9.55am	9.55am	9.00-9.26am	9.55am
				YA Meeting	1
				9.28-9.55am	
PERIOD 2	9.55-	9.55-	9.55-	9.55-	9.55-
	10.45am	10.45am	10.45am	10.45am	10.45am
		RECESS 1	0.45-11.10am		
PERIOD 3	11.10-	11.10-	11.10-	11.10-	11.10-
	12.00pm	12.00pm	12.00pm	12.00pm	12.00pm
PERIOD 4	12.00-	12.00-	12.00-	12.00-	12.00-
	12.50pm	12.50pm	12.50pm	12.50pm	12.50pm
		LUNCH 1	12.50-1.15pm		
		LUNCH 2	1.15-1.40pm		
PERIOD 5	1.40-2.30pm	1.40-2.30pm	1.40-2.30pm	1.40-2.30pm	1.40-2.30pn
PERIOD 6	2.30-3.20pm	2.30-3.20pm	2.30-3.20pm	2.30-3.20pm	2.30-3.20pn