



**Kellyville High School**  
Learning | Excellence | Integrity

# The Marella Muse

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## CALENDAR CHECK

### 2018 | Term 4

<b>W5A</b>	Wed – Fri	Duke of Edinburgh (Silver) Camp
<b>W6B</b>	Thu 22 Nov Fri 23 Nov	Recognition Assemblies White Ribbon March P&C Twilight Market
<b>W7A</b>	Thu 29 Nov	Winning House Day Out
<b>W8B</b>	Mon 3-5 Dec Tue 4 Dec Thu 6 Dec Fri 7-12 Dec	Media Team Film Excursion Yr 7 2019 Orientation Day (9 - 12:30pm) P&C Meeting 7pm (Library) Yr 10 PASS – Manly Surf School Duke of Edinburgh (Gold) Camp
<b>W9A</b>	Wed 12 Dec Thu 13 Dec Fri 14 Dec	Sports Assembly HSC Results Released Presentation Day Rehearsal ATARs Released Year 12 Morning Tea Talent Quest
<b>W10B</b>	Mon 17 Dec Wed 19 Dec	Presentation Day (10 – 12.00pm) Last day for students

## CELEBRATING SUCCESS

### HSC SUCCESS | CAITLIN H

Congratulations to Caitlin H of Year 12 on being successful in having her HSC Textiles Major work nominated for inclusion in “Textstyle”, the annual showcase of exemplary works from the Higher School Certificate Textiles and Design students.



## INTERNATIONAL LINKS – GERMAN VISIT

Dear Tina, dear Damian,  
We all came safe and “in time” back home. Here the leaves are turning and it is 10°C... the beautiful mist below the rising sun in the morning covers a little bit the memories of travelling through Australia and enjoying your wonderful, warm hospitality! Thanks again!  
Yours, Wolfgang



## Principal Points

### HSC over and out

The final exams for HSC happened last week and we are now breathing a collective sigh of relief. Now we await the results and watch our students take on the next part of their life.

### German Visit

Our lovely friends from our sister school in Germany, Dr Wolfgang Moescek and Kirsten Reitner visited with member of the Deitricht Bornhoffen School last week. They had experienced an amazing trip around NSW going south to Pebbly Beach, Canberra and MT Kosciusko which had snow on it and out to Lake Mongio. Then up to Burke, back through Dubbo and Jenolan caves and back to our school.

Dr Moescek gifted our school some pages of a book published in Germany in 1802 with hand painted pictures of the harbour. It is a rear and beautiful gift especially as the commentary is in both German and French, when the colony was so new.



We gifted the TPL a painting by Aunty Edna Watson, the custodian of the Durrug lands. Aunty Edna painted the picture herself of a birds at a water hole with x-ray style water creatures. It is a beautiful gift that I know when we visit TPL next year will have pride of place in the school. I wanted to acknowledge and thank the generous parents who took billets. It seems that we have made great friends with the students with students they met last year when we visited Germany. If possible I would really urge you to billet students from our sister schools in Germany and Japan. They all speak English and love Australia and our family life. I have included some pictures from assembly and from a very peaceful and relaxing day at the Mt Tomah Botanical Gardens.



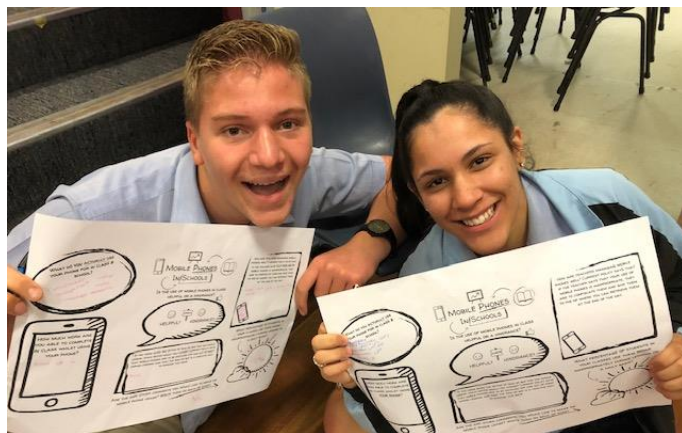
### Remembrance Day

May I thank Anna A, one of our students, for designing the Remembrance Day ceremony we had at school last Friday. The students were perfect and fascinated by the speeches and the flag ceremony. Our students made all the teachers (and their parents) so proud of them with the collective respect they showed at such an important event.

There were also twenty local primary principals and Mrs Jennifer Weil from the Ponds High School and Mrs Emma Kriketos the Director Educational Leadership who attended the same ceremony and congratulated our students for the respect, maturity and grace shown by our students. They were a credit to our school and their parents.

### Student Voice

Yesterday all years attended an assembly to canvas their opinion about mobile phones in our school. From the start this is not about a ban. A ban is a ridiculous suggestion. This process is about asking students their opinions and getting buy in about what policy we can write together. The solution has to be practical and consistently applied. I will be showing the collated results on our face book page and then I will be using the data collected by the DoE to calibrate a policy with our students and teachers.



**Twilight Markets on the 23rd don't miss out!**

Ms J Barnier  
Principal



## Mitchell Youth Leadership Forum

Mitchell Youth Leadership Forum was an amazing experience for myself and many other students from both Kellyville High School and our neighbouring schools. We all learnt when and how to speak up, and also when and how to listen to others. A select few motivational speakers were chosen to speak for us at the forum, each of them being very different and allowing us to take different messages from each. Well known Eddie Woo was chosen to speak to us and teach us how to lead and listen within a work place environment and how to become young leaders.

From incredible life hardships to motivational tips to inspirational quotes, all aspects of maturing into a young leader were touched on which allowed everybody to take from it, what they felt was most important. Being put into groups of ten with one student from every other school allowed us to step out of our comfort zone and meet new people, learning to interact in team work activities with people we had never met. We left the forum after two and a half days equipped with many skills to take away to use now and in the future.

The Mitchell Youth Leadership Forum is the most life changing camp for any young adult looking to grow within their leadership in and out of school.

*Anthony D*  
**School Captain**

Mitchell Youth was one of the most incredible experiences that we will never forget. Ten Year 11 students, including myself, were lucky enough to be chosen to attend a two-and-a-half-day camp that was designed for young leaders in our local area. When we first arrived, we were all split up into different groups. While this was a little daunting at first, it gave us an opportunity to meet likeminded people who were all so passionate about leadership and helping others. We all became extremely close and met some really amazing people who we can now call great friends.

The camp was amazing because we got to hear many inspirational speeches that completely changed how we view the world, and our perspective on life and leadership. We were lucky enough to hear from individuals who have suffered many defeats in their life, including having extremely large tumors, cancer, or being involved in major accidents, however, turned their lives around to achieve many great things. We heard from people who had climbed Mount Kilimanjaro numerous times, or ran marathons all around the world, people who work hard to help other people each and

every day, and the legendary Eddie Woo! Each speaker brought something different to the forum, yet they all worked to take us outside of our little bubble and realise that there is a bigger world outside of school.

The group activities were fantastic. We were outside all day playing games and completing challenges in 'Survivor' and the Wacky Olympics. These included playing soccer with a football, water balloon volleyball, tug of war, slimy scrabble, and balloon races. They were heaps of fun and a great opportunity to bond with our teams. Later that night, we did trivia, more challenges, and a huge game of pass the parcel!



On the final day, the Kellyville students came back together again to meet Mrs Roberti and Mrs Maloney for a school workshop. This gave us the opportunity to speak with our teachers about what we had learnt throughout the forum, and devise ways where we can all make a difference in our school. We are all really excited for our plans to turn into action.

Later that day, we all participated in community service. Some groups went to retirement villages and bonded with the residents, and other groups did gardening, maintenance and car washing at homes for disabled people. This was such a lovely thing to do and gave us all a wonderful feeling about doing good for other people.

The spirit, enthusiasm and comradery between everyone at the forum was absolutely incredible. Each team had their own respective chants, colours and flags and no one was afraid to make sure their team was heard! It was such a positive place

to be because everyone wanted to be there and was so friendly to one another. No one was embarrassed to dance with the crowd or scream the chants with their team during breakfast. It was something that most of us had never experienced before.

The hardest part was saying goodbye because no one wanted to leave! We had all made such fond memories that we will always cherish and friends that we will never forget. We are extremely grateful for everyone that helped make the forum possible, including our very own Tristan! We are also grateful to the teachers who gave us the opportunity to go because it was a once in a lifetime experience that we will never forget!

Sarah C

School Captain

## Environmental Group

The Environmental Group started small with just a few students, but over the year we have grown in numbers and ideas. We first started with tending Ms Harper's vegetable garden, watering during the dry times and weeding when it rained. Ms Harper has been delighted with the results, and being able to sell the produce to the staff. The Men's Shed at Glenwood made and installed a bird feeder for us. This has attracted more of the native lorikeets which drive away the introduced myna birds.

Later, with the help of Ms Goldie and Mr Thomas, we bought a yellow plastic bottle recycling bin. The bin is for plastic bottles only. The IEF Unit has also been using it to teach responsible recycling. We hope that any money we make can be used for other projects around the school. Ms Goldie also has an active paper recycling program around the school with several students helping on a regular basis.

George and Chelsea, with the help of Ms Gentle, put together some ideas for the future of the School: fund raising to put solar hot water heaters on the roof for Food Technology, gradually replacing the old halogen lights with LED and recycling more of the classroom waste paper. In week two we publicised and participated in the Aussie Backyard Bird Count which was a lot of fun. We have also commenced putting posters around the school to raise awareness of environmental issues.

As in previous years, we will take part in Clean Up Australia Day on 1st March 2019. Events like Clean Up Australia Day are at their most effective and enjoyable when the whole community participates, so this year we would love to see involvement school-wide from teachers and students alike.

The Environmental Group needs the cooperation of as many people as possible, and with that, we can all make our world a little bit better!



By: Emily S, A.J., Sara L, George B, Chelsea W, Sarah O, Lara D, Leeda M, Melina D, Sophia Y and Zohra A.

Student Representatives | The Environmental Group

## Faculty Focus (CAPA)

*Noteworthy* &

### Anwitha L Year 7

Anwitha L is in Year 7 and plays the piano.



**Q: When did you first start learning this instrument?**

I started learning this instrument when I was in Year 3.

**Q: Any special music achievements?**

I am currently on grade 3 for piano and am close to being on grade 4.

**Q: What do you enjoy most about your music making?**

I enjoy playing songs that are new and challenging myself with a difficult piece.

**Q: Do you have any words of advice?**

Always LOVE music. Play with passion.

Mrs B Smith

Music Teacher

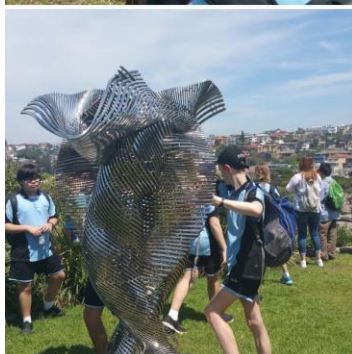


## Sculptures by the Sea Excursion

Our IEF students had an amazing opportunity to visit the annual 'Sculptures by the Sea' exhibition at the iconic Bondi beach. The spectacular coastal walk was transformed into a sculptural park with over one hundred exhibits from Australian and overseas artists.

After a short descent we caught our first glimpse of an array of works bordering the view to the coastline. Excitement grew as we reached the giant Buddha which calmly welcomed us to the start of our tactile tour. Students were placed into small groups and were given interesting, informative insights into the creation and interpretation of each sculpture.

Imaginations were sparked, environmental responsibility highlighted and the seeds of creativity were planted, which is now transpiring in our IEF 'Sculptures in the Garden' project. A huge thank you to Mrs Shkuratova for coordinating the excursion and to our IEF students for their exemplary behaviour.



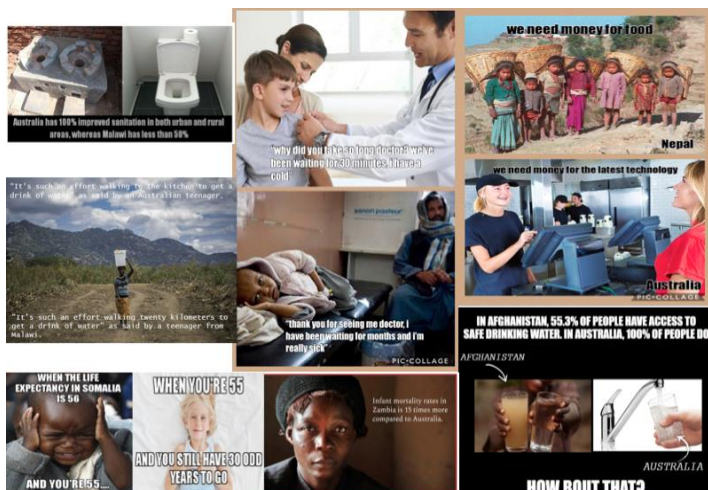
Mrs S Fitzpatrick  
SLSO, IEF Faculty

## Faculty Focus (HSIE)

At Kellyville High School, our aim is to develop connections with the wider community and the world. In the HSIE faculty, students have been encouraged to take on leadership roles and to develop a social conscience to benefit the global community. This has been the focus of our classwork and assessments.

In Year 9 Geography students completed a collaborative project focusing on Human Wellbeing. They investigated variety of different countries across different geographical regions to compare their wellbeing to Australia. Issues such as education access, mortality rates and life expectancy were examined. Students created memes that could be used in a social media campaign to increase awareness of these issues. A variety of countries were chosen, reminding all of us how lucky we are to be living in Australia!





One of the topics studied in Year 10 Commerce is “Running a Business”. This topic provides students with the opportunity to be entrepreneurs and to experience the pressures and rewards of operating a small business. They worked with their team members, each being responsible for a key area of the business. There were financial, operations, marketing and human resource managers, all working together to run a business in a highly competitive marketplace. Students took ownership of their own learning, focusing on their target market to determine what products to sell and how to sell them! The “Market Day” stalls operated across three different days, selling a variety of foods and drinks for all to enjoy! The experience of selling to an authentic audience gave students a real insight into the planning and execution needed for business success. The 3 day event was a HUGE success and it added close to \$1,500 to Kellyville’s donation towards the Fiver for a Farmer initiative.



Mrs S McHardy  
Head Teacher, HSIE

## Oztag Success!

Kellyville has seen a lot of success on the Oz-Tag field this year. At the end of last term, there were two senior teams selected to represent Kellyville High School in the Macquarie Zone Tournament. It was quite a successful day with the boy’s team winning the grand final in a neck and neck game against Rouse Hill, along with the girls finishing in fourth place. From this tournament we had four of our students selected to represent Macquarie at Sydney West (Liam H, Ethan S, Lauren P and Holly R, all in Year 10). Brodan W and Teah H in Year 8, had the opportunity to play alongside our senior students and had no trouble in doing so. Overall, it was a fantastic day with nothing but great and encouragement on and off the field.

Congratulations to Emily T and Liam H who were selected to participate in the Tag 2018 World Cup held in Coffs Harbour. Emily was chosen to represent the U16’s Indigenous Australia girls team who placed 2nd in the World and Liam H was selected to represent Australia in the U16’s boys, placing first in the World. We are very proud of these phenomenal achievements!



Miss T Mitai  
Teacher, PDHPE

## The Invictus Games

On Thursday of Week 2, 30 students from Year 7 to 12 departed on the exciting journey to Homebush. The Invictus Games event is such an amazing event that Prince Harry has skilfully developed by adapting international sports in such a way that all wounded, injured or sick armed services personnel and their associated veterans are able to participate and be involved in sporting events.

After arriving at the venue, we were instructed to head to ANZ Stadium, where we were given yellow Invictus hats to wear

and a program for the day. Surrounded by students from other schools, two military veterans shared with us their traumatic and confronting stories. The event was a fabulous opportunity for Kellyville High School students to be inspired by incredible people who have suffered significant hardship, however, have overcome injury to excel in their chosen adaptive sport.

Watching the athletics was a highlight for many, as wounded veterans with leg, and arm injuries raced around the track at record speeds, and challenged themselves in field events at Sydney Olympic Park Athletics Centre. We were honoured the opportunity to see amazing people receiving medals at the athletics ceremony.

Some chicken and lettuce sandwiches later, we were listening to incredible musician, Lorin Nicholson. He played guitar beautifully and we were all very impressed which shocked us when he told us he was legally blind. Lorin spoke to us about his story as a young boy as part of a motivational presentation, which he has authored in his book, *The Amazing Bike Ride*. The story is a real life account of the seemingly impossible ride Lorin undertook as a 16 year old school student from Tamworth to Port Macquarie. In just three days, he rode his trusty old mountain bike solo 275km across some of the steepest mountains in Australia, the Great Dividing Range, in order to reach the beach on the other side. His amazing story of courage and perseverance inspired many throughout the audience.

Overall, this was an amazing experience that encouraged us all to persevere through the struggles of everyday life, and is a day that we will always remember.



Matthew Brumby of Australia Competes in the Men's IT4 200m final during day 7 at Sydney Olympic Park Athletics Centre at the Invictus Games Sydney 2018

Emma R  
SEC Representative

## COMMUNITY NEWS

### CANTEEN |

Our canteen has officially been recognised as a Healthy School Canteen. The canteen has been working towards the Food and Drink Criteria throughout the year and are excited to be offering healthy choices for our students! #MyCanteenRules



## COMMUNITY NEWS

... .. MQ Global Leadership Entry Program offers!

... .. Twilight Market!

... .. Positive Parenting: *Developing empathy*



# Congratulations

## KELLYVILLE HIGH SCHOOL

### 8 students

received 2019 Global Leadership Entry  
Program (GLEP) offers



Lee-ann Norris  
DIRECTOR – FUTURE STUDENTS



**MACQUARIE**  
University





**MACQUARIE**  
University

# KELLYVILLE HIGH SCHOOL

## GLOBAL LEADERSHIP ENTRY PROGRAM

Year 12, 2018 key data

**Number of students  
who received an early  
offer:**

**8**

**Number of double  
degree offers:**

**3**

### **Offers by course name\*:**

- Bachelor of Arts with Bachelor of Commerce
- Bachelor of Arts with Bachelor of Education (Primary)
- Bachelor of Business Administration with Bachelor of Arts - Psychology
- Bachelor of Economics
- Bachelor of Science - Psychology
- Bachelor of Security Studies
- Bachelor of Speech, Hearing and Language Sciences
- Bachelor of Teaching (Early Childhood Education)

\*Courses include double degrees and multiple offers

# Calling all Bakers Embrace your inner Nigella!

We would love donations of delicious cakes, muffins, slices and sweet treats for our P&C Cake Stall at the Twilight Markets.

Food Donations can be dropped at the school office on Friday morning, or just bring them along to the stall on market night.



## Volunteers Wanted:

Can you help out on the BBQ and Cake Stall at the Twilight Markets?

Half an hour or an hour is all that is required.

Have some fun, meet new people and set a great example for your kids  
helping out their school community!

If you can help with any of the above, please let us know at [kellyvillehspandc@gmail.com](mailto:kellyvillehspandc@gmail.com)

Thanks from your P&C Committee



# insights

## Why developing empathy in your child matters

by Michael Grose



Parenting is a socialisation process during which parents develop in their children and teenagers the skills and attitudes that will enable them to fit into the different groups they encounter. These groups will exist inside the classroom, in friendship groups, during sports and leisure activities and elsewhere.

This socialisation process needs to begin from a young age.

Initially, most kids believe that their world and everyone in it revolves around them. “I want” is their mantra. Patient, firm parents will continually remind children that they need to think of others. “It’s your brother’s turn.” “Nana doesn’t feel comfortable listening to that language.” “Think about how your behaviour affects others.” These are the types of appeal to a less self-centred approach that many parents make.

The socialisation process operates on two levels. On one level its focus is on teaching and helping kids to follow social rules or conventions that exist to help them get along with each other. At a deeper level successful socialisation develops empathy in a child or young person.

Empathy – the ability to understand how another person is feeling or how they respond to a behaviour or an event – is the basis of all respectful relationships. Without empathy it’s impossible for someone to enjoy a relationship based on respect and equality. It’s easy for a person who doesn’t practise empathy to reject, bully, intimidate or hurt someone else.

### **Empathy learned in childhood carries on to adult life**

Empathetic adults enjoy better personal relationships and experience less stress. They also make better leaders who are more likely to get the best out of people than self-centred, result-focused leaders.

Anecdotal evidence suggests that empathy, if neglected in childhood, can be difficult to develop in adulthood. In some adults it takes a traumatic event or a ‘road-to-Damascus’ moment for them to adopt an empathetic perspective.

So, rather than wait until adulthood, let’s focus on developing empathy in your children and adolescents. There is a good chance they will benefit very soon in terms of enjoying better friendships, improved wellbeing and more success at school. Here are five ideas to get you started:

1. Model empathetic behaviour. Be kind even though the person in front of you in that queue is slow.
2. Read fiction stories to kids or encourage them to read fiction. People who read fiction score highest on tests that ask them to infer other people's thoughts and emotions.
3. Praise kind and compassionate behaviours. The behaviours that parents focus on, even with teenagers, are those that tend to expand, so bring their empathetic behaviours to the fore.
4. Validate your child's feelings. When a child shares difficult stories or emotions let them know you understand, without offering solutions or advice.
5. Invite your child to walk in someone else's shoes. Occasionally ask your child a question like, "What would it be like to be feel tall like Tanya?"

Empathy is too important to wait until adulthood so make it a priority to develop a sense of 'other' in your child from an early age.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.