

14 October , 2010



Nurture for today • Learning for tomorrow • Character for eternity

## KAS Students Serve

Students & Staff from Kempsey Adventist School spent five days serving the Bellbrook/Upper Macleay Community. A variety of community activities were planned from Saturday September 25<sup>th</sup> to Wednesday 29<sup>th</sup>, which was during the first week of school holidays.

The STORMCO (Service To Others Really Matters) trip started with a church service run by KAS Students at the mission on Saturday Sept 25<sup>th</sup>. On Saturday night STORMCO hosted a Family Concert at the Bellbrook Community Hall. We had a great evening with Music, Drama, Games, Hot Drinks & Biscuits.

On Sunday the STORMCO team ran a family fun day at the mission. Families enjoyed the company of clowns, playing with modelling balloons, having their face painted and dressing up in costume. The hired jumping castle and mega slide was a major attraction. The Sumo wrestling Ring provided onlookers with lots of laughs and the BBQ lunch was a great way for the STORMCO team to meet community members.

From Monday to Wednesday (Sept 27<sup>th</sup> – 29<sup>th</sup>) STORMCO ran a morning program for children, which included games, songs, stories, drama and craft. Each kids' club took place at the Bellbrook Health Outpost/Clinic at the mission.

In the afternoons STORMCO helped with some maintenance issues on the local Community Church at the mission. We also played games, sports and swam in Nulla Nulla Creek.

Both students and staff had a great time on their STORMCO trip and enjoyed getting to know the individuals from the Bellbrook/Upper Macleay community.



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## From The Principal...

### The Road Ahead

Welcome back to KAS for what promises to be a very busy Term 4. With lots planned before the end of the year, including such things as the Higher School Certificate and School Certificate exams, the Cambodia Expedition, Work Experience, Combined School's Choir program, Carols in the Cola, Presentation Night etc, etc, there will be much to be achieved and celebrated over the coming weeks.

As in past years, KAS is also committed to looking forward into next year as we plan to ensure that the ongoing expansion and development of the KAS program not only meets the needs of our school community but also fits within the broader mission of our school through endeavouring to authentically represent the character of Christ in all that we do.

Over the coming weeks KAS will be publishing a number of important items related to key planning areas for 2011. Your support demonstrated through the prompt completion and return of any such paperwork will be much appreciated by our team in the school office.

Please feel free to contact me directly if you have any specific questions relating to the KAS program planned for 2011. Best wishes for Term 4 which promises to be an exciting time for our school!

Regards,

*Rohan Deanshaw*

Principal



is on... this Friday night from **7:30-9:30PM**. Parents and friends are welcome as usual. A reminder to please be on time to pick up your children at the end of the evening.

### 2011 Staffing Update

KAS is pleased to announce that number of key teaching appointments have been made for the 2011 to meet the school's needs as a consequence of our ongoing growth and expansion.

These appointments include new school executive roles resulting from a restructure of the school's administration which will take effect at the commencement of 2011.

Mrs Joyanne Walsh	Assistant Principal (Primary)
Mrs Leanne Lesic	Assistant Principal (Secondary)
Mrs Emma-lee Dixon	Teacher - Lower Primary
Mr Joseph Lesic	Teacher – Junior Secondary
Mr Neil Bastos	Teacher – Secondary (Maths/ Religion)

Whilst Mrs Walsh is well known to you, her move into an Assistant Principal's role in 2011 is a promotion which reflects the outstanding professional contribution she has made to KAS over a number of years.

Mrs Leanne Lesic is a highly regarding and experienced school administrator who will be coming to us from Gilson College in Victoria. Gilson College is an 850 pupil K-12 Adventist school in the western suburbs of Melbourne where Leanne has made a significant contribution both through teaching and administration over a number of years. Leanne is highly regarded at a national level within Adventist Education for her contribution to teaching practice and she will no doubt be a more than significant contributor to KAS in the coming years as our secondary school program continues to grow and develop.

More information will follow in the coming weeks in regards to the other teaching appointments announced above.

Unfortunately for KAS, Miss Winsome McHugh will be leaving us at the end of the year as she will be getting married and moving to Queensland. KAS would like to acknowledge the great contribution Miss McHugh has made to our school program over the past 3 years. Whilst Miss McHugh will not be easily replaced, the school is currently interviewing a number of well-qualified applicants and plan to announce the details of the successful applicant shortly.

The fruit and vegetable promotion continues in the canteen until next Friday, so keep on purchasing those fresh items. Mrs Pead tells us that there are many prizes left!



# Creation Day

At the end of last Term, the Kindergarten to Year 2 children took part in a Creation Day at Port Macquarie SDA Church. The children had a wonderful day learning about our history since the beginning of time as recorded in the Bible. They took part in an action-packed day of singing, craft, games, puppets and interesting activities which consolidated the seven main historical events since time began. The children left the day with a bag of Biblical literature activities and a CD full of fun songs kindly put together by Margaret Mackay and her helpers at Port Macquarie church. A big thankyou to all the mothers who gave their time to help with activities and Mr Walsh who drove the bus. A huge thankyou to Margaret for the many hours, weeks and months she has spent planning this memorable event.



## HIGHER SCHOOL CERTIFICATE INFORMATION –FOR EVERYONE TO READ!

The Higher School Certificate examinations begin this Thursday. Our students will be taking their exams in the hall. As you can imagine, the noise of children can be quite distracting so we need to make alternate entry and exit arrangements into and out of the school.

During the HSC Examination period, students who are walked into school need to be walked through the main bus gate and around to the left, rather than past the seating and bubblers. Also, students who sit on the benches at the back of the hall will now wait for their pick ups on the COLA. As you drive around we will call your child up to the gate for you. If you normally park and walk to the bottom gate, you will need to come through the main entrance gate (where the bus students line up) and proceed to your left to collect your children from the COLA.

We understand that these arrangements are not ideal, but want to give our Year 12 students the very best chance at success.

For your information, the following lists each HSC examination that our students may be involved in:

Thursday 14 October: HSC Exam – Business Studies – 9:25 AM to 12:30 PM  
Friday 15 October: HSC Exam – English (Standard) Paper 1 – 9:25 AM to 11:30 AM  
Friday 15 October: HSC Exam – Information Processes & Technology – 1:55 PM to 5:00 PM  
Monday 18 October: HSC Exam – English (Standard) Paper 2 – 9:25 AM to 11:30 AM  
Wednesday 20 October: HSC Exam – PDHPE – 1:55 PM to 5:00 PM  
Thursday 21 October: HSC Exam – General Mathematics – 9:25 AM to 12:00 PM  
Monday 25 October: HSC Exam – Textiles & Design – 1:55 PM to 3:30 PM  
Tuesday 26 October: HSC Exam – Food Technology – 9:25 AM to 12:30 PM  
Tuesday 26 October: HSC Exam – Music I – 1:55 PM to 3:00 PM  
Friday 29 October: HSC Exam – Studies of Religion II – 9:25 AM to 12:30 PM  
Wednesday 3 November: HSC Exam – Chemistry – 9:25 AM to 12:30 PM  
Friday 5 November: HSC Exam – Biology – 9:25 AM to 12:30 PM  
Friday 5 November: HSC Exam – Industrial Technology – 1:55 AM to 3:30 PM  
Wednesday 10 November: HSC Exam – Visual Arts – 1:55 PM to 3:30 PM



# INSIGHTS

by Michael Grose - leading parenting educator



## Is your teenager sleep-deprived?

*Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.*

Many teenagers today are sleep deprived because they don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Sleep deprivation is akin to jet lag, where they don't function at their optimum.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

### Good sleep habits include:

1. **Regular bed-times.** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.

2. Have a **wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. **An established bed-time routine** that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
4. Keeping **bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising **the three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night's sleep.

### Sleep tips for teens

1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.

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for all your parenting challenges visit:  
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# Announcements

## Yr 7 (2011) ORIENTATION DAY

All students in Year 6 should have received an invitation to the Year 7 Orientation Day to be held next Wednesday, 20 October. On this special day they will spend time with other students who will be joining us in Year 7 next year. Please send back your RSVP as soon as possible.

## School Education Program –

### Tax file numbers for school leavers

A TFN is essential for employment, deferring university fees or applying for Centrelink benefits.

Most students will need a TFN when they leave school, whether leaving early or completing Year 12, and it is much simpler for them to apply through the school TFN program. We would encourage all students to apply for a TFN through KAS.

TFN application forms for school leavers are available from the school office. If you have any questions please phone **13 28 69** between 8.00am and 5.00pm, Monday to Friday, and ask for Karen Taylor on extension 31405 or email CAE-Newcastle@ato.gov.au.

## EMAIL ADDRESSES

Secondary parents and guardians, remember to send your email address to [gnothey@kas.nsw.edu.au](mailto:gnothey@kas.nsw.edu.au) in order to receive your child's assignments/assessment tasks/test notification, etc.

## LOST SCHOOL JUMPER

A size 14 jumper that has KC on it has gotten itself lost. If you have it please hand it in to the school office.



THE FUN IS  
RETURNING SOON!  
First club night – Tuesday 12<sup>th</sup> October  
Enquiries please phone  
Crescent Aquatic Centre - 6566 0466  
or email [reneemason@bigpond.com](mailto:reneemason@bigpond.com)



**CRESCENT Aquatic CENTRE P/L**  
Baker Drive Crescent Head  
65 660466

FOR ALL YOUR SQUAD, LEARN-TO-SWIM, STROKE CORRECTION  
AQUA FITNESS AND GYM REQUIREMENTS

**POOL RE-OPENING** on  
**Saturday 25<sup>th</sup> September**  
Please phone for 2010/2011 season  
pool and gym opening times from Saturday

**CURRENT GYM ONLY OPENING TIMES**

<b>MONDAY &amp; TUESDAY</b>
6-9am & 4-7pm
<b>WEDNESDAY</b>
4-7pm
<b>THURSDAY &amp; FRIDAY</b>
6-9am & 4-7pm
<b>GYM CIRCUIT</b>
9-10am on Tues, Thurs & Fridays

**Join in the fitness fun**

**PERSONALISED FITNESS PROGRAMS AVAILABLE**  
**CLOSED WEEKENDS AND PUBLIC HOLIDAYS**

## Macleay Valley Aspergers Autism Support Group Meeting

**When:** Monday 18th October at 9.30am (Annual General Meeting) followed by a presentation at 10.30am from a local Speech and Language Pathologist.

**Where:** All Saints Catholic Church Hall - Kemp Street, West Kempsey

**Who:** A Speech and Language Pathologist will be in attendance talking about teaching children with ASD ways of starting a conversation and how to initiate play with others.

Parents, Carers and new members welcome to attend, any questions before the day please call Belinda Parkinson on 0412 497 725

## NIPPERS

Kempsey Crescent Head Nippers season starts Sunday, 17<sup>th</sup> October. It is for under 6s right through to under 13s and our KAS students are sure to know many people there. You can register any Sunday from 17<sup>th</sup> October at the surf club at Crescent Head from 9AM-11AM.

## FLUTE AND PIANO TUITION

Jenny Fink is an experienced performer, composer, teacher and accompanist. She is available during school hours for lessons in flute, piano, recorder, theory, musicianship and composition. Jenny studied at the Sydney Conservatorium of Music and the University of Sydney, graduating with honours. She has performed in Japan and the U.S.A. All ages welcome. Please phone Jenny on 65667683 for further information.

## Kempsey Blood Donor Centre

Kempsey District Hospital, 119 River Street  
**Now open every Monday 8am-3pm & Thursday 12pm-6pm**

Donated blood is used to help people with cancer, heart stomach & bowel disease, burns victims, people undergoing surgery, mothers and their new born babies.

Your help is needed to ensure blood products are available for those in need.

## CAREERS COLUMN

*A reminder to Year 10 Students that Work Experience forms are now overdue*

### APPRENTICESHIP

Country Energy are offering 85 apprenticeships in 2011 in the following areas: Powerline worker, Cable joiner, Gas distribution Carpenter, Electrical Technician, Electrical Technician (Sub-station). These spread over the following locations  
Queanbeyan, Walgett Griffith, Armidale, Wagga Wagga, Tamworth, Forbes, Moruya, Leeton, Maclean, Bathurst, Orange, Dubbo  
Visit [www.countryenergy.com.au/careers](http://www.countryenergy.com.au/careers) or 1800255777

# Announcements

## SCHOOL UNIFORM

If you would like to purchase uniform for next year at 2010 prices, you are encouraged to do so during the early part of Term 4. No more uniform supplies will be ordered so once these supplies are exhausted there will be no more until January next year.

### FREE

2 x student desks with drawers.  
Phone 65621712 or talk to Mrs Hardy

## SECONDHAND UNIFORM

There is currently some secondhand uniform on display in the uniform shop at reasonable prices. If you would like to purchase some, you will need to come to the uniform shop in the advertised hours.

To resubmit any secondhand items please email [Ideanshaw@kas.nsw.edu.au](mailto:Ideanshaw@kas.nsw.edu.au). Anyone is welcome to advertise secondhand uniform in good condition. Contact Mrs Deanshaw with all of your details.

1 sz 14 prim. Girls skirt \$21  
1 sz 12 primary girls shorts \$15.50  
1 sz 12 primary girls slacks \$17.50  
2 sz 10 primary girls blouses \$17 each  
1 sz 8 sports polo shirt \$16.50  
1 sz 10 sports shorts \$11.50

Near new Grosby school shoes, Size 7 & 8, 2 for \$30ONO. Contact Sandra Read 6566 8165 or 0402 640 976

**coles SPORTS for SCHOOLS**

**Sports gear for your school!**  
**Collect vouchers now at Coles!**

Collect a voucher for every \$10 you spend in store from 2 September - 31 October 2010.  
Pick up a leaflet in store or visit [coles.com.au/sportsforschools](http://coles.com.au/sportsforschools).  
Excludes purchases on gift cards, mobile recharge, calling cards, iTunes, tobacco and tobacco related products

**TOTAL TO DATE: 4700 Coupons—WOW!!!**  
**Two more weeks to collect!**

## WORK DUE DATES TO REMEMBER

Class	Subject	Task	Date Due
4	Science	Magnetism Homework Project	1.11.10
7	English	Metaphors and Symbolism Poetry Task	27.10.10 11.10.10
9	History	Model or Report Australia 1920-1930	Week 1 Term 4
9	Geography	Data Interpretation test Australia's population	18.10.10
10	Geography	Topographic Map Skills Topic Test	25.10.10 26.10.10

## HEADLICE

Please check your child's hair daily as we are having several children coming to school with lice. If lice are found in their hair, you will be asked to collect your child from school immediately, and asked to treat it before they return to school. We understand that this is inconvenient to many people,

## Calendar

First Day Term 4	11 Oct
HSC begins	14 Oct
The Shack 7:30-9:30PM	15 Oct
Yr 7 2011 Orientation Day	20 Oct
Secondary Choir Outing	21 Oct
Yr 10/11 Parent Teacher Interviews	25 Oct
Koorong Kids Club Orders Due	5 Nov
The Shack	5 Nov
School Certificate Examinations	8-12 Nov
Year 10 Work Experience	15-26 Nov

## UNIFORM SHOP HOURS

Mon, 11 Oct	8:30-9AM 3-3:30PM
Thurs, 14 Oct	8:30-9AM 3-3:30PM
Mon, 18 Oct	3-3:30PM
Wed, 20 Oct	3-3:30PM
Thurs, 21 Oct	3-3:30PM

## SPORT & LIBRARY TIMETABLE

CLASS	SUBJECT	DAY
Kindergarten (Mrs Hardy)	Sport Library	Wednesday Friday
Year 1 (Mrs Hodgekiss)	Sport Library	Tuesday Monday
Year 2 (Mrs Hosea)	Sport Library	Monday Tuesday
Year 3 (Miss Salt)	Sport Library	Monday Tuesday
Year 4 (Mr Bibby)	Sport Library Music	Tuesday Thursday Friday
Year 5 (Mrs Reid)	Sport Library Music	Thursday Friday Friday
Year 6 (Mr Humphries)	Sport Library Music	Mon + Thurs Tuesday Friday
Year 7 & 8	PE Sport	Tuesday Thursday
Year 9 & 10	PE Sport	Tuesday Friday