



The Marella Muse

Kellyville High School

Learning | Excellence | Integrity

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[www.twitter.com/KellyvilleHS](https://twitter.com/KellyvilleHS)	www.facebook.com/KellyvilleHS	www.instagram.com/KellyvilleHS



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23 Nov 2018

CALENDAR CHECK

2018 | Term 4

W7A Thu 29 Nov Winning House Day Out

W8B Mon 3-5 Dec Media Team Film Excursion
Tue 4 Dec Yr 7 2019 Orientation Day (9 - 12:30pm)
P&C Meeting 7pm (Library)
Thu 6 Dec Yr 10 PASS – Manly Surf School
Fri 7-12 Dec Duke of Edinburgh (Gold) Camp

W9A Wed 12 Dec Sports Assembly
Thu 13 Dec HSC Results Released
Presentation Day Rehearsal
Fri 14 Dec ATARs Released
Year 12 Morning Tea
Talent Quest

W10B Mon 17 Dec Presentation Day (10 – 12.00pm)
Wed 19 Dec Last day for students



Kellyville High School Dates for your Diary

29 January 2019

School Development Day
(students do not attend school this day)

30 January 2019

All Year 7 & 8 students commence

31 January 2019

All Year 11 & 12 students commence

1 February 2019

All Year 9 & 10 students commence

5 February 2019

New Parent BBQ 5pm in the Quad and
P&C Meeting 7pm in the Library

11-13 February 2019

Year 7 Camp

15 February 2019

Swimming Carnival
All students expected to attend

CELEBRATING SUCCESS

HSC SUCCESS | CHELSEA WARNER

Congratulations to Chelsea W on her selection for the ONSTAGE exhibition.



Education
Standards
Authority

Ms Justina Bamier
Principal
Kellyville High School

Dear Principal

Congratulations on the selection of the following student/s from your school for the OnSTAGE exhibition in the foyer of the Seymour Centre, Sydney, from 9 February to 15 February 2019.

Chelsea Warner *Critical Analysis - Directors Folio*

All OnSTAGE performers and exhibitors receive a certificate at a formal presentation ceremony. An invitation will be sent to you and the Drama Teacher to attend the ceremony which will be held on Friday 15 February 2019.

Booking forms for OnStage at the Seymour Centre can be downloaded from the NESA website from Monday 19 November. It is advisable to return the booking form to the Seymour Centre Box Office as soon as possible to improve the chance of purchasing tickets. If you have any questions regarding OnSTAGE, please contact me on (02) 9367 8309.

Yours sincerely

Maureen Stevens

Maureen Stevens
Manager, External Engagement and Events
November 2018

ANTI-BULLYING | Mr Cheney and students have started the preparation of "The Pledge".



Principal Points

P&C support our school

A huge thank you to our P&C for the organisation of the Twilight Markets. The weather was against our stalls being set up in the quad and instead they were cosily organised in the hall.

It takes many months of organisation to carry off such an event and because of the commitment and dedication of our P&C it went off without any problems. The President Mr David Kempe was primarily responsible for the organisation (Mrs Michelle Kempe responsible for baked goods and killer caramel popcorn), Mrs Julie Warner also did organisational tasks and worked on the baked goods stall, Mrs Karen Dagg (Bunnings BBQ all day on 4 Sundays throughout this year) and Mrs Pam Isaac Business Manager kept an eye on the finances. The Lions Club cooked the steak and sausage sandwiches and the hospitality team looked after beverages. Mrs Beth Smith, music teacher conducted the open mic and we were treated to some amazing talent shown by our students. The stalls made Christmas shopping a breeze!

Mrs Maloney attended the White Ribbon March at 6:20am that day and was present until the lock up at 11:00pm that night. Thanks to Mr Wanstall who did the thankless lock up at the close of the event.

All our P&C parents have full time jobs and they are extremely generous with their time and support for our school.

Anti-Bullying Campaign and Mobile Phone Policy the result of Student Voice in our school.

As many of you are aware, Kellyville HS has a focus on student voice in decision making at our school. I can make lots of "rules" but without the student input and buy-in they are worthless.

We have developed our Anti bullying policy through consultation with every student and teacher. The fruition of this work can be seen in the pledge that Mr Cheney and some talented painters have nearly finished on the main quad. This will have a launch event with the pledge being printed as a business size card for all students and the beginning of saying the pledge at assembly. The students have leadership in their veins at Kellyville HS and this is a positive and active action to decrease bullying in our school.

The students have also been consulted about the mobile phone policy. They, like me, agreed that it is ridiculous to think the staff can stand at the gate and take 1050 phones, let alone store them for the day and redistribute to go home. Through the students answering questions about their use and misuse of the phones we are on the cusp of having our own process

and understanding about their use at our school. The data will be published in the next newsletter.



Kellyville High School Film about the experiences of Indigenous Australians.

Mr Caprarelli, applied for and received a grant from the Department of Education to make a film about the experiences of Indigenous Australians for use in NSW classrooms. It has been a massive undertaking and he has been assisted by Mr G Cheney, Mrs H Ruys, Miss C De Mellow and the Aunties from Dharug nation. You will remember and know that Auntie Rita Wright was held at Marella House for stolen children up until 1981 on Marella Road. She is the inspiration for the film and the creative consultant. She is much loved by our school and continues to support us in the immense undertaking that such a project entails. We are also working with Plumpton HS students who will also be in the film. Over the next few weeks, Australia Pioneer Village will form the screen backdrops for the true stories that the creative film will depict. The film should be finished early next year and we will have a launch at our school.

In the meantime, students are deeply into final assessment and reporting and we are planning for 2019.

Ms J Barnier

Principal

Careers Corner

Many of our students are looking for apprenticeships in the following trades:

- Carpentry (residential)
- Electrical
- Plumbing

If you own a business or know someone who might be looking for apprentices in these trades, please send an email to the school or give me call on 8824 5955.

Mr H Obidi

Careers Adviser

Uniform Reminder

Uniform is an important part of the development of the school as it presents the first (and often lasting) impression people form about the school and its students. We want our students to be seen in a positive way. There are a number of specific advantages uniform gives to students and parents.

1. It provides **security** in the sense of easily identifying where students come from should there be an accident. It certainly allows identification of people who don't belong in the school.
2. **Economically** it presents a better alternative to buying name brands and the demand to continually upgrade to the latest trends and fads. It lessens the competition for brand names that can develop.
3. The uniform promotes a **sense of identity, common purpose, consistency and unity** in the daily activities of students. Wearing it develops pride in achievement and school, which helps establish the positive culture of KHS.

Students out of uniform need to provide a note with a valid reason to the HT Admin (Students), Mr D Gardner, before school to obtain a uniform a pass for the day. Students out of uniform will be processed through the school discipline policy.

Y11/12 students out of uniform may be sent home to change.

On **Wednesday** only, years 7 – 10 may wear their Sports Uniform to and from school. This includes School Representative Jackets (Maquarie Zone, CHS and Sydney West).

Students **are not permitted** to wear sports uniform to and from school on any other day.

Mr D Gardner

Head Teacher Administration | Teacher, HSIE

DO WE HAVE YOUR UPDATED INFORMATION?

Do we have your most up-to-date details?

We understand that circumstances change over time. These details are important to ensure that you receive up-to-date information by mail, email and phone

Please contact our SASS enrolment team with any changes to your contact details so that we can continue our support.

Community members are also welcome to subscribe to the Marella Muse.

COMMUNICATION NETWORKS

How else might you receive our regular information updates?

Please contact, share and link with us via our social networks. We value your engaged, active contributions as well as your respectful, responsible feedback and suggestions.

... COMMUNICATION

	Mail	Cnr York Rd & Queensbury Ave, Kellyville NSW 2155
	Phone	+61 (0) 2 8824 5955
	Facsimile	+61 (0) 2 8824 9755
	Email	kellyville-h.school@det.nsw.edu.au

... COLLABORATION

	Facebook	https://www.facebook.com/KellyvilleHS
	Twitter	https://twitter.com/KellyvilleHS

... CRITICAL THINKING

	Delicious	https://del.icio.us/kellyvillehs
	Pinterest	www.pinterest.com/KellyvilleHS
	LinkedIn	www.linkedin.com/in/KellyvilleHS

... CREATIVITY

	YouTube	https://www.youtube.com/user/KellyvilleHS
	Instagram	https://www.instagram.com/KellyvilleHS

COMMUNITY NEWS

... .. Positive Parenting: *Developing resilience*

UNISSON
DISABILITY

Unisson Disability Beaumont Hills Open Day

Date: Saturday 8th December 2018 Time: 10am – 2pm
Address: 14 Cressy Ave, Beaumont Hills NSW 2155

Unisson Disability is thrilled to announce an open day at their Beaumont Hills Community Access Program. Unisson will be showcasing the broad range of services and supports they have on offer, especially for upcoming school leavers looking to transition into post-school life.

You'll be able to hear about Unisson's Community Access Program, Shared Living Accommodation options, as well as Supported Living (drop in support). Come along to enjoy a free day of fun activities including indoor basketball, cupcake decorating, craft, airbrush tattoos and a sausage sizzle.

You can RSVP to Yvonne or Mahtab on 8814 6973

insights

Developing a resilience mindset

by Michael Grose



If you want your child or young person to be resilient enough to cope with the hardships that come his or her way, and in doing so build strengths for the future, consider fostering your own resilience first. Parents are in the best position to influence their children's resilience. Children watch our reactions to adverse events and view first hand how we look after – or neglect – our own mental health and wellbeing.

Focusing on our own resilience is not as difficult as it may seem. If you adapt a resilience mindset you'll find that resilient behaviour follows. Want to get fitter physically? You could take up a new fitness regime or you could simply adopt a fitness mindset. Adopt the former and there's a reasonable chance that you'll start off gung ho and run out of steam after a month. Adopt the latter and you'll more likely take small, sustainable steps such as walking or riding to work, taking stairs instead of escalators and playing active games rather than sitting on the couch on weekends.

The mindset approach works well with resilience. Take the sustainable approach of looking after your mental health, becoming conscious of the messages you send yourself and developing coping skills that allow you to respond rather than react to adverse events. These simple ideas will help:

Watch your self-talk

The little voice inside your head can have a catastrophic impact when you allow it to. It can talk you into the blues, lower your confidence and build mountainous problems out of molehills. Once you're aware of its impact, you can switch it off or change its negative chatter to something more positive and realistic. It takes practice but it's worth it. When you have a resilience mindset you'll start to check that chatter in your head.

Park the bad stuff

Ever had an argument with a family member at breakfast only to find it messed up your whole day? A common trait with resilient people is that they can compartmentalise their lives so that difficult experiences in one domain won't interfere with their effectiveness elsewhere. When you have a resilience mindset you'll consciously park the negative stuff while you get on with the rest of the day, only revisiting it on your own terms.

Stay flexible in your thinking

People who lack resilience pepper their language with absolute, imperative statements such as 'I must always be on time,' 'They never do anything to help,' or 'They should always use good manners'. This shows inflexible,

unrealistic thinking that leads to stress and anxiousness. When you have a resilience mindset you'll use more moderate language reflecting a flexible approach to life. The above statements become 'I'll always try to be on time but sometimes it's impossible,' 'They are sometimes helpful but they can be forgetful,' and 'I'd like it if they were well-mannered but sometimes they aren't'.

Make sleep a priority

We are only beginning to make solid links between sleep and resilience. Mothers of newborns know how debilitating sleep deprivation can be. They can't function effectively and depression is close at hand. Many people spend much of their lives experiencing some form of sleep deprivation, compensating by taking regular caffeine hits, self-medicating with alcohol and using other ineffective remedies. When you develop a resilience mindset, you make sleep a high priority, taking the necessary lifestyle steps to make sleep easy to attain.

Create a pressure valve

In a society that views busyness as a status symbol, it's tempting to keep working until you drop, neglecting to enjoy some downtime that releases the pressures of work. When you have a resilience mindset you value downtime and relaxation and understand the positive impact these have on your mental health and the wellbeing of people around you.

When you have a resilience mindset you have a greater understanding of what resilience is about and you're in a better position to develop a lasting sense of resilience in your kids. Developing resilience in kids is like jumping off a pier with some friends on a cold winter's day. In both instances you need to go first.



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*.