

KOJONUP DISTRICT HIGH SCHOOL

Blackwood Road, Kojonup, WA, 6395

Phone: 9831 2300 Fax: 9831 1643

Canteen: 9831 1403

Email: Kojonup.dhs@education.wa.edu.au

NEWSLETTER TERM 1 WEEK 10

5th APRIL 2018

HERCULES WIN INTER-HOUSE SWIMMING CARNIVAL



Hercules – 764

Aquila – 489

Phoenix – 439

On Friday 2nd March we held the Inter-House Swimming Carnival. The carnival involved students from Pre-Primary to Year 10. Students ageing from 8 to 15+ competed in championship events including Freestyle, Breaststroke, Backstroke and Butterfly and the novelty events (Ring Toss, Tractor Tube and Kickboard Relay). The Pre-Primary - Year 2 (including some 8 year old) students joined the carnival at 11:30am and participated in a series of land based water games and pool games.

This year the 'Golden Flipper' (50m freestyle relay for parents, teachers and students) included one teacher team, one 'parent' team and one student team. This year it was taken out by the 'Parents' which consisted of $\frac{3}{4}$ parents and $\frac{1}{4}$ past student. Well done to Jason Jury, Tim Trezise, Jono Clifton and Darcy O'Halloran.

A fantastic day was had by everyone and it was great to see the commitment, participation and high spirits held by all students. Congratulations to all competitors and to Hercules for taking out the overall win with 764 points.

The day would not have been successful without all of our helpers and organisers. Thank you to all of the amazing parent helpers who volunteered their time and expertise to assist on the day. Thank you to the Sports Management Committee for their support and help, KDHS staff, student helpers, Swimming Club and of course Gavin for being such a great help and reliable Swimming Pool Manager.

Congratulations to the following students on achieving new records:

10 Year Boys 25m Butterfly – Henry Simpson 29.25, previous record 31.87

10 Year Girls 25m Butterfly – Sarah Cussons 28.06, previous record 32.01

8 Year Girls 25m Freestyle – Matilda Clifton 29.88, previous record 33.47

9 Year Girls 50m Freestyle – Lyrique Reid 59.34, previous record 1.00.88

8 Year Girl 25m Backstroke – Matilda Clifton 31.89, previous record 36.60

Champion

8 Year Boys
8 Year Girls
9 Year Boys
9 Year Girls
10 Year Boys
10 Year Girls
11 Year Boys
11 Year Girls
12 Year Boys
12 Year Girls
13 Year Boys
13 Year Girls
14 Year Boys
15+ Year Boys
15+ Year Girls

Brock Donaldson

Matilda Clifton

Lachlan Bignell & Zander Chesson

Samantha Malady & Lyrique Reid

Henry Simpson & Dane Moyes

Sarah Cussons

Max Miller

Josephine Simpson

Draye Jury

Hereina Tunui

Josh Cussons

Olivia Draper

Jacob Hart

Taj Ramsden

Piper Daly

Runner Up

Georgia Malady

Harry Hart

Imogen Ladyman-Palmer

Cooper Watson

Ava Clifton

Blake Simons

Lanii Brown

Lachlan Trezise

Libby Hardingham

Riley McIlree

Abby O'Halloran

Jamaine Weazel

Zach Baker

Leah Hardingham

100m Freestyle Winners: Zach Baker & Abby O'Halloran

Participation Award Winner: Patrick Crapella

CHAMPION AND RUNNER UP WINNERS



Brock Donaldson



Matilda Clifton &
Georgia Malady



Harry Hart, Zander Chesson &
Lachlan Bignell



Samantha Malady, Lyrique Reid
& Imogen Ladyman-Palmer



Cooper Watson, Dane Moyes
& Henry Simpson



Matilda Clifton &
Sarah Cussons



Max Miller &
Blake Simons



Lanii Brown &
Josie Simpson



Lachlan Trezise &
Draye Jury



Libby Hardingham &
Hereina Tunui



Riley McIlree & Josh Cussons



Abby O'Halloran &
Olivia Draper



Jamaine Weazel & Jabob Hart



Taj Ramsden & Zach Baker



Leah Hardingham & Piper Daly



100m Freestyle Winners
Zach Baker & Abby O'Halloran



Participation Winner
Patrick Crapella



Golden Flipper Winners
Jono Clifton, Tim Trezise, Darcy O'Halloran
(Jason Dury absent for photo)
John O'Halloran pictured in his place

FROM THE PRINCIPAL – Clare Roser

As Term 1 draws to a close I would like to take this opportunity to thank all parents and staff for their ongoing support in my transition to Principal at KDHS. When I look at the term planner, it has certainly been an eventful 11 weeks. We have hosted a number of visitors from our Regional Office, our Year 7 group attended their Orientation camp, Year 8, 9 and 10 students went to Wagin for the Woolorama and the Student Leaders attended the GRIP Leadership Day in Albany. We held our Inter-House Swimming Carnival and our Inter-School Team then went to Lake Grace to represent the school. All staff were very impressed with the behaviour and sportsmanship shown at both events.

We also hosted representatives from The Stephen Michael Foundation who met with staff, parents and members of the wider community to discuss how the Foundation could support our school and youth in Kojonup. I am excited to announce that I have secured a commitment from the foundation to begin working with the school in Term 2. We will be running a full day of sessions with Year 7-10 students on a fortnightly basis covering leadership, conflict management and resiliency skills, junior umpiring and mixed sport skills. There will also be an after school mixed sport session open to all age groups. The foundation are hoping to gain enough interest to develop a girl's football team in Kojonup to compete against Narrogin and Katanning SHS's, I will have more details on this by the end of term.

The new mobile device rules put in place this term are generally being followed by the majority of students, which is very encouraging. We have noticed however, a decline in the wearing of correct school uniform in the secondary school. All students have been reminded of our School Council approved uniform choices and we hope you will assist by ensuring your child has the correct uniform, including jacket or jumper as we move into the colder months.

The school will be holding its ANZAC ceremony on Thursday 12th April at 10:00am. This year's ceremony also coincides with the community unveiling of Brigadier Potts' Flag. Our Year 5-10 students will attend this ceremony at the Memorial Hall directly after our school ANZAC service.

During Week 4 and 5 of Term 2 the Year 3, 5, 7 and 9 students will participate in the first full NAPLAN online assessment. As you may be aware, we were scheduled to run the online assessment last year but due to a number of Education Department technical issues the decision was made to postpone until 2018. Mr Trouchet and teachers of the target Year groups are currently working through the practice assessments to ensure all students understand the new format and what is required.

Have a safe and happy holiday.

FROM THE DEPUTY PRINCIPAL – Clive Reardon

Unveiling of Brigadier Pott's Flag at Kojonup Memorial Hall

Please note that there have been two changes in arrangements for some of our attending students for the Unveiling of Brigadier Pott's Flag at the Kojonup Memorial Hall on Thursday 12th April, starting at 11:30am.

Our Year 5's – 10's will be attending this and as such they will be bused to and from the school.

The two changes are as follows:

- Our current Year 5 – Year 10 student councillors have been invited to lunch and to socialise with the dignitaries and invited guests, all other students will be bused back to school in time for our normal lunchtime which is 12:25pm – 1:00pm. If your child is not a school councillor can you please ensure that they bring or buy their own lunch on the day as per normal.
- Our student councillors will be bused back to school by 1:30pm.

Thank you for your understanding to these two changes if you have any questions or queries about this particular event please contact the school on 9831 2300.

ATTENDANCE

Is your child late to school?

Please make sure your child checks in at the front office otherwise you will receive a text message saying he/she is not at school.

Have any of your personal details changed since enrolment?

Please ensure the school has your up-to-date information for SMS messages, phone calls, emails and mailing out information and in case of an emergency.

Thank you

Letters of unexplained absences have been sent home on a continual weekly cycle. Thank you to all the parents that are replying to these letters by completing and returning to the class teachers or the front office in a timely manner.

Please keep contacting staff or the office through SMS messages, emails or phone calls – your assistance is really appreciated.

2018 INTER-SCHOOL SWIMMING CARNIVAL



Inter-School Team:
Zander Chesson, Harry Hart, Lyrique Reid, Ava Clifton, Samantha Malady, Henry Simpson, Sarah Cussons, Cooper Watson, Max Miller, Dane Moyes, Lanii Brown, Megan House, Jayden Moyes, Josie Simpson, Lachlan Trezise, Josh Cussons, Draye Jury, Olivia Draper, Abby O'Halloran, Hereina Tunui, Libby Hardingham, Jacob Hart, Taj Ramsden, Zach Baker, Niwhai Tioke, Piper Daly and Leah Hardingham.

On Friday the 16th March, Kojonup DHS travelled to Lake Grace for the Inter-School Swimming Carnival. Participating schools on the day were Boyup Brook, Boddington, Lake Grace, Ravensthorpe/Jerramungup, Wagin and Kojonup.

It was a fantastic day and an experience for many students who competed in their first Inter-School Carnival, for some it was their last Inter-School Swimming Carnival for Kojonup DHS. The commitment, skill and sportsmanship shown by all students was incredible, I personally could not have been prouder of the team who participated and the mature, positive attitudes shown throughout the day. Congratulations to all competitors for having a go and representing our school. Thank you to the parent helpers who assisted on the day with timing including Sam O'Halloran, John O'Halloran and Ann Draper. Thank you to Mr Paul Frick who drove the bus safely to Lake Grace and back and for also being a timekeeper. Thank you to Jen Malady and Pete Malady for assisting me in the bay and giving Mr Frick a few pointers on how to stop the bus from constantly beeping/not operating.

Kojonup came away with third place for the Overall Shield – congratulations! Well done to Boddington for taking out the overall win and Lake Grace for taking out the handicap win.

Overall Winner		Handicap Winner	
Boddington	433	Lake Grace	681.45
Boyup Brook	292	Boyup Brook	522.68
Kojonup	239	Boddington	437.33
Lake Grace	231	Kojonup	265.29
Wagin	171	Wagin	196.65
Ravy/Jerry	102	Ravy/Jerry	102.00

Congratulations to the following students on receiving Champion and Runner Up:



- 10 Year Girl **Champion** Sarah Cussons
- 10 Year Boy **Runner Up** Henry Simpson
- 11 Year Girl **Runner Up** Lanii Brown
- 13 Year Boy **Champion** Josh Cussons
- 15+ Year Girl **Runner Up** Piper Daly

GRIP LEADERSHIP CONFERENCE



Early in the morning on Wednesday the 21st of March, at exactly 6:30 am, the excited student council got on the long one and a half hour bus trip to participate in the GRIP Leadership conference in Albany.

On the way, we stopped at Mount Barker to stretch our legs and get some food to eat. Then we were on our way again.

When we got to the conference we sat down in our seats and picked up the note book and pen that they had supplied for us. At the conference, we learnt many new things that we hadn't known before about leadership including, how to put our ideas into action, how to act as a team and how to act in different scenarios. To work as a team, we had to choose a partner and play as many naughts and crosses as we could in one minute. This might not sound like something you would do at a conference, but this simple activity taught us to work better as a team, not against your partner.

After this, we had to play a fun game called Monopolead. To do this, we had to solve all the questions by asking everyone if they could do the questions on the board. There were questions like, have you won a grand final, have you broken your arm, can you sound like an animal, etc. Once we had filled out some of our note book we played a game called loud noises. In loud noises we have to be as loud as we can.

After a fun morning of learning, it was time for morning tea break. We all sat in our separate schools and talked about what we had all learnt so far.

After the break, we all headed back into the theatre to learn how to lead like a strawberry, not a watermelon. They explained that to be a leader, you have to be the same on the inside and the outside, like a strawberry. They told us not to be different in the inside and outside, like a watermelon. Next, some chosen students went up onto the stage to perform a quick act on how to be responsible. Once again we had to write in our books what we have learned.

Then it was lunch time. We all went out and had lunch and played with the representatives from St Bernard's for half an hour. When we went back in, we planned our ideas we could do for the school in our notebooks, like making a 'pick-it-eat-it' garden and interacting with other kids from different classes. At the end of that lesson we had a giant loud noises party and the music they put on was louder than ever.

After a long day of fun working, I think everyone was glad to get home. It was really fun, and we all think everyone who goes to the conference next year, will enjoy it as much as we did.

By Josie Simpson and Lachlan Trezise Year 6

LIBRARY

Borrowing for the Term will cease this week. Overdue notices will be sent by text before the holiday commences. Returns may be done on any day until the holidays either to the library or the office. If parents/carers of high school students have discovered any text books or novels floating around at home please have them sent back to school.

KINDY & PRE-PRIMARY EASTER RAFFLE

Congratulations to the following who won the Easter Raffle, a total of \$1045 was raised. Thank you to everyone that supported our raffle.

- 1st Prize – Courtney Archer
- 2nd – Laurie Prandi
- 3rd – Amy Leitch
- 4th – Amy Williams

HAWAIIAN RIDE FOR YOUTH



On Wednesday 21st March we were visited by Hawaiian Ride for Youth riders travelling from Albany to Perth; one of the four legs that they travel. These riders help raise money for youth mental health. They spoke to our secondary students on the importance of talking to someone and where help is available if it is needed.

The Hawaiian Ride for Youth is held annually in March across four and a half days with riders covering over 700kms on their way from Albany or Geraldton to Perth to raise funds and awareness for Youth Focus. While cycling through towns in WA's South West, Great Southern, Wheatbelt and Mid West, the riders visit 26 high schools to engage with students on issues of youth suicide, depression, anxiety and self-harm.

The purpose of the Hawaiian Ride for Youth is:

- To remove the stigma surrounding youth mental health
- To raise essential funds to enable Youth Focus to build a more resilient community, at the end of this ride they have raised \$2,288,468.00
- To have fun.

Although the Ride provides opportunity for personal growth and achievement, particularly for participants who do not come from a cycling background, the main objective of the Ride will always remain a charitable one.

KYC APRIL 2018 SCHOOL HOLIDAY ACTIVITIES

1. Monday 16th April – 10:00am-1:00pm – Scavenger Hunt 5-15 year olds. Begins at RSL Hall, ends at Black Cockatoo Café, \$5.00 per child.
2. Saturday 21st & Sunday 22nd April - Overnight camp to Perth with a trip to Sci-Tech and to the movies Saturday 9:00am – Sunday 5:00pm. 7-15year olds, \$50.00 per child, bookings ESSENTIAL.
3. 27th April – Fairy Garden making session 9:00am-12:00pm, 5-15yr olds, \$20.00 per child includes all materials needed to create a wonderful miniature garden many themes available – Fairy, Dinosaur, Gnome, Magical, Royal, Sea, Jungle and Farmyard, please specify preferred theme when booking. Bookings ESSENTIAL.

For bookings or more information please call Lou on 0447 574 931, email kojonupyouthcentre@gmail.com or find us on facebook <https://www.facebook.com/kojonupyouth/>

TERM 2 PLANNER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	30 SCHOOL DEVELOPMENT DAY	1 MAY STUDENTS RETURN Kindy Day	2 Book Fair	3 Kindy Day	4
WEEK 2	7 Book Fair Kindy Day School Psychologist	8 Kindy Day	9	10 Kindy Day Yr 7 – 10 Parent Teacher Interviews	11
WEEK 3	14 School Psychologist	15 Kindy Day NAPLAN	16	17 Kindy Day	18 Yr 3 Mrs Clifton's Whole School Assembly 2:15pm
WEEK 4	21 NAPLAN Kindy Day School Psychologist	22 Kindy Day	23	24 Kindy Day	25
WEEK 5	28 School Psychologist	29 Kindy Day	30 Careers Incursion Yr 9 & 10	31 Kindy Day Newsletter	1 JUNE Inter-House Cross Country

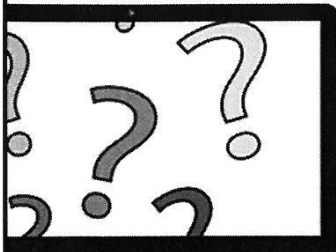
YOUNG STARS

APRIL SCHOOL HOLIDAYS

Katanning Leisure Centre's School Holiday Program for kids aged 6-13

<p>MONDAY 16.</p> <p>ROLLERBLADING</p> <p>Its the first day of School Holidays bring a friend along and skate the morning away.</p> <p>9:30am - 11:30am</p> <p>\$7.00</p>	<p>TUESDAY 17.</p> <p>FLUFFY SLIME</p> <p>Forget about plain, boring, old slime instead join us as we make slime as soft as a cloud!</p> <p>9:30am - 11:00am</p> <p>\$5.00</p>	<p>WEDNESDAY 18.</p> <p>SCAVENGER HUNT</p> <p>Look for clues and race against others to be the first one to find the prize!</p> <p>9:30am - 11:00am</p> <p>\$5.00</p>	<p>THURSDAY 19.</p> <p>GALAXY IN A JAR</p> <p>Turn a jar into something out of this world!</p> <p>If you have your own jar that would be appreciated.</p> <p>9:30am - 11:00am</p> <p>\$6.00</p>	<p>FRIDAY 20.</p> <p>ROLLERBLADING</p> <p>Rollerblading with a twist! come dressed as your favourite character from a book, movie or game and have a chance to win a prize!</p> <p>9:30am - 11:30am</p> <p>\$7.00</p>
<p>MONDAY 23.</p> <p>COOKING</p> <p>If pizza is one of your favourite foods your in luck! Join us while we learn how to make pizza from scratch.</p> <p>9:30am - 11:30am</p> <p>\$7.00</p>	<p>TUESDAY 24.</p> <p>WREATH MAKING</p> <p>Join us while we make Wreath's for Anzac day!</p> <p>9:30am - 11:30am</p> <p>\$7.00</p>	<p>WEDNESDAY 25.</p> <p>PUBLIC HOLIDAY!</p> <p>CLOSED FOR ANZAC DAY</p>	<p>THURSDAY 26.</p> <p>INDOOR SPORTS</p> <p>Play for fun with your friends in short games of basketball soccer and more!</p> <p>9:30am - 11:30am</p> <p>\$4.00</p>	<p>FRIDAY 27.</p> <p>ROLLERBLADING</p> <p>The Holidays are coming to a close so join us and make it a day to remember.</p> <p>9:30am - 11:30am</p> <p>\$7.00</p>





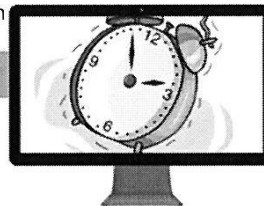
SCREEN TIME

How is it affecting my child?

DID YOU KNOW?

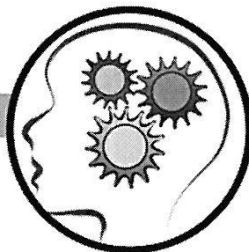
Studies show that excessive screen time can have a profound impact on your child's health and wellbeing. Evidence suggests that excessive screen time is associated with:

- Higher body weight
- Lower fitness
- Lower self-esteem
- Behavioural problems and poor social development
- Poorer academic performance
- Poorer mental health
- Decreased sleep duration
- Attention problems



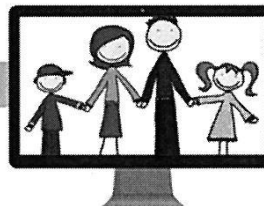
HOW MUCH IS EXCESSIVE?

- 0-2 yrs – no screen time
- 2-5 yrs – less than 1 hour per day
- 5-12 – no more than 2 hours per day



BUT ISN'T IT EDUCATIONAL?

Research shows limited education benefits of media for children under 2 years. It is important that the TV viewing doesn't replace real life experiences.



WHAT CAN I DO?

- Create a healthy home environment where children are supported and encouraged to engage in physical activity.
- Role model healthy physical activity.
- Ensure that your children aren't using screens before bed as this can result in poorer sleep.
- Monitor screen time use.
- Create a family media plan at <https://www.healthychildren.org/English/media/Pages/default.aspx>

REFERENCES

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- Xu, H., Wen, L., Rissel, C., & He, G. (2015). Associations of parental influences with physical activity and screen time among young children: a systematic review. *Journal of Obesity*, 23. DOI: 10.1155/2015/546925