

KARABAR

High School and Distance Education Centre

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Newsletter

Term 1, Week 3

12 February 2010

DIARY

February

15/2 Year 10 Development Day
16/2 Defence Talks
19/2 Zone Swimming Carnival
23/2 P&C Meeting
School Council Meeting

March

2/3 Year 7 Girls Vaccinations
4/3 School Photographs
9/3 Year 10 Vaccination Boost
Year 7-11 Parent Teacher Night
16/3 Year 6 into 7 Night
18/3 Selective High School Ent. Exam
22-30/3 Yr 12 Half Yearly Exams
23/3 P&C Meeting
School Council Meeting
Year 7 Vaccinations (Hep B)
31/3 Cross Country

FROM THE PRINCIPAL'S DESK

Swimming Carnival

This week we held our annual swimming carnival. It was a very successful day and thank you to the PDHPE Faculty for the organisation of another successful whole-school event.

Enrolments

We have had a very successful start to the year and our community is exercising increasing faith in our school to provide the best possible outcomes for our students.

This year we have had a number of new enrolments and our numbers in Years 7-10 are very tight. Accordingly we are now in a position where we can currently only take in-zone enrolments in Year 7-10.

We have created a waiting list for students seeking enrolment at our school.

We greatly appreciate the faith our community is placing on our school and we are working hard to provide the best possible learning outcomes for all of our students.

Paul Kells
(Principal)

DEFENCE TALKS

Students from Year 10, 11 & 12, who are interested in finding out more about the Defence Forces, are invited to the Library on Tuesday 16th February during Period 2.

Representatives from the Defence Forces will give a presentation and answer questions from students.

If you are interested in attending, please put your name on the list outside the Careers Office in the Library.

RAIN DOESN'T DAMPEN YEAR 7'S COHESION

Last Wednesday to Friday Year 7 went to Jindabyne Sport and Recreation for their camp. The variable weather did not stop the students from taking every opportunity to mix with new friends and to try exciting activities.

Challenge ropes, initiative situations/games, archery and mountain bikes all figured heavily in the students joining together in a fun and enjoyable way.

Who will forget the near back flip on the spider web or the bull's-eyes on the archery course (well almost)?

It was the first time for some students to be on camp and meal times really showed the difference between what their eyes wanted and what they knew they should have.

The dance on Thursday let the girls "Get Funky" while some of the boys acted cool towards joining in. Limbo and the Conga line were very popular and it seemed impossible how low some students could go.

The favourite activity must have been the games of "Snatch" that let everyone join in.

The game let the students show off their sneaky moves and they learnt a great deal about mis-direction and strategy.



The last day proved that even if the weather tried hard to stop them it did not have a chance to break the spirit of Year 7. An indoor tabloid broke down any remaining primary school differences.

Parents should be very proud of the way all the students joined in all the activities. The students remembered their manners and also helped others in difficult situations.

Year 7 would like to thank Ms D'Ambrosio for her organisation and nursing skills Ms Ward, Ms Whiting, Mr Hopkins and Ms Sing for their help, guidance and ability to stay awake for long periods.



LIBRARY

Drop by the Library and see our new Valentine's Reading and Chinese New Year displays. We would also appreciate your ideas and suggestions.

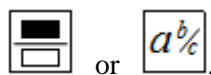
Volunteer Needed!!! If any parents/caregivers are available to volunteer time in assisting the Library staff with book covering and shelving of books please contact Mrs Vianney Bills on 6298 4333.



SCIENTIFIC CALCULATORS

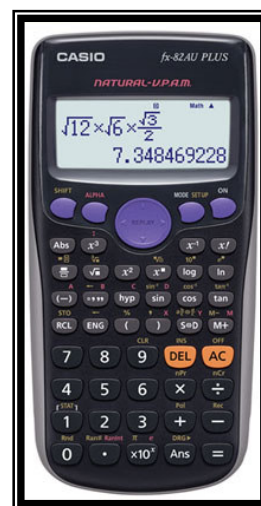
The NSW Board of Studies syllabus requires students to use a scientific calculator as part of their School Certificate studies in Mathematics. Consequently, **all students will need to bring their own scientific calculator to every Mathematics lesson.**

In order to meet the requirements of this course, their calculator **must be a scientific calculator with a fraction button.** Depending on the brand of the calculator, the fraction button looks like one of the following:



The **Casio FX-82AU PLUS** is a suitable calculator and is available from the **school office** for **\$25** (it costs approximately \$40 at some retailers). Students are also welcome to purchase other scientific calculators that have a fraction button.

Please note that students are **not** permitted to use their mobile phones as calculators as most mobile phone calculators are **not** scientific calculators. It is also a breach of the school's policy on mobile phone use in class.



Robyn Briggs
Head Teacher Mathematics

HOST FAMILIES WANTED

The German-Australian Students' Society (GASS) are looking for families to host students from Germany. Students arrive from Germany in mid June and stay for 10 weeks. The German students are 16 or 17 years of age and would be ideally situated in families with children of the same age. For more information contact Amanda Wilson in the Languages Department.

BOOK PACKS STILL AVAILABLE

If any Year 7 or Year 8 students would like to purchase a book pack there are still some available from the Student Services Desk. The cost is \$65.00.

OVERSEAS DISTANCE EDUCATION STUDENTS STARTWORK

Students enrolled in Distance Education at Karabar live and complete their school work in many and varied situations both in Australia and in many countries around the world.

A number of students are also sailing on yachts around the Pacific, Atlantic and Indian Oceans. One such family is the Hullet family. Twins Sealand and Staren are Year 7 students while Suncha is a Year 10 student at Karabar Distance Education Centre. Over the past year they have been sailing around the coast of Africa. Recently they arrived in Sri Lanka where they commenced their school work for 2010.



The Hullet's start school work



Suncha and Sealand display their catch of hermit crabs.

A GAP YEAR IN THE UNITED KINGDOM

Year 12 students who are interested in a gap year in the UK can attend an information session provided by **Capital Travel Manuka**. Information will be given on how to obtain a position at a school, airfares, visa information and answer questions students may have.

The night will be held at:

St Clare's College

Tuesday 23rd February 2010

6pm

SCHOOL LINKS TO WINTER OLYMPICS IN VANCOUVER

Four former Distance Education students have been selected in the Australian team to compete at the Winter Olympics in Vancouver. Glamour girl **Torah Bright** will compete in Snowboarding, **Ramone Cooper** will compete in Moguls, **Alex Almoukov** will compete in Biathlon and **Ben Sim** will compete in Cross Country skiing. Cheer on our Olympians, send herograms and watch them compete and live their dream!



Alex Almoukov – Biathlon



Torah Bright – Snow Boarding Women's Halfpipe



Ben Sim – Cross Country



Ramone Cooper – Moguls

UNIVERSITY OF WOLLONGONG DISCOVERY DAY

On Wednesday 3rd Feb, thirteen Karabar High senior students travelled to the University of Wollongong to attend the university's 'Discovery Day'. The students had the chance to experience the life of a uni student for the day. They attended lectures, seminars, enjoyed food from the restaurants and explored the campus. Valuable advice concerning their future options was provided and students considered many relevant questions concerning university choices. The day helped some students identify their course choices, while others decided they were not suited to particular courses and related occupations.



COMMUNITY ANNOUNCEMENTS



NGURRANBAI PRESCHOOL

Our Preschool is able to offer placement for children aged 3.5 – 5 years old.

This program is very beneficial for

- Aboriginal children,
- children following onto Kindergarten at Queanbeyan South School in 2011, or
- additional placement with a preschool program

We operate from Tuesday – Friday, 9am – 2.45pm and have vacancies for a 1 day or 2 day placement.

If you are interested in enrolling your child please ring Kim on 62970167.

HOOK IN 2 HOCKEY PROGRAM

The Hook In 2 Hockey program teaches basic hockey skills through a series of game-like activities, that promote fun



and participation. It is designed for both boys and girls aged between 6 to 12 years (primary school) and 13 to 16 years (high school) with little or no hockey experience. It allows young people to come and try hockey before signing up to a full season.

DATES: Every Saturday for 6 weeks from 13th February 2010 to 20th March 2010 (excluding Canberra Day long weekend)

VENUE: Blundell Park, Ford Street, Queanbeyan

TIME: 4:00 pm to 6:00 pm

COST: \$50.00 per participant includes a hockey stick, shin pads and a ball.

For further information, please contact Tracey on 0419 428 013 or visit our website:

www.quhc.com.au

PARENT INFORMATION SESSION TO DEVELOP YOUR CHILD'S COPING SKILLS

Queanbeyan City Council and Queanbeyan Schools as Community Centres are proud to present an information session for parents of children of all ages. The session will focus on how you can develop your child's ability to cope with life's challenges in a positive way. The presentation will provide you with practical strategies to strengthen and build your child's coping skills to deal with difficult situations as well as day to day living.

The talk will be presented by You Can Do It! Education, an organisation that specialises in education focusing on building the social and emotional capabilities that young people need to acquire in order to be successful in school, experience wellbeing, and have positive relationships including making contributions to others and the community.

When: Tuesday 16th February 2010

Time: 7pm- 8.30pm

Where: Queanbeyan Public School

Cost: Free. Please register your interest in attending by contacting Emma Hawke on 6298 4551 or

emma.hawke@qcc.nsw.gov.au by the 11th of February.

PARENT LINE NEWSLETTER

Secondary Schools

Parent Line has helped close to 10,000 parents and carers over the last year with a wide range of parenting issues. Our counsellors are available 24 hours a day, 7 days a week. Our website (www.parentline.org.au) also has some interesting articles posted as well as information and tip sheets. Parent Line is a free telephone counselling services available to parents of children 0 – 18 years across NSW funded by Families NSW. Our counsellors are all experienced family counsellors with professional qualifications.

Parenting an Adolescent – A Life Altering Journey

Parenting adolescents is an interesting journey for many parents. Not only are we faced with rapid changes in children but also in family dynamics and communication within the family. It's not always easy to keep up whilst parenting adolescents. One thing is for certain, it is not usually an easy ride through calm waters, more like a rollercoaster ride through rapids!

Adolescents bring with them change. To raise an adolescent means change is imminent. We are often forced to look at a lot of things about ourselves as parents and people during this process. We need to change the way we communicate, the way we make decisions, our role in our children's lives and also deal with the loss and grief of the childhood phase being over. This is all part of parenting adolescents and moving on to parenting young adults.

As we often so graphically see (through their mistakes and blunders) adolescents have not mastered all their developmental tasks as yet. They are striving towards independence, learning about developing relationships and intimacy with others, finding a way of belonging in their world and working out who they are and what they believe in. At the same time their brains are developing in such a way that for a period of time their frontal lobes have almost shut down whilst other parts of their brains are developing at a rapid rate. This means often adolescents strive for independence, external relationships and identity development whilst their problem solving capacity is reduced. Not easy for them nor their parents!

It's hard to watch our children learn life's lessons through experience. A helpful way of viewing these "lessons" is to view them as **opportunities for development and growth** but with a strong safety net underneath to catch them when they fall. The opportunities for growth don't just happen for our children but also for us. Raising an adolescent inevitably means we have to review our relationships with them and others, as well as our

communication styles and sometimes even our values and beliefs. Raising an adolescent well will challenge us and change us.

Whilst this is happening it is helpful to reflect on our role as parents. The big picture vision for us as parents is that we are here to raise children who grow into happy, healthy, independent, contributing young adults. Every adolescent needs to master a range of tasks associated with "growing up". These include socialisation (how to get on with a wide range of people); belonging (feeling like they have a purpose and place); safety (physical, emotional and psychological); mastery of skills (life skills); acceptance (feeling like they are accepted despite their differences); relationships (learning how to be close to other human beings); leisure (how to have fun in a safe and fulfilling way); learning (how to learn from life's ups and downs) and confidence (gained from mastery and experience in these tasks).

A helpful way for parents to view the challenges they face is to assess:

- Which of these tasks is my child trying to master?
- What learning is in there for him/her?
- What can he/she learn from natural consequences?
- How does he/she usually learn?
- Can I help him/her learn further about this?

It is important to understand that mistakes and challenges are normal and are part of helping the adolescent child develop and learn. How we communicate this learning is of vital importance. At Parent Line we have a range of strategies that we discuss with parents about how to communicate effectively about the things that matter.

To discuss these kinds of issues or any parenting issue, call our team on **1300 1300 52** for free individualized counselling.

*Written by Tarja Malone
Manager of Parent Line NSW*