



# The Marella Muse



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

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VOLUME 16 – EDITION 1

13 February 2019

## CALENDAR CHECK

### 2019 | Term 1

<b>W3A</b>	Mon 11 – 13	Yr 7 Camp
	11 - 14 Feb	Duke of Ed Camp Gold
	Fri 15 Feb	Swimming Carnival (Riverstone Pool)
<b>W4B</b>	Mon 18 Feb	School Photographs
	Thu 21 Feb	Year Assemblies
		Year 6 Transition – Kellyville PS
<b>W5A</b>	Mon 25 Feb	School Photographs (catch up)
		Macquarie Cup Soccer
	Tue 26 Feb	Year 6 Transition – Beaumont Hills PS
		Macquarie Zone Rugby League
	Fri 1 Mar	SEC Fundraiser
<b>W6B</b>	Tue 5 Mar	Macquarie Zone Swimming Recognition Assembly
		P&C AGM 7pm (Library)
	Thu 7 Mar	Macquarie Cup Netball
	7 – 14 Mar	Sendai HS visit
<b>W7A</b>	11 – 15 Mar	Year 12 VET placements
	Tue 12 Mar	Macquarie Cup Touch Football
<b>W8B</b>	18 – 22 Mar	Year 12 VET placements
	Tue 19 Mar	Macquarie Cup Netball
	Thu 21 Mar	Harmony Day
<b>W9A</b>	Tue 26 Mar	CAPA AutumnFest 5:30pm
<b>W10B</b>	Thu 4 Apr	Yr 7 Vaccinations
		Yr 7/11/12 Parent Teacher 3:30-7:30pm
<b>W11A</b>	Tue 9 Apr	HAST test
		Senior First Aid
	Wed 10 Apr	KHS Cross Country
	Thu 11 Apr	Senior First Aid
	Fri 12 Apr	Anzac Ceremony

## CELEBRATING SUCCESS

### Y7 CAMP | Our Y7 students enjoying their first day!



### CONGRATS | Ella N and Liam H recognised as Club Captains for the Junior State Cup Bulls team!



### WELCOME | New Y7 student Madison R is power tumbler! Madison won SILVER at the World Championships last year!



## Principals Points

Dear Parents,  
Please read the below School Community Charter issued by the Department of Education.

We love being inclusive and working collaboratively with you to support your child's learning and wellbeing. A reminder to always ensure you are respectful when interacting with any of our staff including over the phone, at the office or at school functions.

Ms J Barnier  
Principal

# School Community Charter

**Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

### What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



### Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

Ensuring respectful learning environments for all members of NSW Public Schools communities.

© NSW Department of Education

We treat each other with respect

We prioritise the wellbeing of all students and staff

Unsafe behaviour is not acceptable in our schools

We work together with the school

### Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: [education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](http://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students).

### Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



## Homework Centre

Homework Centre will continue again in 2019. This is a voluntary service run by teachers at Kellyville High School and has been in operation for the last 10 years. Homework Centre is available for students in Years 7 to 12. The aim of the centre is to provide students with assistance when completing their homework and assignments and, where possible, to give some extra assistance if they require or want additional guidance in certain subjects. Additionally, we have a Maths tutor who has been hired to work with the students. There is no cost to students.

Students in Years 7-10 need a signed permission note to indicate they are attending Homework Centre. A copy of the note is at the end of this newsletter, or one can be collected from Mrs Ruys.

WHEN - **Thursday afternoons from 3-4pm**. First day is on **Thursday 14 February 2019** (Week 3)

WHERE- Kellyville HS Library.

Students in Years 7-10 are required to stay until 4pm unless they bring a signed note saying they are leaving earlier as they will be under the supervision of Kellyville High School staff members. At 4pm the students will be dismissed and parents will be responsible for organising the student's journey home. However students in Years 11 and 12 may leave at any time.

If the students require afternoon tea prior to 4pm, they will be responsible for supplying their own food and drinks.

Mrs H Ruys  
Coordinator | Head Teacher, English

## P&C SECOND HAND UNIFORM SHOP

WHEN - **Thursdays every 1st & 3rd week of the month** during the school term.

HOURS - 8.15am - 9am

LOCATION - Meeting room left of the School Office Entry

Prices range from \$10 to \$25

Donations are always needed and can be left at the school office if we are not open.

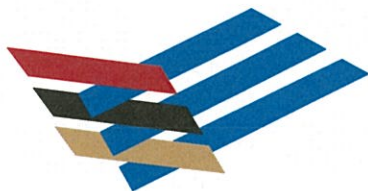
## COMMUNITY NEWS

... .. Homework Centre letter

... .. Parking Rules & Penalties

... .. Parenting Ideas: *Improve your parenting*





# KELLYVILLE HIGH SCHOOL

*"A dynamic academic environment where the teachers care about the students learning and about them as individuals"*

**Learning Excellence  
Integrity**

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KELLYVILLE 2155

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KELLYVILLE 2155

Ph: 02 8824 5955  
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kellyville-h.school@det.nsw.edu.au

5 February 2019

Dear Parents,

I am continuing Homework Centre in 2019. This is a voluntary service run by teachers at Kellyville High School and has been in operation for the last 10 years. Homework Centre is available for students in Years 7 to 12. The aim of the centre will be to provide students with assistance when completing their homework and assignments and where possible to give some extra assistance for students who may require or want additional guidance in certain subjects. Additionally, we have a Maths tutor who has been hired to work with the students and save parents money that they might spend on a similar service. There is no cost to students.

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If the students require afternoon tea prior to 4pm, they will be responsible for supplying their own food and drinks.

If you have any queries please call Mrs Ruys on 88245955.

Please indicate your interest by completing the form below and returning it to Mrs Ruys in the staffroom.

Yours sincerely,

Mrs H Ruys  
Head Teacher English

Ms J Barnier  
Principal

My son/ daughter ..... in Year ..... will be attending the Homework Centre on a Thursday afternoon from 3-4 pm.

As the students will be dismissed at 4pm, I am aware that I am responsible for my son/ daughter's journey home.

Medical requirements: .....

Special Requirements: .....

Parent Contact Details:.....

Signed:.....

Parent Name:.....

# Parking Rules & Penalties

**Council's Compliance Officers enforce parking signs at your school.**

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance. **When an offence is detected, you will be fined.**



## **NO STOPPING**

**You must not STOP at any time.**

Stopping includes when the vehicle is not moving but the engine is still running.



## **BUS ZONES**

**You must not stop your vehicle in a Bus Zone unless you are driving a public bus.**

Stopping includes when the vehicle is not moving but the engine is still running.

## **SCHOOL ZONE**

Penalty from \$337 and 2 demerit points

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## **NO PARKING**

**You can stop only to drop off or pick up passengers or goods** and you must not stop for more than 2 minutes and The driver must stay within 3 metres of your vehicle. Stopping includes when the vehicle is not moving but the engine is still running.



## **DRIVEWAYS**

**You must not park your car over or block access to a driveway.** You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.

## **SCHOOL ZONE**

Penalty from \$187 and 2 demerit points

## **SCHOOL ZONE**

Penalty from \$337 and 2 demerit points

# There are now increased penalties and demerit points associated with all offences in School Zones.



## NO PARKING

You have no more than 2 minutes for drop-offs or pick-ups and must stay within 3 metres of your vehicle.

Penalty from \$187 and 2 demerit points



## NO STOPPING

Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.

Penalty from \$337 and 2 demerit points



## BUS ZONE

You must not stop your vehicle in the indicated zone unless you are driving a public bus.

Penalty from \$337 and 2 demerit points

<b>Double parking</b>	\$337 & 2 demerit points
<b>Stop on path or nature strip</b>	\$337 & 2 demerit points
<b>Stop on / near marked pedestrian/children's crossing</b>	\$448 & 2 demerit points
<b>Approach children's crossing too quickly to stop safely</b>	\$561 & 4 demerit points
<b>Illegal U turns</b>	\$448 & 4 demerit points
<b>Stop across driveway</b>	\$337 & 2 demerit points
<b>Drive using a hand held mobile phone</b>	\$448 & 5 demerit points
<b>Parallel park close to (within 3 metres) double centre line</b>	\$337 & 2 demerit points

**FINES CURRENT AS OF JANUARY 2019**

For a complete list of school zones offences visit [www.rms.nsw.gov.au](http://www.rms.nsw.gov.au)



# insights

## Top five strategies to improve your parenting this year

by Michael Grose



The start of the year is a great time for making changes and improvements to the way you raise kids. But it's difficult to know where to begin.

To assist with the change process we've carefully selected five practical strategies that will have a positive impact if acted upon. We've organised webinars in the first half of the year to assist you to implement each strategy.

### 1. Switch on your child's strengths

Most of us have been conditioned to focus on what kids can't do. There is a better way. The Positive Psychology movement led by US-based psychologist Dr. Martin Seligman showed that when we can unearth kids' strengths we are, in effect, unlocking their true potential for success and happiness. Three elements come together to make a strength and parents need to be mindful of all three: performance (being good at something); energy (feeling good doing it); and high use (choosing to do it).

[Professor Lea Waters](#), author of the wonderful new book *The Strength Switch* and current President of the [International Positive Psychology Association](#) will show you how to focus on kids' strengths in her webinar '[Switching on your child's strengths](#)'.

### 2. Balance kids' extra-curriculum activities

Alongside social media and news events, being busy is now recognised as a major stressor for many children and young people. The choice of activities to keep kids busy after school hours is mind-boggling.

Having so many options is wonderful but it does place a new set of pressures on parents and kids. The cost of loading kids up with scheduled activities is that many don't get the chance for free play, or simply 'vegging out' on the couch.

Parenting Ideas expert [Dr. Jodi Richardson](#) will help you find the right balance of activity for your family in her webinar '[Balancing extra-curricular activities](#)'.

### 3. Focus on friendships

Friendships are an important part of the road to adulthood for a child or young person. Friendships can also be

problematic. Not every child is naturally outgoing and makes friends easily. If your child has difficulty forming friendships and is worried by that, then there are many ways to approach this including: encouraging kids to spend one-on-one time with others, making extra-curricular activities fit their interests, and coaching kids to develop friendly behaviours.

The wonderful [Sharon Witt](#) will conduct a webinar ‘[Teach girls to build each other up](#)’, focusing on friendship skills especially for parents of girls.

## 4. Give kids tools to manage anxious moments

Currently we have a childhood anxiety problem. A big one! And it’s mostly undetected as community understanding of anxiety is low. It’s our experience at Parenting Ideas that many parents are anxious and they don’t know it, and many children routinely experience anxiety, which goes unrecognised.

Parenting Ideas founder Michael Grose is conducting a webinar ‘[Managing your child’s anxiety](#)’ to help parents on this challenging but important topic.

## 5. Develop rights of passage

Community changes have largely eradicated many traditional rights of passage, making it harder for a young person to know when they’ve become an adult.

Fortunately, many families are now creating their own to mark events such as the end of primary school, the move into the teenage years, and mark different stages of adolescence. These traditions are now becoming legitimate rights of passage for young people.

Internationally recognised expert on rites of passage Arne Rubenstein will outline practical ways you can recognise a young person’s important life markers in his webinar ‘[Creating 21st century rites of passage](#)’.

## Will anything be different this year?

Change and improvement in anything worthwhile generally comes incrementally rather than in one giant leap. We’ve pointed you in the right parenting to take this year. With our webinars we’ve made it easy to take that vital first step. Have a great parenting year.



### 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*.

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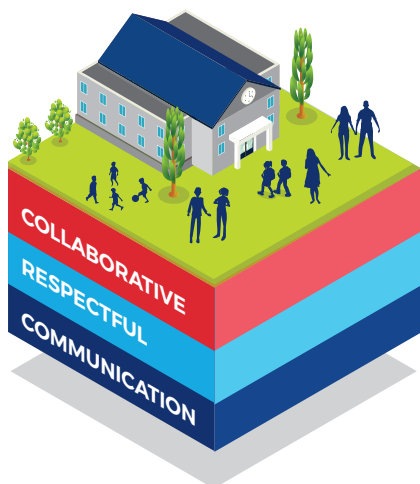
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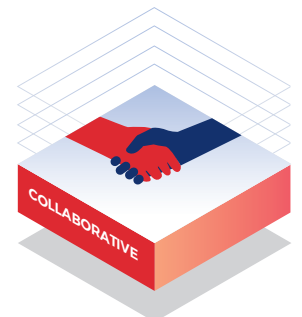
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**Collaborative.**  
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**Communication.**

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education.nsw.gov.au