



Kandos High School



# NEWSLETTER

Term 2 Week 4  
**2025**

## What's On?



**Oskar Sander  
Selected for the  
NSWCHS Under  
16 Rugby Team**



**KHS Chess Team  
take on St Matt's in  
the NSW Junior  
Chess League**



**Athletics Carnival  
Highlights**



**ANZAC Day**



**Year 10 Biotechnical  
Expo Success**

### Monday, 26 May

- National Sorry Day
- AFL Program

### Tuesday, 27 May

- Reconciliation Week Commences
- After School HSC Industrial Tech Class
- Vaccination Clinic

### Wednesday, 28 May

- Afterschool HSC Ancient History Class

### Friday, 30 May

- Student Cafe
- After School HSC Visual Art Class

### Monday, 2 June

- AFL Program
- CHS Girls Touch Football
- After School HSC Industrial Tech Class

### Tuesday, 3 June

- CHS Girls Touch Football
- After School HSC Industrial Tech Class

### Wednesday, 4 June

- CHS Girls Touch Football
- CHS Girls Soccer
- Afterschool HSC Ancient History Class

### Thursday, 5 June

- CHS Girls Soccer

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📘 Official Kandos High School

# Principal's Welcome

Today, the school will participate in "Do It for Dolly Day". This day is one where the message of kindness is conveyed. I would like to believe that this message extends beyond this day and into each and every day.

Unfortunately, bullying is everywhere. Bullies are in schools and workplaces. They take the form of peers, colleagues and customers. Worse still, no one is immune to bullying and social commentary from those who have come to be known as "keyboard warriors" – just look at the fallout from Katy Perry's recent venture into space.

Growing up as kids we were told, "sticks and stones may break your bones, but names will never hurt you." Not true – this could not be further from the truth. Do not be a bystander – if you see something, report it, whether that be online or in person. Bullying is repeated or habitual behaviour and no one has the right to make anyone at school, work or on a sporting field feel worthless and inferior.

Many of you know my feelings about social media. I like to think that when Andrew Weinreich, the person credited with developing the first social media site, could not imagine the Pandora's box that had been released. Used for good, social media allows users to stay in touch with those that they might otherwise lose contact with and shrinks the distance between families and loved ones. However, we know that this is not always the case, and social media has become a platform where thoughts, ideas and opinions are freely shared, often with little regard toward those that the content applies.

Finally, I ask us all to be more responsible in our interactions – online and in person. If you were not there and did not see it with your eyes... say nothing. If you were not there and did not hear it... say nothing.

Finally, if who you are about to pass judgement on would not ask you for your opinion on something....stay quite. If you do not like what you see – stand up and report it.

*Mrs Deb Johnston*

**Relieving Principal**



# Pizza at the Pool with the Principal

On the final day of Term 1, Kandos High School celebrated the outstanding commitment of students who achieved over 85% attendance with a special "Pizza with the Principal at the Pool" Rewards Day.

It was a fantastic afternoon filled with delicious food, laughter, and great company, the perfect way to wrap up a huge and successful term. Students were recognised not only for their attendance but for their commitment to making every day at school count. We are incredibly proud of their efforts and the positive culture they help create at KHS.

A heartfelt thank you goes to our generous community supporters, Rylstone Club, Kandos Hotel, and Santos Pizza's, for cooking up over 45 pizzas and helping make the day such a success. Your support and community spirit are deeply appreciated.

As we head into Term 2, we encourage all students to:

- ✓ Keep showing up
- ✓ Keep giving it your best
- ✓ Support your mates by encouraging each other to be here, every day matters!

Let's keep the momentum going and make Term 2 even bigger and better.







# Kandos High School Attendance Matters



You can help build positive attendance habits by:



Helping your child learn the importance of punctuality and routine



Making sure your child arrives on time from the start of the school day, ready to take part



Reducing disruption to learning where you can, by planning any necessary appointments outside of school time



Contacting your school to explain any absences (within 7 days of the first day of any absence)



Making sure any holidays or medical appointments are taken outside school hours



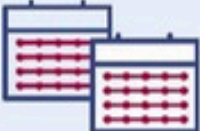
Working with the school to encourage and support regular attendance.

## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

**1** day per **fortnight**  
 = **4** weeks  = Over **1** year missed

**1** day per **week**  
 = **8** weeks  = Over **2.5** years missed



## Deputy's Report

Late last year, we communicated with you about our move to integrate more formative assessment for students in Years 7 and 8, and for students in Year 9 and 10 Elective classes, as we continue to strive for excellence in education at Kandos High School, and to support our students' learning journeys.

In line with this change to the way we assess student learning, we are excited to announce that we will be making changes to our half-early and yearly reporting format for those students, beginning this academic year. These adjustments will be designed to enhance our approach to student assessment and to provide students and parents with a more holistic view of student progress.

Our school community is committed to fostering an environment that prioritises student well-being and academic engagement. By focusing on student development rather than mere achievement, we believe the learning and assessment processes will become more meaningful for all students.

We encourage parents to read the reports together with their child, as this can foster meaningful discussions about learning and growth. If there are any questions or concerns, or if you wish to speak with individual teachers about the report, please do not hesitate to reach out.

Together, we can create a culture where students feel valued for their individual efforts and are motivated to take ownership of their learning.

Thank you for your support as we transition to this new approach to assessment and reporting.

Stay tuned! More details about these reporting changes will be explained in the next newsletter.

*Rod San Martin*

**Acting Deputy Principal**

# First Day of Term 2





# Athletics Carnival

Our annual Athletics Carnival, held on Friday 2 May at Waratah Park, was a day to remember. With perfect weather and an electric atmosphere, students from every year level gave it their all across a wide range of events. From sprints and long distance races to jumps and throws. The energy, encouragement, and outstanding sportsmanship on display were fantastic!

It was wonderful to see families and supporters cheering from the sidelines, helping to create a vibrant community spirit that made the day even more special.

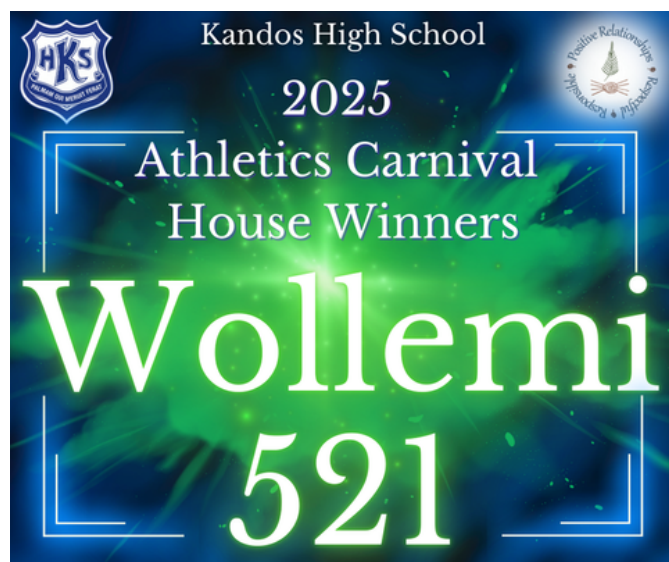
A huge thank you goes to Mrs Kerry Reynolds, Miss Brooke Garland, Mr Nick Nassis, and Mr Mitchell Large for their incredible work organising and running the event. Their planning, energy and commitment ensured the carnival was a smooth and enjoyable day for all involved.

Congratulations to our 2025 House Champions: Wollemi! With a massive 521 points, Wollemi stormed to victory, showing amazing team spirit and consistency across the day.

After such a successful Athletics Carnival, we are absolutely thrilled to announce that 42 KHS students have qualified for Western Region Athletics, representing our school in a staggering 139 events!

This is one of our biggest Western Region Athletics teams ever, and we couldn't be prouder of every student who competed, supported their mates, and demonstrated the true spirit of Kandos High.

Good luck to all our competitors as we head into the next stage. We'll be cheering you on every step of the way! Go KHS!







### Age Champions for 2025

- 12 Boys: Liam Ashford
- 12 Girls: Lillian Griffin
- 13 Boys: Kobie Potts
- 13 Girls: Finlay Aguirre
- 14 Boys: Alex Rogers
- 14 Girls: Akyah Wilkinson
- 15 Boys: William Moxham
- 15 Girls: Kiesha Duffield
- 16 Boys: Oskar Sander
- 16 Girls: Emily Gallaher
- 17 Boys: Jack Desreaux
- 17 Girls: Alexandra Grimshaw



You can now view the full photo gallery from the day on our school website by scanning the QR Code





















# Oskar Sander Selected for the NSWCHS Under 16 Rugby Team

We are incredibly proud to announce that Oskar Sander has been selected to represent three major rugby teams in 2025: the Mudgee Wombats, the Central West Bulls Under 16s (Club Union), and the NSW Combined High Schools (NSWCHS) Under 16 Team (Schools Union).

Due to the absence of a trial pathway through our school or Western zone, Oskar had to enter directly into open selection for the NSWCHS team, competing against some of the strongest school-aged rugby players across New South Wales. In a remarkable achievement, he not only earned his place in the squad, but secured the starting number 3 tight head prop position.

In June, Oskar will represent Central West Bulls at the NSW Junior State Championships, held at Eric Tweeddale Stadium, Granville. This event is part of the Club Union pathway and features top regional teams from across NSW. It will be closely watched by selectors scouting talent for the Under 16 Waratahs, a key stepping stone toward professional rugby.

This is a significant accomplishment, not just for Oskar, but for Kandos High School and our entire community. To see a student from a small, rural school earn a starting position in a state-level team through open trial is truly outstanding. It reflects Oskar's dedication, resilience, and skill, and proves that big things can come from small schools.

Keep an eye on our KHS Facebook page for updates on Oskar's journey at the championships. We'll share match times and live-streaming links so you can cheer him on and celebrate this amazing achievement!





# ANZAC Essay Competition

As part of this year's ANZAC commemorations, students from Kandos High School once again participated in the annual ANZAC Day writing competition, a valued tradition proudly supported by the Kandos RSL Sub-Branch. This initiative encourages students to reflect deeply on Australia's military history and the lasting impact of war on individuals, families, and our national identity.

The RSL Sub-Branch continues to value its strong relationship with local schools and recognises the importance of student involvement in meaningful acts of remembrance. Projects such as placing flags and poppies at the cemetery, researching service records, and participating in commemorative events help connect our students with the stories and sacrifices of those who came before them.

During this year's ANZAC Day services, both Kandos High School and Kandos Public School presented thoughtful and moving contributions. We are especially proud of William Moxham, who was selected as KHS's essay competition winner. William shared his reflective and well-researched piece during our school's ANZAC Assembly, as well as the Community ANZAC Service, offering insights into conscription, the ANZAC legacy, and the evolving national identity shaped by wartime experiences.

We congratulate William on his achievement and thank all students who took part in the competition for their meaningful engagement with this important part of Australia's history.





# ANZAC Day Dawn Service

On Friday 25 April, staff, students and community members from Kandos High School gathered in the quiet pre-dawn hours to commemorate ANZAC Day, a solemn occasion of remembrance and gratitude.

Held at the Kandos and Rylstone War Memorials, the Dawn Services brought together generations to honour the courage, sacrifice, and enduring legacy of the Australian and New Zealand Army Corps. Students proudly represented the school, laying wreaths on behalf of Kandos High and paying their respects in a dignified and respectful manner.

The silence of the early morning was pierced by the haunting notes of the Last Post, followed by a minute's silence and the Reveille , a powerful tradition that reminds us of the lives lost in service and the importance of never forgetting. The ceremonies also included the reading of The Ode and reflections on the enduring spirit of the ANZACs, mateship, resilience, and courage.

We are proud of our students who attended the services, particularly those who participated in the ceremonies themselves. Their respectful conduct and willingness to be involved reflect the values we hold dear as a school and a community.









# ANZAC Day March

Following the solemn dawn services at the Kandos and Rylstone War Memorials, the spirit of remembrance continued later that morning as our students and staff proudly took part in the ANZAC Day March up Angus Avenue in Kandos.

Wearing their uniforms with pride, our students marched alongside veterans, service personnel, emergency services, and community groups, each step a powerful tribute to the courage, endurance, and mateship of the ANZACs. We extend our sincere thanks to all Kandos High School students and staff who represented our school with dignity and respect during this important community event.





The ANZAC Day March is more than just a tradition, it's a symbol of unity, gratitude, and remembrance. Veterans march to honour their fallen comrades, to reflect on their own service, and to show solidarity with those who have served before and since. It's also a chance for the community to come together, to recognise the cost of war, and to ensure that the stories of service and sacrifice are not forgotten by future generations.

While the nature of service has changed over time, the values embodied by the ANZAC spirit remain as relevant today as they were in 1915. By participating in the march, our students help carry that legacy forward, not just through ceremony, but through active remembrance and community connection.

We are proud of our school's involvement in this year's commemorations and thank everyone who took the time to be part of such a meaningful occasion.

### **Lest We Forget.**





## ANZAC Service Of Remembrance

On Wednesday 1 May, Kandos High School held its annual ANZAC Service of Remembrance, honouring the courage, sacrifice, and enduring spirit of Australian and New Zealand servicemen and women. This moving school event, led entirely by students, brought our school community together in a solemn and respectful tribute.

The service began with a flag parade and Acknowledgement of Country, followed by reflections on the history and significance of ANZAC Day. Students from across year groups delivered powerful readings on the 110th anniversary of the Gallipoli landing, the 80th anniversary of the end of World War II, the 75th anniversary of the Korean War, and the 65th anniversary of the end of the Malayan Emergency. Their presentations captured the depth of Australia's military history and the importance of ongoing remembrance.

We were proud to hear from essay competition winner Will Moxham, whose thoughtful writing offered insight into the legacy of World War I and the ANZAC legend. Year 9 students shared original poetry that deeply moved the audience, and the ceremonial playing of the Last Post, minute's silence, Rouse, and National Anthem provided a poignant conclusion.

Our thanks go to all the students who took part in the service, from presenters and poetry readers to flag bearers and slideshow creators. Your maturity, preparation, and delivery were a credit to yourselves and to the school. Special thanks also to Mrs Helen Fuller, who coordinated the event with great care and dedication. Her guidance ensured the service was both meaningful and inclusive.

As our school continues to teach and reflect on the significance of ANZAC Day, events like this remind us of the values we honour: courage, mateship, endurance, and sacrifice.

**Lest We Forget.**





## Sweet ANZAC Traditions

Following the conclusion of our school's ANZAC Service of Remembrance, students and staff were treated to a special gesture that has become a much-loved tradition at Kandos High School, a batch of freshly baked ANZAC biscuits, generously made by Mrs Julie Parsons.

Each year, Mrs Parsons donates her time and baking talents to create these symbolic treats for our students, staff and guests. More than just a biscuit, this act of kindness honours the ANZAC spirit through care, connection, and community.

We sincerely thank Mrs Parsons for her continued generosity and thoughtfulness. Her warm contribution adds a personal and memorable touch to our commemorations, and it is deeply appreciated by our entire school community.





# Rylstone Cemetery Flag Laying

On Wednesday 9 April, students from Kandos High School's CLIP class, accompanied by Mr Anthony McDonald and several of our local veterans, visited Rylstone Cemetery to lay Australian flags on the graves of fallen soldiers and veterans.

This meaningful gesture is part of a longstanding tradition shared between Kandos High School and our local veteran community, and it is one we are proud to continue. The activity offers our students the opportunity to reflect, express gratitude, and connect with the legacy of service and sacrifice that has shaped our nation.

With approximately 160 ex-service personnel buried and commemorated at the Kandos-Rylstone Cemetery, the experience was a powerful reminder of the scale of contribution made by our small but proud local community.

We sincerely thank our veterans for their continued support, and for the time they give to help our students understand the true meaning of ANZAC Day and the importance of remembrance.

## **Lest We Forget.**





## Gaanha-Girri: Carrying Future

On Wednesday, 7 May, a group of our Indigenous students participated in Part 2 of the Gaanha-Girri: Carrying Future Program, continuing their cultural learning journey with an excursion to The Drip near Mudgee, a site of great cultural and environmental significance.



The Drip, also known as Dripping Rock, is a striking sandstone formation located on Wiradjuri Country along the Goulburn River. Water seeps through the rock face year-round, creating a lush, tranquil space rich with native flora. For Aboriginal people, it is a sacred site, a place for reflection, storytelling, and spiritual connection.





During the excursion, students had the opportunity to walk alongside the river, listen to cultural stories, and explore their own identity through the lens of Country and community. The experience fostered reflection on their roles as future knowledge holders and cultural leaders.

Programs like Gaanha-Girri are vital in nurturing pride, resilience and a deep sense of belonging among our students. We commend them for their respectful engagement and the meaningful way they participated in this important experience.

A heartfelt thank you goes to the program facilitators and community members who continue to support and guide our students on their journey. ❤️💛❤️





# Year 11 Biology Field Study

On Wednesday 7 May, our Year 11 Biology students, accompanied by Mrs Karen Simpson, undertook a field study at Ganguddy Reserve in Wollemi National Park, exploring the unique dry sclerophyll ecosystem firsthand.

Throughout the day, students investigated the biotic (living) and abiotic (non-living) components of the environment. They collected data on factors such as soil moisture, light intensity, and species diversity, while also observing the complex interrelationships between organisms and their surroundings.

This hands-on experience allowed students to apply scientific methods outside the classroom, deepening their understanding of ecological interactions, biodiversity, and the importance of conserving delicate ecosystems like Ganguddy.

Congratulations to our Year 11 biologists for their enthusiasm, teamwork, and scientific curiosity during this valuable learning experience.





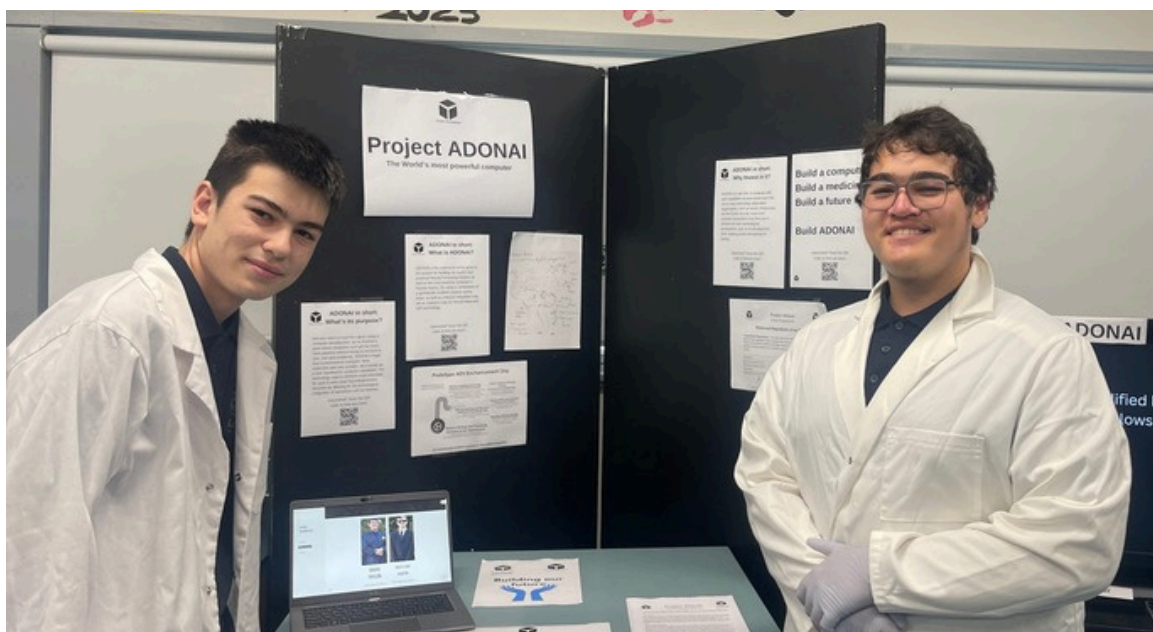
## Big Science Competition

This term, 45 of our enthusiastic students from various year levels participated in the Big Science Competition, a challenge that tests scientific literacy, critical thinking, and problem-solving. The competition provided a great opportunity for students to apply their knowledge to real-world scenarios and compare their skills with peers from across the country. We look forward to seeing how our budding scientists performed!

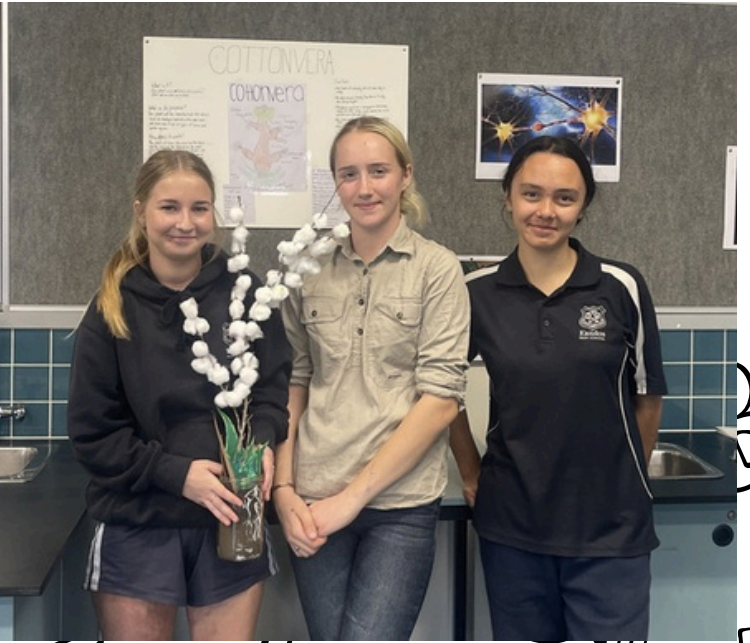
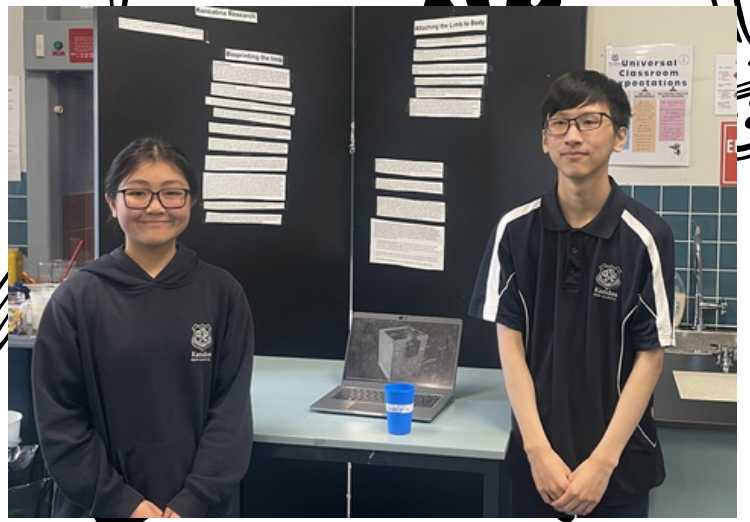
## Biotechnology Expo

In a celebration of innovation and future-focused thinking, our 10 SCIH class hosted a Biotechnology Expo, where students presented their ideas for cutting-edge biotech solutions. From medical advances to sustainable technologies, students showcased their understanding of biotechnology's role in solving global challenges. The expo was a dynamic and engaging event that highlighted the creativity and scientific understanding of our students.

Science at our school continues to be a space of discovery and excitement, and we look forward to more opportunities for students to explore the world around them through a scientific lens.









# Hospitality Excellence at the Royal Easter Show

Kandos High School was proudly represented at the Royal Easter Show by three of our outstanding Hospitality students, Mia Reddish, Emily Gallaher, and Bridget Grimshaw, alongside their dedicated teacher, Mrs Julie Parsons. The team took part in the Rural Students Café, an initiative that offers regional students hands-on experience in a fast-paced, professional hospitality setting.

Over several days, the students showcased their skills in both pastry and hot service. They began by mastering the art of the iconic Aussie pavlova, carefully whipping, piping, and plating the perfect combination of crisp meringue and marshmallow-soft centres, topped with fruit and finesse. Visitors to the Café were treated to their sweet creations, made with pride and precision.





Later in the week, the KHS team returned to the café's Hot Service section, where they prepared and served mouth-watering house-made sausage rolls and quiches to hungry Show attendees. All dishes were made from scratch and served with a smile, true ambassadors for our school.

This real-world experience allowed the students to gain valuable industry insight, build confidence, and develop skills that will serve them well into the future. Their professionalism and teamwork under pressure did KHS proud.

A huge congratulations to Mia, Emily, Bridget, and Mrs Parsons for their incredible work at the Show. If you visited the Rural Students Café, you may have tasted more than great food, you tasted the future of regional hospitality talent!





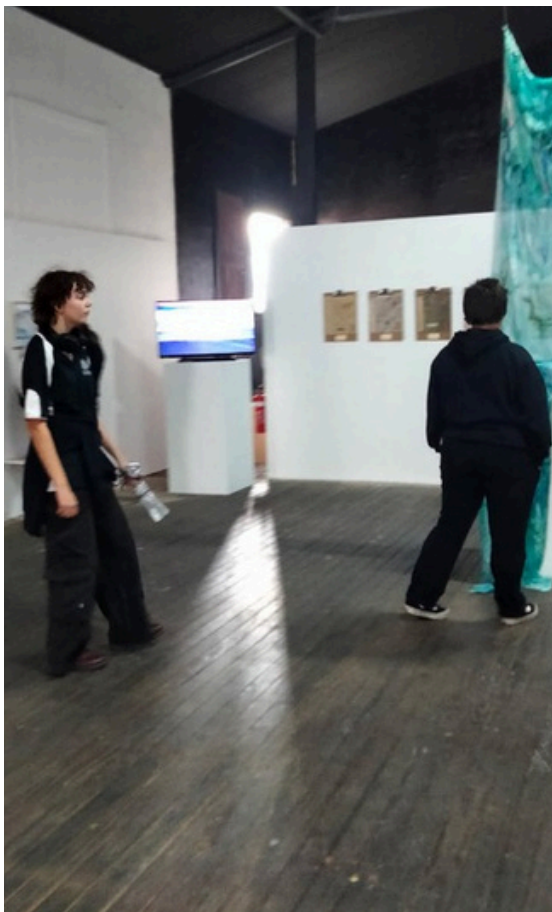
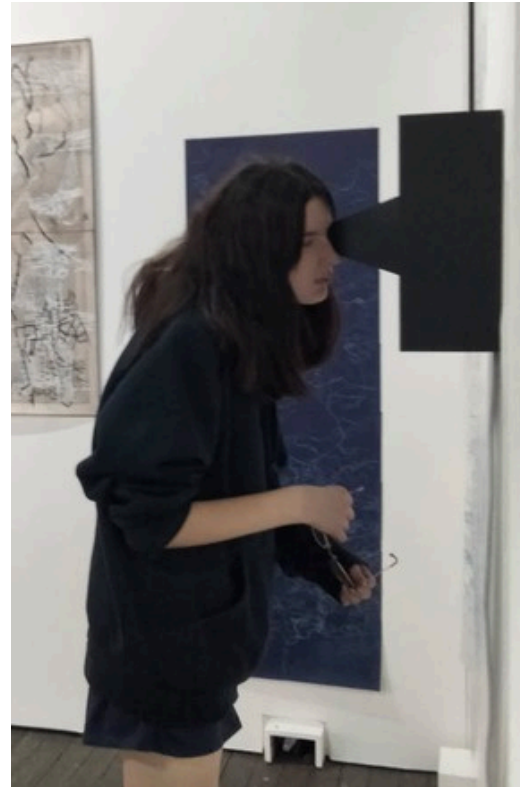
# Visual Design Excursion

Our Year 11 Visual Design students recently visited Wayout Artspace in Kandos to explore the thought-provoking exhibition WAY BEYOND GOES WAY OUT, a national survey of 24 contemporary Australian Walking Artists.

At the heart of each artwork is the simple yet powerful act of walking, whether through rural, urban, or suburban landscapes, exploring movement, place, and perception, both literally and metaphorically.

The exhibition is co-curated by Molly Wagner and Leanne Wicks, and is open to the public Fridays, Saturdays and Sundays from 10am–2pm, until Sunday 22 June.

Well worth a visit!





## Open Girls Soccer

On Tuesday 6 May, our Open Girls Soccer team took to the field after a first round bye to face a strong Dubbo College Senior Campus side. The team, made up of students from Year 7 to Year 12, displayed excellent sportsmanship, determination, and teamwork throughout the match.

Although the final result wasn't in our favour, the girls represented Kandos High School with pride and resilience.

We would like to make special mention of our five Year 12 students, Alexis Farrugia, Teegan Reynolds, Aleisha Brenna, Alexandra Grimshaw and Haidee Burlington, who played their final game for Kandos High. Their leadership, commitment and contributions to the team over the years have been truly valued, and we thank them for their dedication. Congratulations to the entire team on a commendable performance.





## Free Touch Football Refereeing Course

Creative Community Concepts is offering an exciting opportunity to KHS students, a free Touch Football Refereeing Course delivered by none other than an Australian touch football legend!

The course includes:

- Online theory modules to complete in your own time
- A practical training day later this term, right here at school

If you're interested in developing your leadership skills, gaining a refereeing qualification, and learning from one of the best, add your name to the list outside the PE staffroom.

Don't miss out on this awesome opportunity!

## Safer Drivers Course at Kandos High

Mrs Kerry Reynolds is planning to run a Safer Drivers Course at Kandos High School before the end of Term 2!

To take part, you must:

- ✓ Have your Learner's Permit
- ✓ Have at least 50 hours recorded in your log book

The course will run at school and is a great way to boost your skills, and you'll receive 20 bonus log book hours when you complete it!

We need a minimum of 6 students to run the course, so if you're interested, add your name and current log book hours to the sheet outside the PE staffroom

Still under 50 hours? Use this as your goal to work towards, you've got time!







## Royal Easter Show

Kandos High School was again represented at the Royal Easter Show by seven past and present students. All students who attended made oral sections in their respective competitions, indicating the knowledge of our students and the quality of our team. Seanna Duffield went on to place 3rd in Merino Judging and Alexis Farrugia finished 4th in Merino Fleece Judging. Millie Brown, our Farm Assistant, finished Reserve Champion in Merino Fleece Judging and Goat Judging.

Congratulations to all students on their achievements.





# Hawkesbury Show



The first show for this term was in Hawkesbury. Sheep were loaded at 4:00 am for the commencement of judging at 8:30 am. Competition was strong, with the day concluding with us competing in the School Competition against St Paul's from Western Sydney, the only other school in the state to have Black and Coloured Sheep. Marilyn and Don were our entries in this competition, with Marilyn winning the broad ribbon for Best School Exhibit.





## Orange Show



Braving the cold, the Show Team travelled to Orange. The team was competitive in all classes. Cudgie and Matilda English won Prime Heifer, with Carter and William Moxham placing 3rd in the Prime Steer Class. The team was well represented in the Cattle Judging, with Pat Lus winning the Junior Section, while Aleisha Brennan and Bronte MacPherson placed 2nd and 3rd respectively in the Senior Competition.



The sheep performed well, as they always do. Pyper Wilkinson had the first unexpected win of the day with Sally, who won the Fine Wool Section, the first time that we have ever taken first in this class. Don and Marilyn both finished as Reserve Champions.







Aleisha Brennan was awarded Senior Champion and, in a close finish in the Junior Competition, Pat Lus managed to fight off the Moxham boys, Luke and William, for Champion Junior Judge.

Students then backed up and headed seven hours south to Holbrook to compete in the Sheep and Wool Fair on Tuesday, 20 May. Results for this show will be in the next newsletter.



*Mrs Deb Johnston*  
**Agriculture Teacher**



## P&C Mother's Day Raffle Winners

The Kandos High School P&C raffle was drawn this morning, and we're excited to announce our lucky winners:

Rebecca Hellegers – Sisis Pamper Plus Pamper Pack

Emma Ashford – Voucher for The Beauty Lounge, Rylstone

Liz Gardiner – Nash Flower Farm Bouquet & Flower Blitz Sugar

Loretta Sant – Earrings from Mon Alisa Design

A huge thank you to everyone who supported our P&C by purchasing raffle tickets. Your generosity helps us continue to support our students and school community.

We also extend our heartfelt thanks to the local businesses who generously donated these wonderful prizes, your support makes a real difference.

Congratulations again to all our winners!





## P&C AGM Update

The Kandos High School P&C Association held its Annual General Meeting on 13 May 2025, and we're pleased to share the newly elected executive team:

- President: Sherie Thorn
- Vice Presidents: Alisa Burlington & Sheree Thorn
- Secretary: Renee Ford
- Treasurer: Sarah Moxham

We'd like to acknowledge and thank all outgoing and continuing committee members for their ongoing dedication to the KHS community.

The P&C plays an important role in supporting our students and strengthening school and family connections. They are already planning a fun family night to help families meet, connect, and compete for house points, stay tuned for more info!



### Kandos High School **P&C Meeting**



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**Tuesday, 5 August**  
**5pm**

**Rylstone Club**

**For registration and inquiries :**

[Kandoshighpandc@gmail.com](mailto:Kandoshighpandc@gmail.com)

02 6379 4103



**P&C**  
**FEDERATION NSW**



# HSC Written Exam Timetable Released for 2025

The NSW Education Standards Authority (NESA) has officially released the 2025 HSC written exam timetable, giving Year 12 students and their families the opportunity to begin preparing for this important final stage of their schooling journey.

The HSC written exams will begin on Tuesday 14 October and conclude on Friday 7 November 2025. All exam dates, times, and subject details can now be viewed online via the NESA website. Scan the QR Code below to view the NESA website. Students are strongly encouraged to check the timetable carefully, note their individual exam dates, and begin planning ahead to ensure they are well-prepared and organised.

At Kandos High School, staff will continue to support our Year 12 students through their studies and preparation. We encourage all students to maintain a steady revision routine, seek help when needed, and look after their wellbeing throughout this busy period.

Good luck to our HSC class of 2025, you've got this!





# Mental Health Chat for Parents and Carers

Learn some practical skills to help the young people in your life at our Mental Health Chat. Lifeline professionals will cover topics such as wellbeing, stress and anxiety. You'll learn how to recognise if someone may be having thoughts of suicide and where to get help.

 Friday 13 June

 9.30am - 11.30am

 Mudgee Arts Precinct, 90 Market Street Mudgee

 Participants must be age 16+

 FREE

Bookings Essential via Eventbrite: <https://bit.ly/MentalHealthChatLifeline>

# MENTAL HEALTH CHAT

## FOR PARENTS AND CARERS





14/05/2025

Dear parents, guardians and carers,

**Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)**

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005*, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

Kind regards,



**Deb Johnston**

**Acting Principal**





# KANDOS HIGH SCHOOL

Gymnasium

Air Conditioning

Project

# COMMUNITY SURVEY

## HAVE YOUR SAY

- ✓ 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](mailto:kandos-h.school@det.nsw.edu.au)  
PH: 02 6379 4103





# Do you have a health care card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops



1300 610 355

[saverplus.org.au](http://saverplus.org.au)

NSW TSF BTS 25





# School Vaccination - Student Information



Vaccination is a simple and clever way to protect you from serious diseases now and later in your life. It also protects your friends and family by helping stop the spread of disease.

## What to expect

### Before vaccination day

Don't miss out on these free vaccines! Remind your parent or carer to complete the online consent form at <https://engage.health.nsw.gov.au/engage>, or ask your school for a paper consent form.

Your parent or carer will need to complete the form before you get vaccinated at school.

### On the day

- Have a good breakfast.
- If your school allows it, wear a short sleeve shirt like your sports uniform.
- A nurse will talk to you about the vaccine. There may be other students already there.
- Make sure you let the teacher or nurse know if you are feeling nervous or unwell.
- The nurse will ask you some questions:
  - Your name, date of birth and address
  - Check that your consent form has been signed
  - Ask if you are feeling well or have any allergies
  - Other questions about your health and wellbeing.
- When getting your vaccine, you may feel a little pinch, sting or tingle.
- After you get your vaccine, you will wait for 15 minutes to make sure you're feeling well.
- It is common to get some swelling, muscle ache, redness and a small red lump at where you had the injection. You may also feel tired or have a headache.
- Make sure you keep moving your arm to help with muscle soreness.
- After vaccination you can play sport, have a shower and participate in after school activities.

**Well done! You did it!**





## Your vaccines and why they are important

| Year 7                                                                                                                                                                                                                                                                                    | Year 10                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Human papillomavirus (HPV) vaccine</b></p> <p>This vaccine is important as it protects you against HPV-related cancers and illnesses that can affect everyone.</p>                                                                                                                  | <p><b>Meningococcal ACWY vaccine</b></p> <p>This vaccine is important as it protects against four types of meningococcal bacteria, which cause serious disease that can quickly become life-threatening.</p> |
| <p><b>Diphtheria, tetanus, and pertussis (whooping cough), (dTpa) vaccine</b></p> <p>This vaccine is important as it protects you against three illnesses – diphtheria, tetanus and pertussis, also known as whooping cough. These illnesses are serious and can be life threatening.</p> | <p><b>Remember – if you're not at school on vaccination day, don't worry. You can catch up at a future school clinic, or you can get a free vaccine at your GP or local pharmacy.</b></p>                    |



For more information visit [www.health.nsw.gov.au/schoolvaccination](http://www.health.nsw.gov.au/schoolvaccination) or scan the QR code.





# How to stay connected and ask R U OK? any day

**Start by asking, 'are you OK?'**

**No, I'm not OK.**

**Yes, I'm fine.**

**Dig a bit deeper:**

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

**But your gut says they're not:**

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

**Listen with an open mind**

**Encourage action and offer support**

"How can I help?"

"Have you thought about seeing your doctor?"

"What would help take the pressure off?"

**Make time to check in**

"Let's chat again next week."



# Tell Your Story - Youth Art Exhibition

**Mudgee Arts Precinct | May 30 – June 30, 2025**

You're invited to share your voice! Are you aged 12–24 and living in the Mid-Western Region? Do you paint, draw, sculpt, film, record, or create in any way?

Tell Your Story is a youth-led exhibition celebrating the voices, visions, and experiences of young people across our region. We're inviting submissions of original artwork to be part of this month-long exhibition at Mudgee Arts Precinct.

## What can you submit?

We welcome a wide range of creative works including:

- 2D artworks (drawings, paintings, prints, etc.)
- 3D works (sculpture, textiles, installation)
- Digital media (photography, video, sound, animation)

This is your chance to be part of a professionally presented exhibition and share what matters to you. No previous exhibition experience needed, just your creativity and your story.

## Key Dates

- Entries close: Monday May 26
- Artwork delivery: May 27–28
- Exhibition opening: Friday May 30, 3:30pm

Find out more: <https://bit.ly/TellYourStoryExhibitionWebsite>

Ready to submit your work? <https://bit.ly/>

## TellYourStorySubmissionForm

### Want to be a curator?

We're also looking for young people to help curate the exhibition.

If you're curious about how exhibitions come together, this is a great opportunity to learn and be involved behind the scenes.

Get in touch:

[youth.services@midwestern.nsw.gov.au](mailto:youth.services@midwestern.nsw.gov.au)

Proudly funded by NSW

Government in association with  
Mid-Western Regional Council.





# *"Musical Statues"*

## *Sculptures in the Garden*

*for kids!*

*Bring your songs to life!*



@SIGFORKIDS

**Sculptures in the Garden, Mudgee**  
**11-26 October 2025**

**🎵 CALLING FOR WEATHERPROOF MUSICAL STATUES 🎵**

**DELIVERY OF WORKS: Friday 10th October 2025 9-11AM**

**To enter & more information: [sculpturesinthegarden/sig-for-kids](https://sculpturesinthegarden/sig-for-kids)**

**Queries: [maree.parker@mudgeepreschool.com.au](mailto:maree.parker@mudgeepreschool.com.au)**



# Permission Forms & Payment Reminders



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

- ✦ NAIDOC Week Orders
- ✦ Biology Textbooks
- ✦ Trade Readiness
- ✦ Boccia

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!



## Kandos High School



### Be a Positive Role Model on Social Media

**T** Is it... **TRUE?**  
**H** Is it... **HELPFUL?**  
**I** Is it... **INSPIRING?**  
**N** Is it... **NECESSARY?**  
**K** Is it... **KIND?**

