



Kandos High School

# NEWSLETTER

Term 3 Week 7  
**2025**

## What's On?

### Monday, 8 September

- Safer Drivers Course

### Wednesday, 10 September

- Breakfast Club
- CHS Athletics
- Pop-Up Restaurant
- Afterschool HSC Ancient History Class

### Thursday, 11 September

- CHS Athletics
- RFS Cadet Training Program
- Youth Aware Mental Health Program

### Friday, 12 September

- Student Cafe
- CHS Athletics
- Donna Lane Squash Tournament

### Monday, 15 September

- Year 11 Exams

### Tuesday, 16 September

- Year 11 Exams

### Wednesday, 17 September

- Year 11 Exams
- Afterschool HSC Ancient History Class

### Thursday, 18 September

- Year 11 Exams
- RFS Cadet Training Program
- Youth Aware Mental Health Program
- Watershed Landcare Tree Planting

### Friday, 19 September

- State Squash Final



## Girls Squash Team Make it to State Finals



## Year 6 Students Start Orientation

📍 Fleming St, Kandos, NSW 2848

☎ 02 6379 4103

✉ kandos-h.school@det.nsw.edu.au

📘 Official Kandos High School

## Principal's Welcome

This week we have celebrated the work of our SASS staff and the contribution they make to our school. I thank all our SASS staff for the commitment they show to our school community – from the work they do in the Front Office and keeping us up to date through communications, to classrooms where they support our students and teachers, and to the great outdoors where they maintain our school grounds and Ag Plot. Thank you!

I would also like to take a moment to remind our community that our school is our workplace and, as such, we all deserve to be communicated with in a respectful and courteous manner. We often hear the saying, “treat others as you would like to be treated.” The next time you walk through our front door or call the school, please communicate as we ask our students to – in a manner that is respectful and helps build positive relationships.

The end of the term is rapidly approaching and, with it, the final weeks, days, and hours that our Year 12 of 2025 will spend with us at Kandos High School. On Thursday, 25 September, we will celebrate their years of schooling, and we invite our community to join us in this rite of passage.

*Mrs Deb Johnston*

**Relieving Deputy Principal**





# School Community Charter



**Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat  
each other  
with  
**respect**

## What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with Our Plan for NSW Public Education.



## Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- To be welcomed into our schools to work in partnership to promote student learning.
- Communication from school staff will be timely, polite and informative.
- Professional relationships with school staff are based on transparency, honesty and mutual respect.
- To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We  
**prioritise**  
**the wellbeing**  
of all students  
and staff

**Unsafe  
behaviour**  
is not acceptable  
in our schools

We work  
**together**  
with the  
school

**Ensuring respectful learning environments for all members of NSW Public Schools communities.**



We create  
**collaborative**  
learning  
environments

We  
all play  
**our part**

We work  
**in partnership**  
to promote  
student  
learning

## Communicating with our schools

Our staff will find a timeto talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process:

[education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](http://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)



## Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



**Collaborative.**  
**Respectful.**  
**Communication.**

School Community Charter

[education.nsw.gov.au](http://education.nsw.gov.au)



## Deputy's Report

It has been a busy and exciting time at our school, with students embracing opportunities both in the classroom and beyond.

Our Year 12 students have completing their Trial HSC exams. This is a valuable opportunity for them to demonstrate their learning and receive feedback to guide their preparation for the HSC examinations next term. We commend our students for their commitment and resilience during this important period and thank staff for their ongoing support.

Year 10 students recently participated in the state-wide VALID Science test. This assessment provides valuable insights into student understanding of scientific concepts and skills, while also supporting our teachers in identifying strengths and areas for future growth.

Congratulations to our chess team for their outstanding win in the recent competition. Their strategic thinking, perseverance, and teamwork have brought great pride to our school community.

We are also proud of the students who were selected to participate in the Central West Athletics Carnival. Representing our school at this level is an impressive achievement.

This week we celebrated PSA Schools Recognition Week, acknowledging the invaluable contribution of our School Administrative and Support Staff. Their dedication keeps our school running smoothly and supports the success of our students every day.

Looking ahead, we are excited to welcome Year 6 students from our partner primary schools for their transition day. This is an important step in ensuring a smooth and positive start to high school life, and we look forward to showcasing the supportive and engaging learning environment our school offers.

As always, thank you to our dedicated staff, supportive families, and enthusiastic students for continuing to make our school a vibrant and successful learning community.

*Miss Karen Simpson*

**Relieving Deputy Principal**

## Alumni Success: Corey Armstrong-Lane Named 2025 Apprentice of the Year

Kandos High School is incredibly proud to celebrate the success of our 2020 School Captain, Corey Armstrong-Lane, who has been named the 2025 Apprentice of the Year at the recent Skillset Awards.

Corey is completing his Certificate III in Mobile Plant Technology with Skillset and host employer Yancoal's Moolarben Coal Operations near Mudgee. Since beginning his apprenticeship in 2022, he has developed into a highly skilled and trusted tradesperson, working



independently on multi-million-dollar machinery, holding multiple high-risk work licences, and consistently demonstrating leadership, professionalism, and technical excellence. KHS family is so proud of you!

Skillset CEO, Narelle Stocks, congratulated Corey on being selected for the prestigious award, which recognises him as the best and brightest apprentice from more than 200 apprentices employed by Skillset across Western NSW. She praised his dedication, talent, and commitment to excellence, while also acknowledging the support of Moolarben in nurturing emerging talent.

Corey's achievement is a shining example to our students and community of the many pathways to success after school. His journey shows how hard work, practical skills, and a positive attitude can open doors to incredible opportunities.

Congratulations, Corey, your KHS family is so proud of you!

## 2026 School Captain Speeches

On Thursday, 4 September, our 2026 School Captain candidates presented their speeches at assembly. Each of the five candidates spoke with confidence, enthusiasm, and maturity, making it clear that Kandos High School has a bright future of student leadership ahead.

Congratulations to Oskar Sander, Emily Gallaher, Eleanor Vidler, and Seanna Duffield for stepping up to this challenge and putting themselves forward for such an important role within our school community.

Voting for the 2026 School Captains was held during recess on the same day. Thank you to all the staff and students who voted! The results will be officially announced at the Year 12 Farewell Assembly at the end of term.

We commend all candidates for their efforts and courage in sharing their vision for Kandos High School.





# CLIP Students Join NSW RFS Secondary School Cadet Program

Our CLIP class has proudly joined the NSW RFS Secondary School Cadet Program, a unique opportunity for high school students to step into the boots of our Rural Fire Service volunteers and experience their values, skills, and teamwork firsthand.

Throughout the program, students will:

- ✓ Gain practical life skills
- ✓ Develop leadership, initiative, and teamwork
- ✓ Build a strong sense of community service and responsibility

Training is being delivered by our local RFS members from surrounding stations, giving students hands-on experience and a genuine taste of what it means to be part of the RFS.

At the end of the program, those who wish to continue on and join their local Brigade will still need to meet the formal qualification requirements, but they will begin with an excellent understanding of the culture, expectations, and rewards of volunteering.

A huge thank you to our dedicated local RFS members for sharing their time and expertise with our students, you are helping to inspire the next generation of community leaders.





## In the Classroom - Maths in the Sunshine

On Friday 15 August, Mr Andy Kiely's Year 9 and 10 Mathematics class took their learning outside, making the most of the sunshine while putting trigonometry into action.

Using clinometers and trundle wheels, students measured angles of elevation to calculate the height of our school buildings, before applying the same knowledge to estimate the height of their football kicks.

This hands-on activity gave students the opportunity to connect classroom learning with real-world problem solving, while reinforcing their understanding of trigonometric ratios, measurement, and teamwork.



## Alumni Hall of Fame

# Nominations Now Open

Kandos High School is proud to announce the launch of its Alumni Hall of Fame, a new initiative designed to honour the incredible achievements of past students. The Hall of Fame will celebrate alumni who have carried the spirit of KHS into their careers, communities, and beyond, whether making a difference locally or gaining recognition on the world stage.

The program recognises inductees in two categories:

**Distinguished Alumni** (Highest Honour): For graduates who have achieved extraordinary success recognised at state, national, or international level.

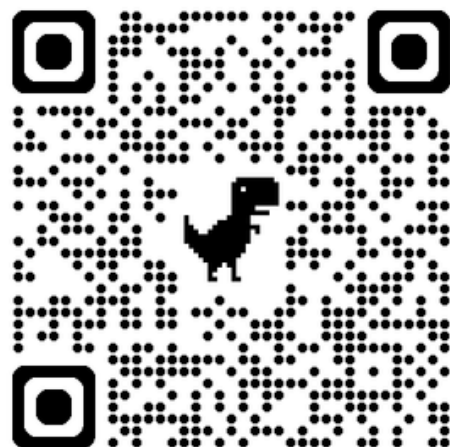
**Accomplished Alumni** (Broader Recognition): For those who have achieved notable success at local, regional, or state level, or who have made valuable contributions to their communities.

All inductees will reflect the school's PBL values, Positive Relationships, Respectful and Responsible, and serve as role models for current students, showing what is possible with hard work, resilience, and a commitment to giving back.

Kandos High School is now calling on its community to help uncover these stories of success. Families, friends, and community members are encouraged to nominate alumni whose journeys inspire pride in both the school and the wider Kandos and Rylstone area.

📌 Nominations can be submitted through a simple online form by scanning the QR Code.

For more information or assistance completing a nomination form, please contact the Kandos High School Front Office on 6379 4103.





# Max Potential Program

On Wednesday 27 August, our students proudly participated in the Max Potential Celebration Day, an event that acknowledged all participants for their achievements and gave them the opportunity to showcase the work they have completed alongside their mentors.

The Max Potential Program is a transformative 22-week journey that equips young adults with leadership and coaching skills, while encouraging them to design and deliver a Community Service Project that benefits their local area.

We congratulate our KHS participants for their creativity, leadership, and commitment to their Community Service Project:



Sienna Kimmorley – Hosted a “Facts That Fool Us” night at the Rylstone Club.



Bella Mundy – Wrote a Budget Cookbook for Summer to promote affordable, healthy eating.



David Taylor – Advocated for better signage and safety along the Rocky Mountain walking track.



Tamarah Duff – Started a campaign to bring more sporting events to the local community.





Amelia Taylor – Spread awareness about the importance of picking up rubbish to help the environment.



This program has helped our students grow their confidence, resilience, and leadership skills, while giving back to the community. Well done to everyone involved!



# 2026 Stage 5 & 6 Elective Choices

It's time for students to begin shaping their future pathways through their 2026 elective subject choices.

## Elective Courses Information

✓ Each student received a printed Elective Booklet with a unique student code. This code is required to complete subject selections online. If the code is misplaced, please contact the Front Office on 6379 4103 for a replacement, support and guidance.

✓ Elective Handbooks for Stage 5 & 6, including Life Skills, are also available on our school website.

✓ Submitting Electives:

Students must scan the QR code printed on the front of their Elective Booklet, enter their school and unique code, and then begin choosing their electives.

✨ Step-by-step instructions for submitting electives are also available on our website via the QR above.

Please note that not all courses run every year, as availability depends on both student interest and staffing. Year Advisors and Head Teachers are available during school hours to provide support and guidance.



Elective Courses  
2026



Elective Courses  
2026-2027



Elective Courses  
2026-2027



# Uniform Reminder

A gentle reminder about school uniform expectations at KHS. To maintain a respectful and unified school environment, all students are expected to dress appropriately and in line with our school values.

Please remember that the following items are NOT permitted as part of the school uniform:

- ☀ Clothing that ends higher than halfway up the thigh
- ☀ Footless tights or leggings (unless worn with a navy skirt)
- ☀ Bike pants or activewear
- ☀ Clothes with bright colours, patterns, or logos/insignias that don't match our uniform requirements

Additionally, clothing featuring offensive language and/or images is not appropriate for school. This includes hats and school bags.

On mufti days, we ask that students adhere to these same standards. Clothing that doesn't meet these guidelines, including activewear and inappropriate lengths, is not allowed. If students are not participating in mufti days, they must wear the full school uniform.

Please help us ensure that school remains a safe and welcoming place for all students and staff by checking that your child wears the correct uniform and that their hat and school bag are free from any offensive language or images.

If you would like to purchase uniform items, our Uniform Shop is available through our wonderful admin staff at the Front Office between 8:30 am and 3:30 pm, Monday to Friday during the school term. ☎ 6379 4103

If you have any questions or concerns, please don't hesitate to contact the school.

Thank you for your cooperation in upholding KHS's school pride and uniform standards!

# New KHS Uniform Shorts – Orders Now Open!

With the support of our wonderful P&C, Kandos High School is excited to introduce new KHS shorts to our uniform range. Designed for comfort and practicality, the shorts are available in both Men's and Ladies' cuts and are priced at \$42 each.

How to Order:

- ✓ Complete the online order form by scanning the QR Code
- ✓ Collect a paper form from the Front Office
- ✓ Or call the Front Office on 6379 4103 for assistance



Please note that orders close Monday 15 September 2025. Payment must be made to the Front Office by this date for your order to be processed.

We thank our P&C for making this possible and look forward to seeing our students wearing their new KHS shorts with pride. ❤️

| Mens |      |            | Ladies |     | Total Cost<br>(\$42 each) |
|------|------|------------|--------|-----|---------------------------|
| Qty  | Size | Waist (cm) | Size   | Qty |                           |
|      | K6   | 49-54      |        |     |                           |
|      | K8   | 54-59      |        |     |                           |
|      | K10  | 59-64      |        |     |                           |
|      | K12  | 64-69      | L6     |     |                           |
|      | K14  | 69-74      | L8     |     |                           |
|      | XS   | 74-79      | L10    |     |                           |
|      | S    | 79-84      | L12    |     |                           |
|      | M    | 84-89      | L14    |     |                           |
|      | L    | 89-94      | L16    |     |                           |
|      | XL   | 94-99      | L18    |     |                           |
|      | 2XL  | 99-104     | L20    |     |                           |
|      | 3XL  | 104-109    | L22    |     |                           |
|      | 4XL  | 109-115    | L24    |     |                           |
|      | 5XL  | 115-120    | L26    |     |                           |
|      | 6XL  | 120-125    |        |     |                           |
|      | 7XL  | 125-130    |        |     |                           |



# Chess Team Claims Victory Against Macquarie Anglican Grammar School



Our KHS Chess Team faced Macquarie Anglican Grammar School in an exciting and closely fought match.

♟ Player 3, Andy He stormed to victory in just 7 minutes.

♟ Player 2, David Taylor secured his win at the 18-minute mark.

♟ Player 1, Ivy Li and Player 4, Seth Weatherall played intense, hour-long games but were narrowly defeated.

With two wins apiece, the result came down to countback, a chess tiebreak system that considers individual results and board order. This worked in Kandos High's favour, giving our team the overall win!

Congratulations to Andy, David, Ivy, and Seth for their outstanding performance and for representing KHS with great skill.

To view our Chess Teams games, scan the QR codes below:

**Player 1  
Ivy Li**



**Player 3  
Andy He**



**Player 2  
David Taylor**



**Player 4  
Seth  
Weatherall**







## KANDOS HIGH SCHOOL MOBILE PHONE & SMART DEVICES POLICY

### **Off and Away - Gate to Gate**

Students are expected to turn their phone off and put it into their bag while at school (between 8:30 am and 3:30 pm). This includes school activities such as camps and excursions.



**SWITCH OFF**



### **Healthy Minds & Bodies**

The mobile phone policy applies during breaks as well as during classes. Students are encouraged to connect with each other and engage in physical activities during their breaks.

### **Making Good Choices**

Consequences will apply if students choose not to follow the mobile phone and smart devices policy. This can include temporary confiscation of the device.





## Year 7 2026 Orientation Begins

Kandos High School was excited to welcome our future Year 7 students this week as they began their high school orientation. Students from Wattle Flat, Glen Alice, Ilford, Rylstone, and Kandos Public Schools joined us for the day, ready to explore their new school, meet staff, and connect with new friends from neighbouring primary schools.

The orientation program gave students a taste of high school life, including a tour of the campus, opportunities to share their expectations, and time to start building friendships that will carry them into Year 7.

We are pleased to announce that the Year Advisor for Year 7 2026 will be Miss Brooke Garland, with Mr David Fleming as 2IC Year Advisor. Both bring enthusiasm and dedication to supporting students as they begin this important next chapter of their education.

Our staff are thrilled to have these students join the Kandos High School community, and we look forward to guiding them on their journey, ensuring every student has the opportunity to achieve excellence.













# Support Unit Shines at Inclusive Ten Pin Bowling

On Thursday 14 August, our Support Unit travelled to Bathurst to take part in the Inclusive Ten Pin Bowling Competition. They joined students from Orange, Dubbo, and Bathurst for a day filled with bowling, teamwork, and friendly competition.

Each of our students played two games, aiming for their best possible score. The top scorers from across the competition will go on to the Sydney finals, scores are still being tallied, so we'll share updates as soon as they're announced!

We are incredibly proud of our students for giving it their best shot and for representing Kandos High School with such enthusiasm and sportsmanship.





## Girls Squash Team Secures State Top 4!

On Friday 29 August, the KHS girls squash team, Mia Reddish, Alexandra Grimshaw, Aleisha Brennan and Teegan Reynolds, travelled to Denman with Mrs Kerry Reynolds to compete against Merewether High School in the State Schools Championships.

Merewether proved tough competition, with most of their team fresh from representing the Hunter CHS squad at the State Championships earlier this year. But our girls rose to the challenge, each winning in three games and securing a place for KHS in the Top 4 schools in NSW! The team will now head to Albury later this term for the State Final.

Squash has always been a proud part of Kandos High School's sporting story, and it's exciting to see that tradition continuing, year after year.

Congratulations to our players, Mrs Reynolds, and all those who support squash at KHS, your commitment keeps the spirit of the game thriving!







## Primary Industries Students Out & About

Our Year 11 Primary Industries students have had a very busy and rewarding few weeks, gaining first-hand experience both in the shearing shed and out in the paddock.

Several students worked alongside Beau from Causeway Crutching and experienced what it's really like to work in a shearing shed. They took on responsibilities such as wool sorting, penning up, and drenching. A few even gave fleece throwing a go, and as the saying goes, practice makes perfect! A big thank you to Beau, who also stopped by the school afterwards to give Tom Fletcher a fresh new haircut – a neat short back and sides.







After two days in the sheds, students had a change of pace and spent the day with Cameron Clarke, where they were fortunate to engage in hands-on cattle work. Under Cameron's guidance, students vaccinated, tagged, and marked around 50 calves. Working together as a team, they also yarded, drafted, and vaccinated cows.

This practical experience has been invaluable in helping our students develop real-world agricultural skills and confidence in the industry.

Thank you to Cameron, and his wife Jess, for allowing students to have this valuable learning experience. The old debate as to whether sheep or cattle are better is well and truly raging amongst students.

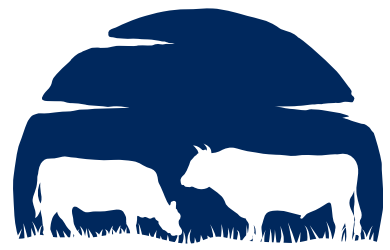








## In the Driver's Seat



To round out a month of hands-on learning, students have also taken to the driver's seat, gaining experience in operating the tractor. Learning to safely and confidently handle machinery is an essential skill for anyone interested in agriculture. It not only develops practical ability but also builds awareness of safety, teamwork, and responsibility around large equipment. For many students, it's the first step towards the independence and confidence needed for future farm work or careers in the agricultural industry.

We would like to thank all of our community partners for their ongoing support – not only of our Show Team, but also of our students through the genuine learning opportunities they provide.

*Mrs Deb Johnston*  
**Agriculture Teacher**





# PSA Schools Recognition Week

This week, Kandos High School proudly joins the Public Service Association (PSA) in celebrating Schools Recognition Week, an annual event dedicated to recognising the vital contributions of our non-teaching support staff and School Administrative and Support (SAS) Staff across NSW public schools.

From administration and library staff to general assistants, Student Learning Support Officers, and Student Support Officers, these are the people who keep our school running smoothly, support learning, and make a difference in the lives of our students every day.

At KHS, we are deeply grateful for the commitment, care, and professionalism our SAS and support staff bring to our school community. Schools Recognition Week is a timely reminder to stop and say a heartfelt thank you for everything they do.







# Kandos High School



## BULLYING VS TEASING

Can happen  
**ANYWHERE**

**INTENTIONAL**  
Designed to cause distress

**INTIMIDATION**  
Fear & control

By someone  
who has more  
**POWER OR  
INFLUENCE**

**REPEATED**

**THEY'D STOP**  
if you asked  
them to

Good natured  
**PLAYFUL**

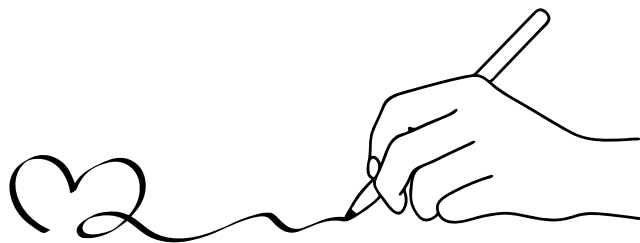
Can include an  
argument or fight  
**BETWEEN FRIENDS**

**NOT  
REPEATED**  
over and over

**EQUAL**  
Not  
ganging  
up on  
one  
person



## Writers Group



Step into Room 23 every Thursday at lunch and discover the perfect creative space to join the lovely Ms May for her brand new Writers Group. With its warm, welcoming atmosphere and inspiring décor, it's the ideal place to let your imagination flow.

Whether it's creative writing, stories, poems and scripts, or critical writing like essays, reviews or reflections, all forms of writing are welcome here.

Bring your ideas, your curiosity, and your lunch, and see where your writing takes you.

## Magpie Swooping Season Alert

It's that time of year again, magpie swooping season! We've had reports of a magpie swooping between Rodgers Street and Jacques Street, so please be extra cautious if you're walking, riding, or driving in the area.

Helpful tips to avoid getting swooped:

- ✓ Wear a hat and sunglasses to protect your head and eyes.
- ✓ If you're riding a bike, walk it through magpie zones instead.
- ✓ Carry an umbrella above your head for protection.
- ✓ Don't run, walk calmly and steadily.
- ✓ Stick eyes or drawings on the back of your hat or helmet (magpies usually attack from behind).
- ✓ Avoid known nesting areas if possible.

Magpies are very protective parents during nesting season, and swooping usually only lasts for a few weeks. Stay safe and look out for each other!







## New School Website Coming Soon!

We're thrilled to announce that Kandos High School will be launching a fresh, new website towards the end of the year to better showcase our amazing students, staff, and all the fantastic things happening in our school community!

But here's the important bit...

As we transition to the new site, all current photos and newsletters will be archived and become unavailable.

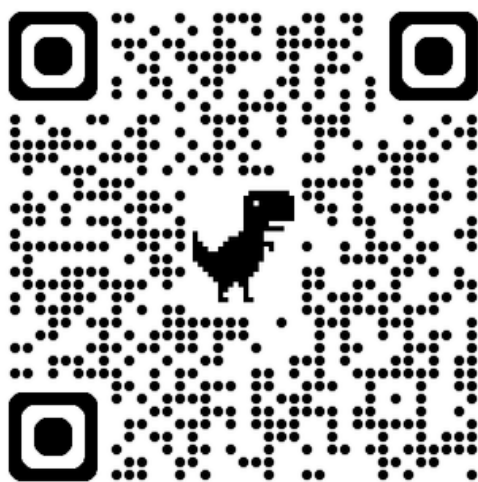
We strongly encourage all students, parents, and carers to jump on the current website ASAP to:

- ✓ Download any photos featuring your child
- ✓ Save copies of past newsletters or important documents
- ➡ Scan the QR codes below to head straight to the photo gallery and newsletter archive!

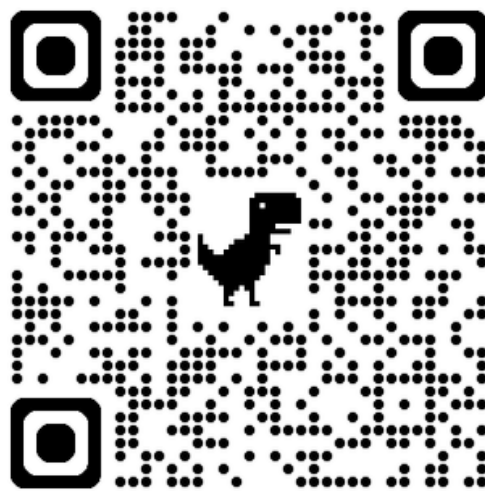
Don't miss the chance to keep those special memories and moments before they're gone for good!

Stay tuned, we can't wait to share our new digital home with you soon.

**Newsletters**



**Photo Gallery**



# Join the Adventure with 1st Kandos Scouts!

Looking for an activity that builds resilience, teaches practical skills, and inspires a sense of adventure? The 1st Kandos Scout Group is welcoming new members across all sections, from our youngest Joey Scouts through to Rover Scouts and Adult Volunteers.

Meeting at the Kandos Scout Hall on the corner of Dabee Road and Campbell Street, sessions run from 4:30pm to 6:30pm (or 4:30pm to 6:00pm for under 11s). Our program is packed with exciting and hands-on activities designed to develop confidence, teamwork, and leadership.

## What We Do:

- Bushcraft – Learn the skills to thrive in the great outdoors.
- Camping – Experience the joy and challenge of sleeping under the stars.
- Survival Skills – Build knowledge for safety and self-reliance in nature.
- General Skills – Develop practical abilities for everyday life.
- Swimming Skills – Gain water confidence and essential safety techniques.

Scouts is for everyone! We welcome people from all walks of life and celebrate the diversity of our members. Our trained volunteer leaders provide a safe, supportive, and fun environment where young people can learn, grow, and explore their potential.

Whether you're aged 5 or 25, or an adult keen to volunteer, there's a section to suit you:

- Joey Scouts (Ages 5–7)
- Cub Scouts (Ages 8–11)
- Scouts (Ages 11–14)
- Venturer Scouts (Ages 15–17)
- Rover Scouts (Ages 18–25)
- Adult Volunteers (Ages 18+)

For more information, simply drop in and have a chat with one of our leaders on a Monday afternoon, we'd love to meet you and help you begin your Scouting adventure!





# The Uncooperative is BACK



**Free snacks**

**Free ride**

**Fresh ideas**

**All welcome**

Hey young creatives! If you're aged 12 to 19 and looking for something real, fun, and totally different—drop by WAYOUT Artspace on Tuesdays at 3:30PM.

FREE afternoon tea of flavoured milk, hot snacks, fruit and choccie biccies

FREE bus home at 5PM to Charbon, Clandulla, Kandos & Rylstone

**Creative collabs with artists and friends**

Meet Your New Facilitators Georgina Pollard & Ben Thomson who will make Uncooperative afternoons safe, bold, and full of possibility.

There's a fresh lineup of Cementa and local artists eager to meet you and share new skills, big ideas, and maybe even a little sweeeeet cake icing...

 14 sessions until the end of the year:

- Term 3: 19 Aug – 23 Sept (weekly)
- Term 4: 21 Oct – 9 Dec (weekly)

Just turn up with your signed parent permission slip (get it from WAYOUT)

**BRING YOUR FRIENDS**

This youth-led art adventure is brought to you in partnership with the Mid-Western Regional Council's Youth Services Program with generous support from the Kandos local community, including Nanna's Haberdashery

# Youth Touch Footy Challenge

Mid-Western Regional Council is hosting a Family Fun Day at the Rylstone Showground on Wednesday, 8 October, and our students are invited to get involved!

One of the highlights of the day will be a friendly game of Touch Football where local youth can take on Police, Ambulance, and Firefighters in a fun community match. Games will run at 10.30am and 11.00am, and it's open to youth aged 8 and over (those under 12 will need to be supervised by a responsible adult).

It's not just about footy, there will be loads of activities for everyone, including sculpture workshops, face painting, a jumping castle, and plenty more to enjoy.

This is a fantastic opportunity to get active, meet community members, and enjoy a great day out with friends and family. We'd love to see lots of KHS students there!

Students keen to join the Touch Football game can register their interest here by scanning the QR Code below and entering in their details on the Eventbrite website.





# Mid-Western EMERGENCY SERVICES EXPO

featuring



**FREE ENTRY**  
Optional gold  
coin donation



*Coming together for each other and our community*

Funds raised on the day will go towards Fortem Australia  
who support our local first responders



**Saturday, 20 September 2025 | 10 am - 2 pm**

**NSW RFS Cudgegong Fire Control Centre**

**6 Goodger Place, Eurunderee**

(Mudgee Airport for parking - follow signs)

**OPEN  
TO THE  
PUBLIC**

More Info:



A community event to meet your  
local first responders and learn  
how to prepare for emergencies

- Live demonstrations with multi-agency showcase at 1:00pm
- Tour the NSW RFS Fire Control and Community Education Centres
- Explore emergency vehicles
- BBQ - Mudgee Men's Shed
- Coffee and treats - Workin' Beans Coffee and Mr Whippy
- Free fairy floss and popcorn thanks to the Mudgee Lions Club
- Free face painting, giveaways, lucky door prizes and raffles

**\*NO PETS ALLOWED ON SITE**

**THANK YOU TO OUR SPONSORS**



**MAJOR SPONSOR**

**ULAN  
COAL**

**GLENCORE**

# Good Sleeping Routines for Teenagers

Getting enough quality sleep is essential for teenagers' health, learning, and overall wellbeing. At Kandos High School, we're encouraging students to develop positive sleeping habits that help them feel more alert, focused, and ready to learn each day.

Some top tips include setting a consistent sleep schedule, creating a relaxing bedtime routine, and limiting screen time before bed. Staying active during the day, getting natural light exposure, and being mindful of diet and exercise can also make a big difference.

Students are reminded to manage stress, limit naps, and create a comfortable sleep environment. And if sleep problems persist, seeking professional help is an important step.

Let's work together to help our teenagers rest well, so they can shine at school and beyond.

**Kandos High School**

## Good Sleeping Routines for Teenagers

- Set a Consistent Sleep Schedule** (Illustration: Alarm clock)
- Limit Screen Time** (Illustration: Hand holding a smartphone)
- Create a Relaxing Bedtime Routine** (Illustration: Pyramid of food)
- Be Mindful of Diet and Exercise** (Illustration: Person eating)
- Limit Naps** (Illustration: Person sleeping on a couch)
- Stay Active During the Day** (Illustration: People exercising)
- Manage Stress and Anxiety** (Illustration: Person meditating)
- Get Natural Light Exposure** (Illustration: Sun)
- Create a Comfortable Sleep Environment** (Illustration: Person in bed)
- Seek Professional Help if Needed** (Illustration: Hands holding a heart)



# Permission Forms & Payment Reminders

Don't Forget!

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

- ✦ PCYC Safer Driver Course
- ✦ Beef Bonanza
- ✦ League Tag

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

## Every Day Counts



### Attendance Matters

| When your child misses just... | that equals...    | which is...       | and therefore, from Kindy to Year 12, that is... | This means the best your child can achieve is... |
|--------------------------------|-------------------|-------------------|--|--|
| 1 day each fortnight           | 20 days per year  | 4 weeks per year  | Nearly 1.5 years of school                       | Equal to finishing Year 11                       |
| 1 day a week                   | 40 days per year  | 8 weeks per year  | Nearly 2.5 years of school                       | Equal to finishing Year 10                       |
| 2 days a week                  | 80 days per year  | 16 weeks per year | Over 5 years of learning                         | Equal to finishing Year 7                        |
| 3 days a week                  | 120 days per year | 24 weeks per year | Nearly 8 years of learning                       | Equal to finishing Year 4                        |

Give your child every chance to succeed.  
Every student should be at school every day!