



**Kellyville High School**

Learning | Excellence | Integrity

# The Marella Muse

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**LEARNING | EXCELLENCE | INTEGRITY**

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### Kellyville High School Uniform Shop

The Uniform Shop is located within our school.

School Holiday trading Hours are:

Thursday 14th January & Friday 15th January 2021  
9am – 1pm

There will also be extended hours in January 2021

- Monday 18th 9am-1pm
- Tuesday 19th 9am 1pm
- Wednesday 20th 9am- 1pm
- Thursday 21st 9am -12pm
- Friday 22nd 9am -12pm
- Tuesday 26th CLOSED
- Wednesday 27th 9:30am -3:30pm
- Thursday 28th 8am -12pm

## Important Dates

### **Friday 29th January**

Years 7, 11 and 12 return

### **Monday 1st February**

Years 8, 9 and 10 return

### **Tuesday 2nd February**

TOTAL BBQ 5pm – This is Kellyville

P&C Meeting 7pm

### **Thursday 4th February**

Year 7 Information Evening 6pm



## Staff Farewells

With the ending of each year, often it means staff leaving our school to explore other ventures. This year, we bid a fond farewell to Mr Ghorayeb who is heading to Northmead Creative and Performing Arts to shorten his commute. Mr Carter is moving into a Teacher/Librarian position at Arthur Phillip High School after completing his Masters. We have also had a number of wonderful temporary staff and non teaching staff who have made valuable contributions to our school - Mr Esmundo, Miss Burr, Miss La Rosa, Mrs Wakely, Mr Mathy, Miss Sabel, Mrs Gardiner, Mr Maistry and Miss Cole. We wish these staff well in their future endeavours.

It is also with great sadness we say farewell to Mrs Ruys, our long standing Head Teacher English. She will be making the huge life-style change to Molong Central School in an exciting K-12 rural environment. Finally, as has been well published, Mr Burnard is returning to his school Bidwill High School from the beginning of next year. We would like to particularly thank Mr Burnard for his leadership during the challenging times of 2020. He felt very privileged to have had the opportunity to work in such a great school and was very humbled by the acknowledgements he received from staff, students and parents.

## 2020 HSC Results

This year has again seen some outstanding results from this cohort. A huge congratulations to the Year 12 2020 cohort of students, their families and their teachers. This year, has particularly tested their resilience and commitment and we are proud of their results. In EVERY course offered at the school this year there has been multiple students in Band 6 and/or Band 5. In total, 55 Band 6's and 146 Band 5's.

A number of our students have also been recognised by NESA:

**All Rounders** – these are students who have achieved results in the highest band possible for at least 10 units of HSC courses.

Jeyasothy, Suhaasini and Kundra, Khushi

**Top Achievers** – lists the students who have achieved one of the top places and a result in the highest band possible in one or more HSC courses. The number of top places depends on the number of students taking the course.

Jeyasothy, Suhaasini for Biology

**Distinguished Achievers** – all students who received a result in the highest band possible for one or more course.

Abbas, Syed Raja	Ancient History English Advanced Legal Studies History Extension
Addie, Christopher	Mathematics Standard 2
Chen, Patricia	Visual Arts
Gray, Chantel	Community and Family Studies Personal Development, Health and Physical Education
Greuter, Blake	Mathematics Standard 2
Harrop, Arman	Mathematics Standard 2
Jeyasothy, Suhaasini	Biology Business Studies English Advanced English Extension 1 Mathematics Advanced Modern History History Extension

Kundra, Khushi	Biology Business Studies Drama English Advanced Mathematics Advanced Personal Development, Health and Physical Education
Laird, Thomas	Ancient History
Le Noury, Tara	Mathematics Standard 2
Mathew, Vanessa	Biology Mathematics Extension 1
McGrath, Jordan	Visual Arts
Morris, Aidan	Legal Studies
Paik, Jihun	English Advanced Mathematics Extension 1 Mathematics Extension 2 Modern History
Saad, Christian	Mathematics Extension 1 Physics
Sahlieh, Gabriel	Biology Chemistry English Advanced Mathematics Extension 1
Schwartzel, Daniel	Industrial Technology
Schwartzel, Matthew	Engineering Studies Industrial Technology Mathematics Extension 1 Mathematics Advanced
Shah, Adnan	Biology Chemistry Food Technology
Sun, Jasmine	Visual Arts
Wong, Naomi	English Advanced English Extension 1 Legal Studies Society and Culture

## 2020 ATAR Results

This data is only obtained from students informing us of their results. The top three ATARs advised to us at the time of publishing are:

Suhaasini Jeyasothy	99.60
Gabriel Sahlieh	99.00
Khushi Kundra	98.55

What a way to finish out the 2020 year.

We wish you all a very safe and Merry Christmas with your family and friends. We look forward to seeing you all in the New Year.

Mrs Joanne Roberti  
Mrs Denise Maloney  
*Deputy Principals*

### Model UN – Kellyville takes third place

Last Friday, eight students embarked on a journey to Crestwood High to engage in a model United Nations Assembly. Jasmine M, Brittany C, Lily N and Ryan B were Mexico while Savtej P., Gayathree S., Siri P., and Ramitha S. represented India. As you can see from the photos, Kellyville took it very seriously as they dressed up and decorated their table to represent their country.

It was an intense day as countries debated and argued over (imaginary) resolutions and policies. By the end of the day, India and Mexico teamed up to take down the UK. However, outside of the assembly, everyone became very good friends and were very supportive of each other.

At the end of the day, the winners were announced.

- The best team that stayed in character was Mexico.
- Best speaker of the day went to Gayathree.
- Third place overall went to Mexico!

This is an excellent result for our teams and Kellyville is very proud!



Ms De Mellow & Mrs Ruys

English Faculty



## LUNA PARK ARTICLE

For the past two weeks, our year 12 physics class has been working very hard on our depth studies. A part of this assignment, we were required to go on an excursion to Luna Park to analyse real-life examples of motion. Our task was to obtain a series of measurements from various rides, as well as observations about the types of motion that each of them employed. We were able to experience examples of circular motion through Volare, downward projectile motion through the Hair Raiser, and a combination of multiple types of motion through the Wild Mouse rollercoaster. The worksheets we completed required us to analyse both the quantitative and qualitative data gathered by performing calculations and answering questions based on the sensations we felt in each of the rides. In addition to being a worthwhile learning experience, this excursion was also highly enjoyable and was a great chance for our class to work together as a team.

Overall, going to Luna Park was a fantastic opportunity to improve our knowledge and understanding of physics in a fun and engaging way.

Victoria J. (Yr 12)



Safwan A., Omar A., Alistair B., Chrisneil C., Frazer H., Taha I., Tori J., Krishay K., Andre L., Prayash P., Moonis S., William S.

## Super Soaker

Jaiden is one of our wonderful year 7 flame students. He was given the enormous task of thinking of identifying a problem in our society, and sourcing solutions. Jaiden is a keen super soaker and was sick and tired of the lack of mobility and having to use both hands to play. He spent this year developing, designing and making a one handed super soaker! It works like a charm giving him the freedom of mobility he needs. Jaiden started using a bag with an existing water container inside. He then wired up a pump with a trigger button, the only thing he would change is the nozzle. We at Kellyville are very impressed with his work.



Mrs Gardiner



## Salvation Army Fundraiser

On Thursday the 10th of December, The House Council and The SEC led a XMAS Drive that fundraised money to be donated to families less fortunate through the Salvation Army. It was an awesome day, where we were able to showcase a number of talented students as well as soak a number of willing teachers nominated by the students. Together we raised \$1800 and Mrs Alalikin donated \$200 to round it up to \$2000. Thank you to all the students, teachers and our supportive community for standing by us in this season of giving.

On behalf of House Council, we wish you a Merry Christmas and a Happy and safe New Year!



Miss Mitai



## IEF Term 4

In IEF this term, students have cooked, played sport with House Council, participated in Community Access, attended Work Experience at Endeavour and COLES and saw a movie at Castle Towers EVENTS Cinema. Overall it was a very full term. Students had fun as they learned new skills and will continue to grow their individual talents next year.



IEF Staff

## Some Resources and Tips for Parents for the School Holidays

Please keep this resource handy.

This information has been put together to assist you in supporting your child or young person in the coming weeks. The end of the school year can be a big relief for young people and the summer break will hopefully provide some rest and relaxation, however for some it may be a challenge. You may find the following information helpful.

Here's a link to some information about child safety.

[www.facs.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0008/319058/child\\_safety.pdf](http://www.facs.nsw.gov.au/__data/assets/pdf_file/0008/319058/child_safety.pdf)

### Signs that may suggest that your child or young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns that continue for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid □ Unusual sleeping or eating habits

Changes in thinking include: □ Having a lot of negative thoughts

- Expressing distorted thoughts about themselves & the world (e.g everything seeming bad & pointless).

If you're concerned about your child or young person, there are a number of ways you can seek help and advice. If you believe they are at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Here are some resources & services you or your child or young person can access:



**eheadspace** provides free online and telephone support and counselling to young people 12-25 going through a tough time, and their families and friends. <https://headspace.org.au/eheadspace/>



### Some helpful factsheets:

'Support your young person during the school holidays' - headspace School Support Factsheet: [www.headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf](http://www.headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf)

'How to help a friend going through a tough time' <https://headspace.org.au/young-people/how-to-help-a-friend/>

'Self-Care for Family and Friends' <https://headspace.org.au/friends-and-family/self-care-for-family-and-friends/>

'Supporting your young person - the transition from primary to secondary school' <https://headspace.org.au/friends-and-family/the-transition-from-primary-to-secondary-school/> **headspace Digital Services flier:**

<https://headspace.org.au/assets/Uploads/Centres/Castle-hill/headspace-Digital-Services-Flyer-YP-COVID1.pdf>



### 24 hour support for kids and young people.

A free, confidential 24-hour counselling service for young Aussies (ages 5-25), that connects with kids on the phone, via email and live WebChat. **Telephone: 1800 55 1800 or [www.kidshelpline.com.au](http://www.kidshelpline.com.au)**

### Kids Helpline's website has separate sections for:

- **Kids 5-12 years old** (including feeling sad over the holidays; thinking about hurting myself)
- **Teens and young people 13-25** (loads of questions answered including managing relationships; what happens after school; if you're concerned about anxiety, depression or suicide and someone you know)
- **Parents and carers** (including empowering young people to ask for help).

### ♦ Lifeline

24-hour national telephone crisis counselling service and online counselling Telephone: 13 11 14 or [www.lifeline.org.au](http://www.lifeline.org.au)

### ♦ Suicide Call Back Service

24-hour national telephone counselling and online service for people 18 years and over Telephone: 1300 659 467 or [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### ♦ *beyondblue*: National depression initiative

24-hour telephone support and online chat service with links to local services  
Telephone: 1300 22 4636 or [www.beyondblue.org.au](http://www.beyondblue.org.au)



The Mental Health Line is a **single number, state-wide 24 hour mental health telephone access service.**

Anyone with a mental health issue can use the Mental Health Line to be directed to the right care for them. Parents, carers, other health professionals and emergency workers can also use the Mental Health Line for advice about a person's clinical symptoms, the urgency of the need for care and local treatment options.

**GoodGrief** - [www.goodgrief.org.au/assistance](http://www.goodgrief.org.au/assistance) - information on children and grief, young people and grief, and supporting someone who is grieving.

## Suicide Prevention and Support:



**Orygen Chatsafe** provides online Tools and Tips to help young people communicate safely online about suicide:  
<https://www.orygen.org.au/chatsafe>



*resources for  
discussing suicide*



*resources for  
discussing suicide*

**Conversations Matter** is a practical online resource to support safe and effective community discussions about suicide. The Community Resources section includes: When someone is thinking about suicide, and helping those bereaved by suicide.

[www.conversationsmatter.com.au/resources-community/someone-thinking-about-suicide](http://www.conversationsmatter.com.au/resources-community/someone-thinking-about-suicide)



## The Rural Adversity Mental Health Program (RAMHP)

helps people in regional, rural and remote NSW who are experiencing mental health concerns by providing advice on appropriate services and resources in their local area. [www.ramhp.com.au/](http://www.ramhp.com.au/)

You can click on a range of resources on their **Get Help Now** page: [www.ramhp.com.au/get-help-now/links-mental-health-services/](http://www.ramhp.com.au/get-help-now/links-mental-health-services/)

**Sonia Cox is the Lithgow RAMHP Coordinator:**

[Sonia.Cox@health.nsw.gov.au](mailto:Sonia.Cox@health.nsw.gov.au) Tel: 0448 125 676

## Support around Bushfires and Disasters

### Emerging Minds: Preparing children for the threat of a bushfire:

[http://earlytraumagrief.anu.edu.au/files/Preparing\\_children\\_for\\_the\\_threat\\_of\\_bushfire\\_ACATLGN\\_APS.pdf](http://earlytraumagrief.anu.edu.au/files/Preparing_children_for_the_threat_of_bushfire_ACATLGN_APS.pdf)

### From the Australian Red Cross

### Emergency RediPlan - EMERGENCIES HAPPEN: protect what matters most

[www.redcross.org.au/getmedia/b896b60f-5b6c-49b2-a114-57be2073a1c2/red-cross-rediplan-disaster-preparednessguide.pdf.aspx](http://www.redcross.org.au/getmedia/b896b60f-5b6c-49b2-a114-57be2073a1c2/red-cross-rediplan-disaster-preparednessguide.pdf.aspx)

## Orygen - Helpful Youth Health Factsheets on a range of mental health issues:

<https://oyh.org.au/client-hub/fact-sheets> These include:

Psychosis; Autism spectrum disorder (ASD); Obsessive compulsive and related disorders; Eating & body image disorders; Depression; Anxiety; Borderline personality disorder; Self harm; Getting help early for psychosis; Recovering from psychosis; Helping someone with psychosis; Psychosis and physical health; Sleep; Getting active.

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## Mindfulness: Try the free Smiling Mind app and see tips for practising mindfulness at home:



[www.smilingmind.com.au/smiling-mind-app](http://www.smilingmind.com.au/smiling-mind-app)

[www.smilingmind.com.au/at-home](http://www.smilingmind.com.au/at-home)

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## Holiday Activities

**Local Councils** usually provide a calendar of activities happening at Libraries, Aquatic and Sporting Centres and other council venues. **Check your local council's Website or Facebook page closer to the summer holidays for more information.**

**Penrith City Council:** [www.visitpenrith.com.au/events/search](http://www.visitpenrith.com.au/events/search)

**PCYC Penrith:** [www.pycynsw.org.au/penrith/school-holiday-programs/](http://www.pycynsw.org.au/penrith/school-holiday-programs/)

**Blue Mountains City Council:** [www.bmcc.nsw.gov.au/school-holiday-activities](http://www.bmcc.nsw.gov.au/school-holiday-activities)  
[www.bmcc.nsw.gov.au/swimpass](http://www.bmcc.nsw.gov.au/swimpass)

**Hawkesbury City Council: Events and activities at Libraries, Galleries and Museums over the summer:**  
[www.hawkesbury.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0009/168813/LMG-Whats-On-Dec-Feb-2020-FINAL-DIGITAL.pdf](http://www.hawkesbury.nsw.gov.au/__data/assets/pdf_file/0009/168813/LMG-Whats-On-Dec-Feb-2020-FINAL-DIGITAL.pdf)

**Lithgow:** Check the Lithgow Mercury and <https://library.lithgow.com/>

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# Congratulations

KELLYVILLE HIGH SCHOOL

**22 students**

received a 2021 Leaders and Achievers early offer