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 commandning 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 Senior School

Spring has finally arrived and the warm weather is bringing our beautiful grounds into full bloom. It’s just magic to see the azaleas, tulips and rhododendrons showing their colours after a long and very challenging winter. Years 7-10 girls are in their short white socks too – very Spring-like! And much more comfortable in hot weather than the long green ones…

The first week of term was eventful and rewarding for all

IN THE MEDIA

Junior Sport
13 October, 2015
Central Western Daily

see full story

Best Wishes HSC Students
12 October, 2015
Central Western Daily

see full story

Tremain Isn’t Star Struck
10 October, 2015
Central Western Daily

see full story
groups: Music activities, Community Service, Peer Support training and the special program for Years 11 and 12 went really well. I was on bivouac myself and enjoyed the opportunity to be with students in another and very different context. It is wonderful to see how students, and sometimes the most unexpected ones, deal confidently with the rigours of trekking, living off rations and sleeping on the ground. It is also a pleasure to observe the care shown to younger cadets, especially those with serious health problems, by their rank. I congratulate all those who do so well in this regard.

Please keep your eye out for the various activities happening in upcoming weeks: NAIDOC celebrations and activities, Rite Journey events, and presentations being put on to both raise awareness and reduce the stigma surrounding mental health, especially adolescent mental health.

The HSC has begun and the first English exam was very positively received by both students and English staff. Over the next few weeks the other elective subject exams will take place. Parents of Year 12 are reminded that during the exam period all normal school expectations are in place regarding uniform, grooming, safe driving and so on. I wish the students well for the rest of their exams – I’m sure all their hard work will pay off!

Bev West
Head of Senior School

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**Safer Driving Course**

**Preparing you for your P's**

Become a safer driver and earn 20 hours of bonus log book credit by enrolling in a Safer Drivers Course.

6th November 2015

Time: 4pm –7pm

Where: Skillset Office 289 Summer St, Orange

Cost: $140.00 for 20 log book hours

To Book: Call Skillset

Ph: 63301400 or email cevans@skillset.com.au

Charlie Evans
Skillset

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**Secondhand Textbook Trading**
Kinross Wolaroi School and the P&F are conscious of the need to provide an efficient process for families to be able to buy and sell their textbooks and other student resources.

I am delighted to inform you of the school’s new initiative to provide parents with the ability to trade these second-hand items via the Sustainable School Shop.

www.sustainableschoolshop.com.au

Results from other schools have been excellent. Families have enjoyed a more comprehensive and convenient method of trading these items. Many families who were too busy to attend the annual P&F Second Hand Text Book sale at the end of Term 4 will find this new service far more accessible.

The service provides access to second-hand textbooks, calculators, stationery, musical equipment, etc all year. Parents can even trade with other parents from different schools and sell items no longer in use at our school. Other schools using this service in the area include James Sheahan Catholic High School and Orange Anglican Grammar.

For the best results:
- Register on the Sustainable School Shop website and nominate Kinross Wolaroi School
- List your items for sale
- List wanted ads for those items you are looking to buy
- The school’s booklists are loaded into the system to make listing ads easy
- The system matches the ads of buyers with sellers and notifies the buyer via email
- Buyers contact sellers and arrange where and when to trade
- Most trading will occur with other parents from the school
- Parents are well supported via Sustainable School Shop’s telephone (1300 683 337) and email help lines
- The system is simple and easy to use - If you don’t have a computer, internet access or an email address, please call the Sustainable School Shop for assistance
- You can pre-arrange the transaction and then trade after the texts are not required.

KWS P&F has met the cost of the annual subscription as a service to the school community. This would normally cost a family $19.95 a year. When registering on the Sustainable School Shop you need to nominate Kinross Wolaroi School to access the paid annual subscription.
All enquiries should be directed to the Sustainable School Shop on: 1300 683 337 or help is also available through ‘Contact Us’ on their website at www.sustainableschoolshop.com.au

We are very excited about this new initiative being offered to parents and we hope you will make the most of the opportunity to annually recycle your student’s school items as this will help another family and student at our school.

For the Secondhand Textbook Trading User Guide click here.

Kristine Battye
President KWS Parents and Friends Association

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

Invitation to Raising Positive Teens

The Principal invites you to a parent information session

A positive approach to raising teens - beyond six packs and selfies
Body image, hypersexual media portrayals and self-esteem: Tools to help your child cut through the negativity and bloom into a confident teen

Tuesday 20 October 2015 at 7.00pm
in the Performance Theatre, KWS

By Dannielle Miller
Chief Executive Officer
Enlighten Education
One of Australia’s foremost educators, authors and media commentators on teenagers

Copies of Dannielle’s books will be available for sale on the night, payment by cheque or cash. For additional information about Enlighten Education refer to: www.enlighteneducation.com

RSVP is not necessary
Thank you to the P&F for their support of this event
Cadet Promotions Camp

Attention to families wishing to book holidays for 2016. (This affects Years 9, 10 and 11 in any given year.) Cadet Promotions Camp is held each year at the end of Term 2 - in 2016 from Friday 24th till Wednesday 29th June. We will not be conducting any other catch-up course during term time. To avoid disappointment, please check with your child as to whether he/she is intending to continue leadership training before confirming holiday bookings.

MAJ (AAC) L Vernon
Cadet Commanding Officer

New Vocal Group

All singers welcome

Starting this Friday lunchtime Miss Anthony and Mrs McRae are running a Vocal Group which will be a great way for students interested in the musical next year to come along and enjoy some music theatre songs. Bring your friends and have fun singing and eating food every Friday lunchtime in room 68.

Annie McCrae
Music Teacher

P&F News

P&F Meeting next Week

Our first meeting for this term is next week, Wednesday 21st October. From now on our meetings will be held in the far more convivial surroundings of the board room in Wolaroi Mansion; teleconference will still be available.

Please send any agenda items to pandfssecretary@kws.nsw.edu.au by this Friday (16th October). Draft minutes from our last meeting are available here.

Alison Karbowiak
P&F Secretary

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)
Cricket Report

2nds Cricket

Saturday 10/10/15 kicked off the 2015-2016 cricket season and for the KWS 2nd grade team this meant a close battle with Centrals. The KWS team took the field for the first time this season with Luca Wynn and Nat Vazourous opening the bowling. Both bowled good line and length in economic spells. The first wicket fell in the hands of Nat and the game was off. First change bowlers Mr Smedley and Cayden Mcgrath continued the consistent bowling, both unlucky not to pick up a wicket. As Mr Smedley’s stamina run out, Mackenzie Carr followed in his footsteps, bowling consistent and in the right areas. A strategic change was then made and the leg spinner Ed Dodds and off spinner Donald Hearn came into the game. Both boys bowled extremely well picking up 4 wickets each and really slowed down the opposition. With 40 overs completed and the first innings down Centrals set a total of 153 runs.

With a quick change, the two KWS openers Max Powel and Nat Vazourous went out to bat. After 5 overs the weather came into play with a massive crack of lighting followed by thunder caused the game to come to a close for 30 minutes. With dark clouds still hovering over the Kinross main field after 30 minutes, the boys continued to bat. Hamish MacIntyre came into bat at first drop with an unfortunate one run before being run out. At four was a new member to the Kinross community, that being Dashan who batted extremely well under the harsh opposition and weather conditions. Nat lost his wicket early after drinks with a solid 22 runs. Cayden McGrath came in at five and scored a quick eight runs before being caught out. Donald soon followed out to the wicket with the Kinross 2nds in need of a solid partnership. Both Dashan and Donald stayed at the crease scoring 17 and 21 respectively. As the over was coming to a close, the run rate was climbing. Luca Wynn and Edward Dodds came to the crease and Dodds fell early with a good ball from the opposition. Angus Andrews and Luca continued at the crease with Angus falling early in a similar
fashion. Mackensie then came to the crease and they both batted the game out to the end with both players hitting some strong shots. Luca ended up with an impressive 25 not out.

Unfortunately Kinross fell short by 20 runs. However the Kinross 2nd grade team is to be commended on their efforts and manner on the field. All players showed great enthusiasm and team spirit.

Matt Smedley
Coach

3rds Cricket

The KWS 3rds were keen to get off to a flying start with their first game of the season on the magnificent Sally Kennett oval, after a quick net session on Friday afternoon. The boys were holding their heads high as Captain Brad Miller and Coach Mr Begg walked over for the toss, unfortunately KWS lost the toss, and were sent into bat. Opening batsmen George Jackson and Josh Jones slowly walked out to the pitch still learning how to block the ball, this opening combination saw KWS gain rapid momentum with a partnership of 10. Shortly after, Josh was dismissed with a marvellous catch at point seeing him walk off the field proudly after gaining himself 5 runs.

After the first dismissal, things went pear shaped seeing the next 5 batsmen equal a total of 5 runs. When all looked in drought, Harry Williams went in at eight 8 batsmen managing to prolong the match, with an amazing knock of 52 not out. Harry's knock lifted the final run total to 94. The 3rds bowling wasn't up to scratch, with only one wicket being taken by James Conran, after a Ben Uttley gem of a catch. The Waratah Vikings chased the KSW 3rds total down with ease only losing 1 wicket. Besides the result, the 3rs showed promising displays of ability that will only grow with the season.

Brad Miller
Coach

KWS 14 Blue vs KWS 14 White

The KWS 14 Blues recorded a comprehensive victory over the KWS 14 Whites on Saturday. After winning the toss the Blues batted first and overcame a rocky start – at one stage we were 3 for 8 – to finish with 127 for 5 from 28 overs. This recovery owed a great deal to the
partnership between Alex Brien (21) and Jeremy L'Estrange (5) which saw off some challenging bowling and got us to drinks without further loss. Unfortunately Alex and Jeremy were dismissed shortly after the break however Will Luelf (18) and Hunter Rose (41 not out) went on to play innings of substance and helped us to our final total.

The match was then turned on its head by a superb spell of bowling by Will Luelf who decimated the Whites top order and finished with the astonishing figures of 5 for 1 from 3 overs. He bowled a full length and swung the ball back into the Whites batsmen in an unplayable fashion. Will was well supported by Hugh McIntyre, Joe Priest and Lachlan Smith and a tidy fielding effort.

The boys should be commended on starting the season in such a positive way but there is a lot of hard work ahead.

Thanks to all the parents and supporters who turned out to watch the boys play.

Bruce Kerridge
Coach

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