

'ON-Q'



Kew High School
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Issue No. 23

ASPIRE STRIVE ACHIEVE

October 9, 2009

COMING EVENTS

Oct	Tue	13	VCE Performing Arts – 6:00pm
	Mon	19	QNetwork Meeting – 6:00pm
	Tue	20	State Athletics
	Mon	26	School Council Meeting
Nov	Tue	27	On Stage @ Q performance
	Wed	28	7-00pm both nights
	Tue	3	CUP DAY
	Mon	9	Drug Booklet Launch 7:00pm
	Tue	10	9 OEd camp 1 (Tue-Fri)
	Thu	19	PRESENTATION NIGHT 7:00pm

This week we held our general assembly as a farewell for Year 12.

Thank you to our leadership team, especially our school captains **Alex Jones-Roberts** and **Dominic Matheson** for their work this year. All members of the team have been excellent ambassadors and positive role models. They have provided the students with a voice and have initiated and organised a range of activities, programs and events. We also say thank you to all of our year 12 students for their contribution to Kew and their participation in all that we have offered.

We take this opportunity to mark the passage of this cohort from the formal school program which saw them involved in a set timetable. They are moving now to a period where they very much determine how and when they will study. They set their own pace. They rely now on their own commitment. They revisit their own goals.

Certainly the teachers are here as always to guide, facilitate and support. The staff provided extra classes over the holidays to allow students to consolidate their learning but attendance was voluntary. They distribute past papers and study material but again it is up to the individual student to complete the tasks or they can choose to ignore them. The effort that is put in now can indeed make an enormous difference to the overall result. It is always interesting to watch from the side and take note of the range of energy and input from the individual students. There are some who are self

motivated and focused. There are others who lack self discipline and are unable to prepare a study timetable, prepare their revision material and utilise their time wisely.

We remind them that there is indeed only a short time required from them to totally commit to their study so that they can truly look back and know that they have given their all and can be totally satisfied. Should they waste the last weeks, then they learn the hard lesson of life that you reap what you sow and that it is not easy to look back and regret what might have been. We urge them to make the most of the **swotvac** and offer our best wishes to them all in the upcoming exams.

Of course we say our formal farewell at our Presentation Evening on Thursday, November 19th which is a compulsory whole school event and a highlight of our calendar. I look forward to seeing you there.

Our students have developed customs around their farewell and so we see them arriving on the last day in costume, celebrating with a BBQ, concert and lunch. They have fun and also demonstrate their pride and respect for the school with their behaviour. All schools in the area, with the support of the local police, now have a **zero tolerance** to antisocial behaviour disguised as being acceptable under the banner of Muck up Day. There is no acceptance that it is appropriate to mark the conclusion to formal schooling with damage to property or persons and all schools have agreed to report any unruly behaviour and impose significant consequences.

It can be a little unsettling for others at the school to say farewell to the seniors but for the rest of the students it is still business as usual. There is still a term to go - a term in which to aim high, to participate and achieve and make the most of the opportunities on offer. We continue to maintain our high expectations of our students with work, attendance, punctuality, uniform and behaviour.

October 12th – 16th is Mental Health week. Our staff are being particularly cared for by our wellbeing team with a lunch, a breakfast and massages as well as involvement in a range of other activities to reduce stress. It is timely to spare some thought for the one in five who do suffer some form of mental illness. At Kew

we have set up a caring, dedicated and well trained team to support students with difficulties and we urge those in need at any time to seek out that assistance. We all go through difficult times and hard times are made much easier with support, someone to guide or to just be there. It is never a sign of weakness to seek help.

October is also **Safety month** and we are reminded of the importance of developing a safe and aware community. *Injury (intentional and unintentional) in our homes, at work and school, during sport and leisure activities, on the road and in public places is a significant cause of death, illness and disability in our community* (Victorian Safe schools Network inc.) It is noted that many of these deaths and injuries are preventable. As a school community we should be always alert to dangers and promote safety in all our practices and behaviours. We are governed by a range of occupational health and safety guidelines, but when out and about we remind everyone to be

alert to hazards and above all to use common sense.

Work safe week is held from October 26th -30th with Friday October 30th marked as Injury free day.

Wednesday 14th October is also **Ride To Work day** and a number of staff will take the opportunity to be involved. We do have a large group of students who ride to school and it is timely to remind them about the need to wear their helmets until their bikes are safely parked in the school grounds.

It is busy term as always. Now is the time when we are involved with subject selections, staffing and enrolments for 2010. Students will soon be faced with assessments and promotion. We look forward to our major annual events- presentation evening, orientation day and the end of year concerts.



Coming events

Q Network meeting **Monday 19th October**
Barefoot Bowls social event **Friday 13th November**

Clare's taking a sabbatical; I know you're fanatical about the verse she wrote, fortunately you've now got me to keep you well informed and although there won't be a verse, don't get terse, she may be back again we hope. Many thanks to Clare Kinden.

INVITATION - BAREFOOT BOWLS FUNDRAISING SOCIAL EVENT

When: FRIDAY 13th NOVEMBER.
Where: BRUNSWICK BOWLING CLUB, 5.30pm.

The Q network invites the school community, students, parents, grandparents, carers, friends and staff to an end of year get together, spread the word it will be a great night. See our fabulous flyer for all details. Don't worry if you've never bowled before you don't have to be a crackerjack player to join in the fun, there will be an instructor on hand to give tips on how to play the game. So come along kick off your shoes and relax and celebrate the end of another great year at Kew.

MAILING LIST

To receive updates on Q network activities and meetings forward your email address to Veronica Eaton, veronicaglattauer@csiroy.au



QNetwork Presents:

Friday 13 November
Brunswick Bowling Club
104 Victoria Street
East Brunswick
5.30pm - 10.30pm

A fun event for the whole Kew High School community. Come along with your family and friends to try lawn bowling plus play darts or pool. Dance to the jukebox and have a drink at the bar. Fun competitions for all.



Enjoy our famous sausage sizzle or BYO food (BBQ's available).

\$10 per adult and \$5 per child (under 18 yrs)
Children under 5 are free

Book early as limited spaces are available!

Book your tickets online by using the Trybooking system:
<http://www.trybooking.com/CAF>
or link from the Kew HS website
www.kew.vic.edu.au

Please note: Bowling is until sunset on real grass, so only flat shoes or barefoot please.

**ANXIETY DISORDERS ASSOCIATION OF
VICTORIA
Presents**

**Parenting Support Strategies:
Managing Child and Adolescent Anxiety and
Depression**

This lecture will provide you with the knowledge and the confidence to strengthen and harmonise your family, including;

- How anxiety and depression affects the family;
- How to recognise anxious and depressive symptoms in your child including physical, behavioural and cognitive symptoms;
- How to manage symptoms of anxiety and depression and how NOT to manage these symptoms.

This event will open with a short keynote address by **Jenny Dahlstrom**, a local parent who has a child with anxiety. This will be followed by a lecture by **Rachel Wickham**, a Provisional Psychologist who has been counselling for 3 years. Rachel specialises in therapies and interventions for children and adolescents, mostly in the areas of anxiety and depression. Her experiences include working closely with schools, General Practitioners and the Department of Human Services.

Through both professional and personal experiences, Rachel has recognised a need for parents and teachers to deepen their understanding of anxiety and depression in children.

Rachel is able to provide parents and teachers with the tools to identify if your child is suffering from depression or anxiety and provide practical interventions to help manage the symptoms your child is experiencing.

NOTE: After this lecture the presenters will open a facilitated discussion, with the focus of providing support and information. Our long term goal is to grow these discussions into an ongoing support group.

**Bookings can be made by calling ADAVIC (03)
9853 8089**

Or email us at adavic@adavic.org.au

**BOOKINGS ESSENTIAL FOR THIS LECTURE!
MONIES NON REFUNDABLE**

Date: Tuesday 27th October 2009

Venue: Hawthorn Library Meeting Room,
584 Glenferrie Road, Hawthorn.

Time: 7:00pm – 9:00pm

Cost: \$10

**Carry On Secondary Education Grants
2010**

Are you ex Navy, Army or Air Force?

Then Carry On (Victoria) may be able to help you with education costs if you meet our eligibility criteria.

Carry On (Victoria) **assists Secondary School students in year 7 – 12** with grants for expenses such as fees, books, uniforms, excursions.

Children whose Parents or Legal Guardians have a need for financial assistance and comply with our eligibility criteria can apply. All grants are income tested and the *closing date for applications is 5th November 2009.*

If you have served in Australia Defence Forces or Allied Forces and wish to apply for a Secondary Education Grant for 2010, please phone Carry On (03) 96292648 to establish eligibility and request an application form.

Notification of Student Absence

Parents / guardians wishing to email a student absence may use the following address

absences@kew.vic.edu.au

Elation Women's Choir

We are seeking members, preferably sopranos, and preferably those who once sang in their school choir. We'd love you to join us for our Christmas carolling. How about some fun and some 'ME' time for you. Contact Leigh on 9857-7334:

Student Exchange Australia

Public Information Evening

A not for profit organisation is pleased to extend an invitation to Kew High School Students to attend an information evening in Melbourne on Thursday 15th October at the Raddison on Flagstaff Gardens 380 William St, Melb. The session will begin at 7:30pm.

The evening gives students and families the opportunity to learn more about becoming an exchange student and the various scholarship options that are available.

For further info: Phone 02 9997 0700 or check out the website. www.studentexchange.org.au

Southern Cross Cultural Exchange

You could learn a lot from an international brother or sister!

Climate change, further education, cultural differences, language, study habits, careers etc.

And what fun teaching him/her about the Australian culture.

Carefully selected students will arrive in February 2010 for 5 months from Europe, Japan and the USA. They will attend local secondary school, are fully insured and have their own spending money.

If you are interested please contact us on: 1800 500 501 or email to scceaust@scce.com.au and www.scce.com.au



PARENT WORKSHOP

DECLUTTER AND TAKE BACK CONTROL

Is clutter bringing you down? Remember how good you felt last time you cleared a space that was out of control? Come and join us for a fun, yet practical workshop to help you get motivated and learn how to plan to get your home in order, giving you more time to do the things that are truly important to you.

Tuesday 13th October

7:00pm – 8:30pm

Ashburton Library, Copland Room

154 High Street, Ashburton

Numbers Limited

Call Silvana 0417 595 744 or Michele on 0437 311 802

Futsal Indoor Soccer

New season starting soon.

- We are affiliated with Football Federation Victoria.
- Fifa Futsal rules
- Players insured against injury
- FFV accredited referees
- Quality local venue
- Finals series with trophy
- Juniors
- Mixed teams
- Men's
- Any age and everybody is welcome.

We are located at Kew High School Sports Centre
1393 Burke Rd
Kew East

To register your interest please contact Nino: 0434 875 771 (Futsaloon Fives)