



Kellyville High School

Learning | Excellence | Integrity

The Marella Muse

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| www.kellyville-h.schools.nsw.edu.au | (E) kellyville-h.school@det.nsw.edu.au |
| www.twitter.com/KellyvilleHS | www.facebook.com/KellyvilleHS
| www.instagram.com/KellyvilleHS |



LEARNING | EXCELLENCE | INTEGRITY

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All recent parent communication can be found below*:

[Covid-19 Update - 17 March 2020](#)

[Covid-19 Update - 23 March 2020](#)

[Covid-19 Update - 23 March 2020 \(6pm\)](#)

[Covid-19 Update - 24 March 2020](#)

[Covid-19 Update - 25 March 2020](#)

[Counsellor Update - 25 March 2020](#)

[Covid-19 Update - 26 March 2020](#)

[Covid-19 Update - 27 March 2020](#)

[Guide to Google Classroom for Parents](#)

[Advice for Aboriginal Communities](#)

[Request for Parent/Caregiver Feedback regarding Online Curriculum Delivery](#)

*These are available on the home page of the KHS Website.

Online Learning for Students is now available via the student portal!

All Google Classroom codes are available on the Student Portal:
<https://web2.kellyville-h.schools.nsw.edu.au/portal2/#!/login>

Google Classroom can be accessed by students here:
<https://classroom.google.com/>

Useful links for parents & caregivers can be found below:

Department of Education: Covid-19 Response Information
<https://education.nsw.gov.au/public-schools/school-safety/novel-coronavirus>

Department of Education: Learning from Home
<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home>

Department of Education: Hand Washing Advice
<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-across-the-curriculum/hand-washing>

NESA: Coronavirus (Covid-19) Advice for Parents & Students
<https://educationstandards.nsw.edu.au/wps/portal/nesa/about/news/novel-coronavirus>

NSW Health: Social-Distancing Measures
<https://preview.nsw.gov.au/covid-19/social-distancing>

ESafety: Helping Us To Have Safer, More Positive Experiences Online
<https://www.esafety.gov.au/>

A huge thank you to Tracey B (mother of Abigail in 8K) who surprised staff with these brownies yesterday to thank them for their hard work in these challenging times.



KHS CONTACT INFORMATION**FOR PARENTS**

Phone: (02) 8824 5955

Website: www.kellyville-h.schools.nsw.edu.au

Fax: (02) 8824 9755

Facebook: <https://www.facebook.com/KellyvilleHS/>Email: kellyville-h.school@det.nsw.edu.auTwitter: <https://twitter.com/KellyvilleHS>**YEAR ADVISORS 2020**

Parents are advised to contact these staff with general wellbeing questions.

Year 6 –7**Year Advisor**

Mr Kamil Hosni

Year 7**Year Advisor**

Mrs Tegan Swain

Assistant Year Advisor

Ms Torrie Mitai

Year 8**Year Advisor**

Miss Melissa Gazzera

Assistant Year Advisor

Mrs Tue Moy

Year 9**Year Advisor**

Ms Emma Wood

Assistant Year Advisor

Mr Chris Ghorayeb

Year 10**Year Advisor(s)**

Miss Jess Pinto (Mon, Tues, Wed)

Mrs Sherleen Lata (Thurs, Fri)

Assistant Year Advisor

Mrs Sherleen Lata

Year 11**Year Advisor**

Mrs Gina Shakas

Assistant Year Advisor

Ms Kaitlyn Georgy

Year 12**Year Advisor**

Mr Brad Joyce

Assistant Year Advisor

Ms Tapleen Mehandru

EXECUTIVE 2020

Parents are advised to contact these staff with faculty or curriculum specific issues or enquiries. Please allow up to 24 hours for staff to return your call.

Administration**(Student Admin)**

Mr Daniel Gardner

(Staff Admin)

Mr Damian Knott

CAPA

Mr Graham Cheney

Computing / STEM / TAS

Mr Fabio Caprarelli

English

Mrs Heather Ruys

HSIE

Mrs Sasha McHardy

IEF

Mrs Helen Alalikin

Teaching & Learning / LOTE

Ms Kim Graham

Mathematics

Mrs Michelle Wise

PDHPE

Mrs Melissa Spero

Science

Mr Trent Brown

Welfare

Mrs Wajma Limmer

(Mon, Wed, Thurs, Fri)

Careers Advisor

Mr Humphrey Obidi

International Students

Mrs Sharon Pam

DEPUTY PRINCIPALS**Years 7 & 8**

Mrs Denise Maloney

Years 9 & 11

Mrs Joanne Roberti

Years 10 & 12

Mr Damian Wanstall

SCHOOL ADMINISTRATION**School Reception**

Ext 100

Attendance

Ext 105

Enrolments

Years 6-7, 7 9, 11

Ext 145

Years 8, 10, 12

Ext 128

Orders & Invoices

Ext 106

Please be advised that the cash desk in the Front Office only operates from 8:00am – 1:15pm. Payments will not be accepted after 1:15pm.

Relieving Principal's Report

What a fortnight we have had! We have gone from a school full of teachers and students, full of noise and movement to one that is quiet and still, yet great learning has continued regardless. I would like to thank all the parents and caregivers for their positive feedback and words of support as teachers have literally had to completely change their practices overnight. I would like to also acknowledge our amazing students who have displayed resilience, adaptability and flexibility in these current ever-changing times.



Parents and Caregivers should be aware that they may receive phone calls from teachers and Learning Support Officers over this time of remote learning, to either to speak to you or your children. As many teachers are working remotely, they will be using their own phones, with the "No caller ID" setting activated. They will identify themselves as soon as the call is picked up. I am letting you know this as I am aware that some people do not answer calls from unknown numbers.

With the up coming school holidays, I will be asking that all teachers have a break from their face to face teaching commitments, as they would normally, over the school holidays. Teachers will not be monitoring their Google Classrooms during this time. This means also that your children will need to have a break from their daily learning routines at home.

Our teachers are exhausted and will need time to recover, as well as prepare for the term ahead. All the information that the school has received would indicate that the remote teaching and learning model will continue long into Term 2. Please take this time to also self-evaluate how your family has coped with the working from home concept, and make any adjustments that will make it more functional ready for Term 2.



SENTRAL EDUCATION

Our Year 12 reports are nearly ready to go. They will be uploaded to the Parent portal in Sentral next week. When this occurs, Year 12 parents will be sent an email letting them know it is available.

For the other year groups, we are currently awaiting advice from the Department about what the requirements will be for our Semester One reports.

This process will obviously require the re- instating of some modified assessment tasks (including assignments and examinations of a sort). More information will be sent about this early in Term 2.

NESA has confirmed that the HSC for 2020 is going ahead. This means it is crucial that our Year 12 students are still working hard to gain deep understanding of each and every dot point in the syllabus of each subject. Effective immediately the NESA Committee agreed to:

- Give Principals and system authorities the power to determine the number, type and weighting of tasks for Year 11 and HSC students school-based assessments,
- Lift the requirement for VET students to undertake NESA mandated work placements
- Cancel mandatory group performance exam in Drama and the mandatory ensemble performance exam in Music Extension and
- Modify other performance exams that breach social distancing requirements.



The NESA Committee will meet next week to provide advice on major projects for Visual Arts, Design and Technology, Industrial Technology, Textiles and Design, English Ext 2 and Society and Culture. NESA has stated that all decisions made by the Committee will prioritise the adoption of arrangements for the 2020 HSC that are practical and do not disadvantage any student.

More information will be released by NESA next week. I would suggest that Year 12 students and parents should monitor the NESA website to ensure they are kept up to date with their announcements as they are made. For more information, see:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/about/news/all-news>.

As this is the last Marella Muse for the term, I would like to take the opportunity to say my farewell to Kellyville High School. I am returning to Windsor High School as of Day One of Term 2. I welcome Mr Mark Burnard (Substantive Principal of Chifley College Bidwell Campus) into the role as Relieving Principal of Kellyville High School whilst Ms Barnier remains working elsewhere within the Department.

I would like to personally acknowledge the amazing Senior Executive Team comprising Joanne Roberti, Damian Wanstall and recently Denise Maloney for their support, all their hard work, professionalism and commitment to Kellyville High School. My time here would have been so much more difficult without it. I have enjoyed working with all the staff here and have loved my interactions with the students albeit limited in the last few weeks. I feel confident that Kellyville High School will continue to thrive and grow, and I feel honoured that I have been a part of that journey with you all.



Warm Regards,

Jennifer Hawken | **Relieving Principal**

Online Learning: A Teacher's Perspective

Hi fellow essential workers,

I was privileged to be invited into a zoom meeting yesterday and the kids showed me how to hold my own conference.

If this isn't student voice and co educating then I don't know what is.

I asked them all how they were coping and most said it was great the first week but have lost some motivation this week. Mentally they are mostly ok.

The year 12s said they still liked following the daily timetable, because it gave them structure. Those who tried without it struggled more and have gone back to the school timetable which has helped get them back on track.

All of them said they had too much work and would like a catch-up day a week to do just that. Some have had the conversation with their teachers.

They also liked what HSIE is doing by giving 24-48 hours to complete the work set for "a lesson". They are trying to keep up but need more flexibility ... the work set for individual lessons is high for many subjects. Some mentioned that setting "projects is fine" but time needs to be given too.

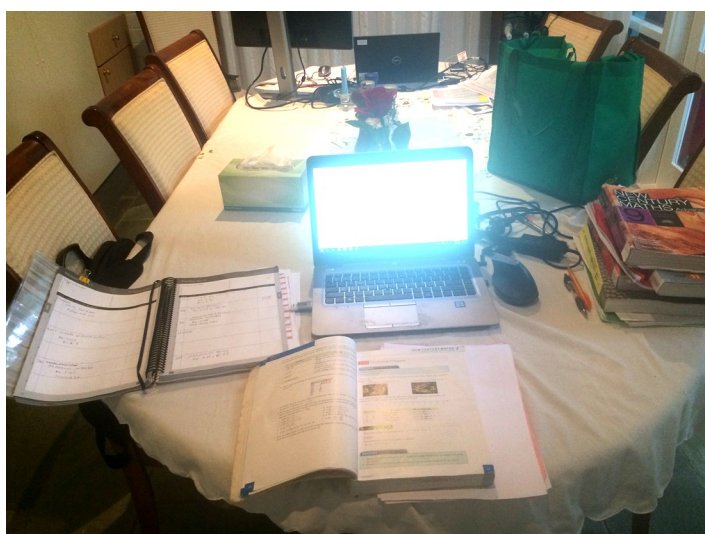
Year 11 were also ok...but I had a limited number on the conference. Their feedback was that they would like a model similar to the stage 4/5 model. They said they are also struggling with workload. They would like fewer subjects a day.

They said they didn't like having to stop work on one subject to start another one ... they wanted to keep working while in the flow (my words, not theirs ... but same idea).

I think this may be that they are early in senior school ... really only 7-8 weeks of real senior delivery and learning.

To end, I love that we are all learning new things! I have learnt how to create new forms of work and how to communicate with my students online in an interactive manner. Today I am delivering virtually on zoom. I have shared this knowledge with a colleague working from home yesterday ... modelling to each other ... kids to me and then me to others ... has really epitomised collective efficacy across stakeholders.

An Essential Worker | **Kellyville High School**



From the Welfare Team – Week 10

What a crazy term we have had! The welfare team has been very busy adjusting our processes and systems to ensure that we are meeting the needs of our students in this new online format that we have been thrown into! It is not easy but we are doing our best and being drastically upskilled as we go!



Remember the role of your Year Advisors has not changed. We are still here for you if you need anything. Please just call the school and we will contact you as soon as possible. We are encouraging both students and parents to reach out in these changing and uncertain times. We miss you and enjoy hearing from you.

Please also remember that we have a fun google classroom set up for Wellbeing where students have the opportunity to engage in mindfulness activities. Resources and ideas are updated daily and we encourage everyone to take part in refreshing and resetting their minds at least once a day. Remember mindfulness is a habit that must be practised .

(classroom code: yyxm5sj)

Mindfulness involves paying attention to the present moment without judgement, allowing you to rest your mind and body. Being mindful may allow you to focus on and appreciate what you have instead of taking things for granted. The awareness and feeling of gratitude may help you feel renewed.

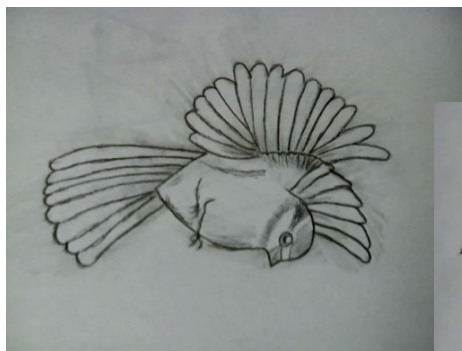
Learn how you can introduce mindfulness practice to your life, there is an abundance of material online. A good starting point is listed below

[Black Dog Institute](#) provides a factsheet with mindfulness techniques to practice at home.
[Smiling Mind](#) is a free app which helps develop mindfulness skills and can reduce stress.

[Breathe – ReachOut.com](#) is suitable for young people wishing to manage anxiety through controlled breathing.

For more information: <https://www.healthdirect.gov.au/benefits-of-mindfulness>

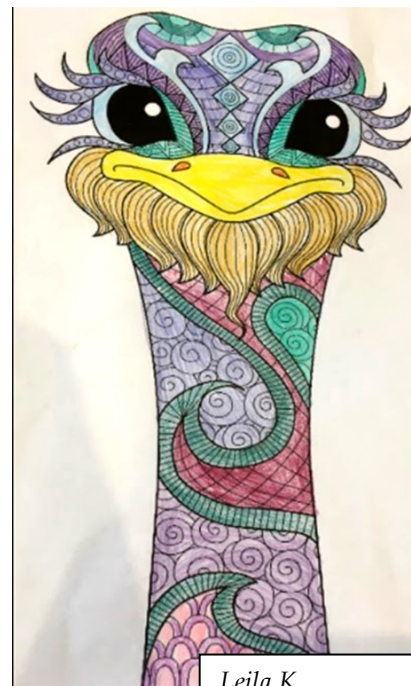
Some Mindfulness Activities Students Engaged in this Week: Colouring & Drawing



Dhruvika P
Year 7



Tye M
Year 9



Leila K
Year 7

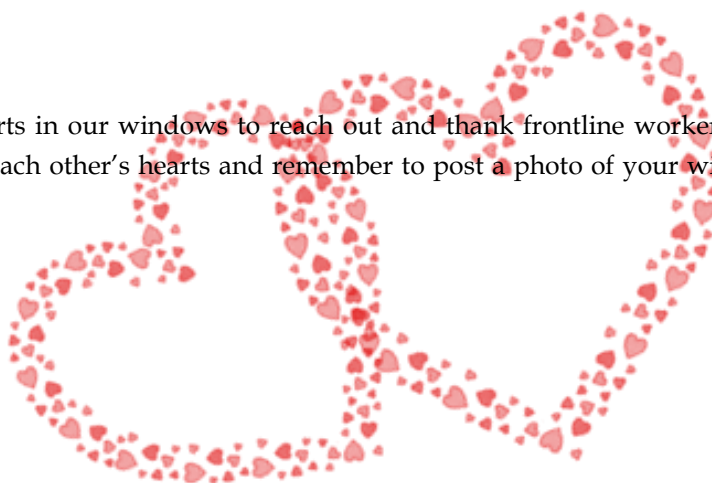
Autism Awareness Month

This week we also celebrated Autism awareness month and the Kellyville high school community was encouraged to wear blue in support of Autism awareness.



Hearts in Our Windows

Friday's wellbeing challenge was to post hearts in our windows to reach out and thank frontline workers. When you go on a walk this weekend look out for each other's hearts and remember to post a photo of your window in our wellbeing google classroom.



April Challenge: Try it with the family!

There is a PDF version of this calendar in our google classroom as well as at www.actionforhappiness.org.

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1. Make a plan to help you keep calm and stay in contact
2. Enjoy washing your hands. Remember all they do for you!
3. Write down ten things you feel grateful for in life and why
4. Stay hydrated, eat healthy food and boost your immune system
5. Get active. Even if you're stuck indoors, move & stretch
6. Contact a neighbour or friend and offer to help them
7. Share what you are feeling and be willing to ask for help
8. Take five minutes to sit still and breathe. Repeat regularly
9. Call a loved one to catch up and really listen to them
10. Get good sleep. No screens before bed or when waking up
11. Notice five things that are beautiful in the world around you
12. Immerse yourself in a new book, TV show or podcast
13. Respond positively to everyone you interact with
14. Play a game that you enjoyed when you were younger
15. Make some progress on a project that matters to you
16. Rediscover your favourite music that really lifts your spirits
17. Learn something new or do something creative
18. Find a fun way to do an extra 15 minutes of physical activity
19. Do three acts of kindness to help others, however small
20. Make time for self-care. Do something kind for yourself
21. Send a letter or message to someone you can't be with
22. Find positive stories in the news and share these with others
23. Have a tech-free day. Stop scrolling and turn off the news
24. Put your worries into perspective and try to let them go
25. Look for the good in others and notice their strengths
26. Take a small step towards an important goal
27. Thank three people you're grateful to and tell them why
28. Make a plan to meet up with others again later in the year
29. Connect with nature. Breathe and notice life continuing
30. Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Mrs Limmer | Relieving HT Welfare

Photos of my Learning Environment

Students were asked to send us photos of their learning environments as they adapt to the school's online delivery of the school curriculum. So far, this is what we have received!



Thank you to Brittany C, Jasmine M and Kiara G in Year 10 for their submissions!

"This is my pet pig who I have been hanging out with during social distancing!"

Brittany C | Year 10



"You can see me at my computer with the face I made when I handed in my English Homework 5 minutes late."

Jasmine M | Year 10

"Yesterday during double sport I played table tennis against myself. The score was 2-1 my way. I won!"

Brittany C | Year 10



"In a double sport period I had to spend my time skateboarding alone outside even if it meant doing it in the rain."

Kiara G | Year 10

"Yesterday during double sport, I did Latin Zumba class in the loungeroom."

Jasmine M | Year 10

