In the Bulletin this week;
- Speech Day – guest speaker
- Parenting link

Speech Day Guest Speaker 2015

It is my pleasure to announce Major Matina Jewell as the Guest Speaker at the 2015 Speech Day. Matina is renowned for offering a new perspective on leadership, teamwork, in addition to dealing with and embracing change.

Matina graduated from ADFA with Honours and is an alumna of the Royal Military College, Duntroon. Matina holds a Bachelor of Science and a Masters Degree in Project Management. Matina speaks English, Arabic and Bahasa Indonesian.

During her 15 year military career Matina was deployed on five overseas operational missions, including two tours of active service and is the recipient of eight military service medals, including two Republic of Lebanon war medals (the only Australian to receive these awards)

Matina’s many achievements include:
- At just 24yo, Matina was Officer commanding the Ship’s Army Department aboard HMAS Kanimbla, Australia’s largest amphibious ship
- First female in the Army to complete the physically demanding Navy Diver course
- Serving with elite American Navy Seals in the Middle East and boarded ships smuggling contraband in the Arabian Gulf
• Playing a pivotal role in the capture of notorious militia leader ‘Jimmy Rasta’ on operations in the Solomon Islands
• The only Australian (and the only female) at the dangerous ‘PB Khiam’ UN patrol base at the border junction of Israel, Syria and Lebanon during the 2006 ‘Lebanon War’
• Liaising with UN Secretary General Ban Ki Moon to effect positive change in the United Nations
• The author of the best-selling memoir ‘Caught In the Crossfire’.

Matina was retired from the Australian Army in May 2009 as a result of the injuries she sustained during the Lebanon War. Matina and her involvement as a UN Peacekeeper during the 2006 Lebanon War, was the subject of a two part ABC documentary titled ‘The Blue Beret’ on Australian Story.

I look forward to welcoming Major Jewell to the 2015 Speech Day as our special guest presenter.

Parenting – this may be helpful to parents

Psychology Today has published online an article suggesting five questions parents can ask their children to stimulate conversation about their day at school.

Helpful parenting tips

Brian Kennelly
Principal

Head of Preparatory

The students have returned fresh and eager from their holidays ready for a busy term ahead.

As you are aware each week each class produces our weekly assembly. Classes display their work, often using technology. Students who are musically inclined perform in front of an audience: many for the first time. Others may demonstrate their progress in speech and drama. This week Year 2 coordinated their assembly and as always every student was involved. To see them speak so confidently speaks volumes for the work in the classroom, through drama and/or their specialist lessons. It was a real reminder of the progress the students are making.

Pre-Prep continues to be a wonderful learning centre providing for young students along with preparing them for the transition to School. Next year there are still places available across the week so if you are aware of families interested in enrolling please let them know of the vacancies.

Best of luck to Brooke Barrett (high jump) and Sophie Martin (800m) who are competing at the NSWPSSA Athletics carnival this week. Jump high
and run fast!

Enjoy your week.

Rob McLean
Head of the Preparatory School

Assembly Awards

Merit Awards

KD: Benjamin Lee, Izaac Lenon, Hamish Buckley, Hannah Birmili.
KK: Andrew Caskey, Willa Paix, Lily Moe, Angelina McRae.
I/2W: Hannah Jones x2, Cameron Nash x2, Finn O'Toole, Ava Buesnel, Kajen Kandeepan, Joshua de Bruyn, Bianca Wong, Spencer Williams, Olive Glover.
2H: Isaac de Bruyn, Angus Martin, Charlotte Buckley.
3C: Harry Munro, Will Steventon, Oliver Chandler-Sullivan x2, Charlotte Jones, Emma Aldersey, Daisy Wilson, Alice Waddell, Peter Arantz, Angus McPhie.
3E: Andrew May, Oliver Perkins, Helen Suthers x2, Molly Slack-Smith, Honor Tyrrell, Sarah Choi, Samuel Fabar x2, Snigda Kaipu x2, Zach Levi, Neve Jansen, Liam McKenzie x2, Charles Hansen.
4D: Cohan Mastrangeli, Jackson Wilkin, Gordon Suthers, Zimmy Levi, Lily Robson, Joe Rouse, Hugo Jansen, Lazo Jalal, Nicolas de Bruyn, Elise Davies, Jayde Caro, Sophie Martin, Daisy Jones, Sherry Ahmad.
4P: Max Bloomfield, Harrison Coady, Oscar McLaughlin x2, Lily Murray, Luke Dominello, Harriette Usher x2, Phoebe Poole x4, William Nutt, Oliver Wong, Ella Buesnel, Max Reidy.
6H: Brooke Barrett x4, Catherine Crisp x2, Jock Hazelton x4, Phoebe Litchfield x5, Mia Marjoram.

Courtesy Points

Lovely Manners: Isabella Pearce, Charlotte Meiring, Rohan Kotasthane, Madison Jones, Hugh Hinrichsen, Caleb Bashaara, Alexandra French, Catherine Crisp, James Thompson, Spencer Williams, Alice Scholte, Joe Rouse, Daisy Jones, Lazo Jalal, Charlotte Buckley, Isabella Lloyd-George.
Lovely Greetings: Austin Cutter, Angelina McRae, Jock Hazelton, Grace McBeath, Ryan Everett, Harrison Coady, Max Bloomfield, Jesse Jones, Jack Weeks.
Thinking of Others: Matilda Fabar, Archer Fielding, Alice Waddell.
Excellent Behaviour: Angus McPhie, Taylah Caro, George Cumming.

Citizenship Points

Sportsmanship: Thomas McRae, Adu Baniwal, Ella Buesnel, William Nutt.
Helpfulness: Ava Sutherland, Cooper Martin, Keeley O'Toole, William
Rawson, Mia Marjoram, George Cumming, Joshua de Bruyn, Georgia Miller, Harriet Stratton.

**Initiative in the Classroom**: Charlie Poole, Olivia Wilson, Samuel Martin.

**Role Model**: Brooke Martin, Madeleine Srzich, Ziggy Jackson-Le Couteur, Ethan Reid, Phoebe Litchfield.

**Being Kind**: Willa Paix, William Rawson, Elizabeth Kwa.

---

**Music Notices**

**Rehearsals**

Intermediate Concert Band will begin rehearsals this Thursday 15th October at the new time of 7:45am in the Performance Theatre. I look forward to seeing everyone there!

**Annie McRae**

---

**Notices**

**Length of Hair**

At present there are many students whose hair is not complying with the standards expected at KWS. Students will be asked to have haircuts from next Monday. Your assistance would be greatly appreciated.

**Summer Sports Uniform**

When students are wearing their sports uniform to School in Terms 1 and 4 they are not required to wear the tracksuit pants. The tracksuit top is to be worn.

On sports afternoons and those days students wear sports uniform the “common sense” rule is applied. If the weather is warm the sports top does not need to be worn home.

Thank you for your understanding.

R McLean

**Head of Preparatory**

**Term 4 Planner Changes**

Please note on your Term 4 Planner Assembly changes as follows:

16/11 will be 1S and 23/11 KK & KD will combine.

**Grandparent Day**

A reminder that notes need to be returned by Friday 16 October.
Grandparents Day is on Friday 6 November and details are needed for catering as well as student arrangements for the going home or staying on at school for the afternoon.

**Open Day**

A general note was emailed out on Friday 9 October with brief details of
Open Day for the Preparatory School on Saturday 7 November. A reminder that this is a compulsory attendance for Prep students.

**Outdoor Education**

Forms for Outdoor Education have been emailed to you on Monday.

Please read through these carefully and complete the relevant forms. Year 3 and 4 parents must complete an online medical form whilst Year 5 and 6 parents need to complete hardcopies and return these to School, to your class teacher by Friday 16th October as I will need to collate the information before sending it onto the Outdoor Education Centres.

Thank you for your cooperation and understanding.

Romko Hordynsky  
*Year 3-6 Outdoor Ed Co-ordinator*

**Tower Magazine**

Please notify the accounts department by the end of the week if you wish to opt out of purchasing the 2015 Tower magazine.

Robyn Youll  
*Tower Magazine*

**Mental Health Month**

**Let's talk about the Elephant in the Room**

Mental Health Month is celebrated each year during October. The aims of Mental Health Month include encouraging everyone to think about their own mental health and wellbeing as well as encouraging help-seeking behaviour. The theme for Mental Health Month in NSW this year is Value your Mind.

When speaking with students at school, I always stress that mental health is something that everyone has, and that we can prioritise our own mental health by practicing self-care. Just as we promote our physical health through regular activities, we can do the same for our mental health and wellbeing. Good mental health is about being able to work and study to your full potential, to cope with everyday stresses and to be involved in your community. People with good mental health have the capacity to cope with change and challenges. Despite statistics showing that 1 in 4 young people (aged 16-25) will experience mental health difficulties in a twelve-month period, the stigma associated with mental health and illness continues to act as a barrier to encouraging help-seeking behaviour. This is an ongoing challenge and focus here at KWS.

Schools across Orange have adopted the message of "It's time to talk
about the elephant in the room" aimed at increasing awareness amongst young people about mental health issues and encouraging help-seeking behaviour. A range of activities will be running at school during October promoting good mental health and providing information about support services. This week, Year 9 students will hear from a Trained BlackDog Institute presenter about what happens if we lose our mental health, how we can get it back again and about what resilience is and how to build it.

Parents should consider seeking further assistance if they notice any of the following in their children:
•    is regularly anxious or distressed
•    is upset and can't be comforted or is having problems that seem to be getting worse
•    has a sudden change in their usual behaviour that lasts longer than two weeks or that is hurting them or other people
•    has problems that are getting in the way of their daily functioning
•    has problems with eating, sleeping, concentrating or doing usual tasks such as school work or joining in regular social or family activities

The School Psychologist is a vital link between students, families, academic and boarding staff. Key responsibilities include early identification of, and intervention in social, emotional and mental health issues. Supports available include:
•    assessing student needs
•    monitoring the psychological and emotional wellbeing of students
•    provision of internal or external services
•    referral as appropriate
•    coordinating information between external specialists and KWS staff with respect to student wellbeing
•    liaison with Student Academic Services regarding individual learning programs

The Black Dog Institute is hosting a seminar called "Breaking down depression and building resilience" at Orange Tafe, Library/ Hub, Thursday 15 October, 2015. 5:45pm for a 6pm start. Free, sixty minute presentation. This is suitable for general audiences with, or without a mood disorder. This presentation will provide accurate information about what mood disorders are, their causes, how to spot early warning signs, and how seek help and build personal resilience. You can register here www.blackdoginstitute.org.au

The School Psychologist can be contacted by email at randerson@kws.nsw.edu.au or by phoning 6392 0356 between 8.30am and 5.00pm Monday to Friday. The School Psychologist provides a confidential service in line with the Australian Psychological Society Code of Ethics.

Rebecca Anderson
School Psychologist

Whooping Cough Information
There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time.

Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/Information-for-childcare-and-schools.aspx

Brian Kennelly
Principal

Performing Arts Press

Welcome back to the final term for the year. This will be another busy term for the Performing Arts Department and one which will be filled with lots of wonderful performance opportunities for our students.

Music Excursion to Sydney

During Bivouac in Week 1 we took 34 students to Sydney for a Music excursion. For the first time, we caught Public transport which included a bus and train to Sydney and then finding our way around the city on foot. Thank goodness for Mr Morrisey who in a previous life was a courier in the city as he was able to negotiate our way around with ease. The sheer
experience of catching public transport was a novelty for many of our students and something that was seen to have really added excitement to the trip. Over the three days we experienced a number of different concerts and tours which included the following: Sydney Conservatorium of Music (SCM) wind symphony concert which included a world premiere performance of a Matthew Hindson and Paul Mac composition; A tour of the Museum of Modern Art; A Sydney Symphony Orchestra concert at the Opera House; An SCM Modern Music ensemble which was very interesting; and a tour of Opera Australia headquarters in which we got to see the making of costumes, wigs, sets, props and many other exciting things. It really was a wonderful few days in which we saw so much and experienced a great deal of what the Sydney art and music scene has to offer.

I would like to thank Mrs McRae and Mr Morrisey for giving up their time to come on the trip and being such fantastic leaders. I know that I had a great time and the students involved certainly did too!

Year 9 Drama Excursion

The year 9 Drama students will be heading to Sydney next Tuesday 20th October to take part in Commedia Dell’ Arte workshops and performances at the Riverside theatre. If you have not handed your note in please do so this week.

Performing Arts Dates for Your Diary

OCTOBER
19 – Year 9 Drama – Commedia dell’Arte excursion
23 – IMEB Speech and Drama Examinations
26 – Preparatory Music Assembly

NOVEMBER
6 – Grandparents Day
7 - Preparatory School Open Day (am)
12 – Student Music Concert, 5:30pm, Performance Theatre
27 – Preparatory Celebration Assembly K-6

Heidi Anthony
A/Head of Performing Arts

Sports News

NSWPSSA Athletics Championships

Good luck to Sophie Martin (800m) and Brooke Barrett (High Jump) who will represent CIS at the NSWPSSA Athletics Championships in Sydney on 14th and 15th October. Sophie will be running on Wednesday with the finals on Thursday and Brooke competes on Thursday. We wish the girls best of luck.

Summer Sport (3.30-5pm) Mondays and Wednesdays

Orange can have many seasons in one day. As a result, cancellations for Sport will not be made until 2.30pm on Sport training afternoons. Please
call the SPORTSLINE (not Mrs Kennewell) if in doubt on 6392.0450.
Swimming, Racquetball and Indoor Tennis (Yr 5&6) will always be on.
Cricket teams are asked to be familiar with the Orange District Junior Cricket website. Please check this for draw changes or general match information. www.odjca.nsw.cricket.com.au
A reminder that all students are required to wear correct uniform including hats and drink bottles. Tracksuit pants are not required but it is advisable to pack them as the weather in Orange can be unpredictable.

Outside Sporting Achievements

Congratulations to Charlie Gill who won a silver medal at the Country Gymnastics Championships on the long weekend held here in Orange. Charlie has now qualified to compete at the State Gymnastic Championships in Sydney in a couple weeks.

Congratulations to Brooke Martin who ran at the Forbes Running Carnival on the weekend. Brooke ran in the 5km race placing 1st in her age group, was 3rd overall woman and 5th person overall in the 5km race. She ran it in 23mins 16 sec. Well done on Brooke.

Dates for the Diary

9th November: Sports Assembly 12.05pm DPA

Louise Barrett
KWS Prep Sport & PE Co-ordinator

Sports Reports

Cricket

Under 11s - Saturday was our first game for the year and we played against Cavaliers at Ridley Park. Lots of parents came to watch. We won the toss and chose to bowl first. For most of us it was the first time we had bowled on a big pitch. We bowled ok but need to practise more at training so we do not bowl so many no balls next game. Cohen took a great catch to get a wicket. Jackson W also fielded well and got a run out with a direct hit when he threw. Cavaliers got 113 after their 20 overs which was a good total.

It was then our turn to bat. Hugh was our best better and we looked like we were a chance to win but in the end we were 6 runs short at the end of our overs. It was a good first game but I am sure we will improve next week. Thanks to Mr Hunter for coaching us and umpiring the game. Thanks also to Mrs Essex for being the scorer.

Harry Bylsma

Under 12s - KWS v Orange CYMS Gold. Saturday morning in Spring.
The sound of leather on willow. The excitement of the Cricket season is upon us at last. KWS Under 12’s hosted the CYMS Gold team at the PLC Oval with a mighty crowd building at the Duntryleague end of the ground. KWS opened the batting with openers Saxon and Hugo taking the shine
off the new ball nicely. Following the openers Henry and Arnie produced a few runs, followed by good knocks from Logan, Ed, Luke, Harrison, Kinin (in a great first game), Dylan and Alex. A gracious Oliver was 12th man this week. KWS finished with 87 runs and noted as 13 shy of a century.

The bowling was opened by Saxon steaming in from the PLC end. The CYMS openers were harder to shift than a bulldog at a butchery, but eventually the breakthrough was made. Great fielding by "one hand one bounce" Logan inspired KWS and when Luke came on to bowl the crowd was tense. Luke produced a Shane Warne like delivery that spun off the edge of the pitch, ricocheted off two cars in the carpark and into the tray of an east bound ute to complete a lap around Mount Panorama and catch the Postal truck back to Orange to bowl the batsmen around his legs. The crowd went wild, however it was determined that the delivery was a no ball. Well done Luke next week might be different.

All in all Cricket was the winner on the day and we look forward to our next match in a couple of weeks time. Thanks to our great coach Mrs Hunter for her support. Thanks also to Mr Usher and Mrs Sharpe for keeping the scorecard on the day.

Henry Forsyth

Under 13s - On Saturday the KWS Under 13s played the KWS Girls cricket team. We bowled them out for 22 with some excellent bowling all round. Our openers had a great partnership in chasing down the girls score. The girls showed great sportsmanship by kindly offering to let us all have a bat.

Angus Blyde

KWS LATEST NEWS!

KWS bids fond goodbye to Class of 2015

KWS bid a fond farewell to the Class of 2015 when the School community gathered for the Year 12 Graduation Ceremony. This year’s ceremony combined traditional KWS elements, such as the moving…… Read full article
Musical delivers message of unity

"The year is 2259 and global warming has changed the world forever. Two civilizations remain..." So began the 2015 Year 5 and 6 musical production – 2259: A Convenient Lie...... » read full article

Maddie wins gold at State championships

KWS swimming sensation Maddie Griffiths has been rewarded for her dedication and commitment with a gold medal at the State Open Short Course Championships. Maddie raced away to a gold medal in the...... » read full article