Principal’s Comment

P&C Executive 2013
The recent P&C AGM elected the following into positions for 2013:
President     Mr Dan Bedgood
Vice-President: Mrs Jennifer Bannister
Secretary:   Mrs Margaret Selvey
Treasurer:  Mrs Kerrie Tuovi

I want to thank each of them for their work on behalf of our school and I look forward to working with them and the P&C throughout this year.

Sporting Success
Congratulations go to our Open Girls Softball Team who won the Katrina Powell Shield against the other Wagga Wagga schools for the fifth year in succession. All girls who represented us throughout the competition did a wonderful job and we are proud of their efforts. I also had the pleasure of watching a little of the Byrne Shield cricket on Monday where we recorded a win over Mount Austin High School. Well done to Matthew Tom and Sean Gaynor who contributed significantly with the bat and the ball.

Parent Support
Thank you to those parents who commented in relation to my piece on the front of the last Ziegler about an aspect of parenting of teenagers. Attached to this edition we provide some further thought by the respected Parenting Educator, Michael Grose, called “Swimming Against the Tide”. His four pieces of advice are worth a read and I hope they are of assistance.

Kooringal wins Katrina Powell Shield Softball again!

Players: Tessa McGlynn, Chloe Molloy, Taylor Molloy, Letitia Ervine, Tamika Raufers, Jamila Piercey, Kalee Gibbons, Jessica Oehm, Tiana Breust, Elena Ramsey, Emily Ramsey, Georgina Noack, Bec Preston, Desi-Anne Calder and Georgina Carter
All contributed to the successful retainment of the Katrina Powell Shield (the 5th year in a row).
Round 1    KHS def MDCC 29 – 1;     Round 2    KHS def TRAC 25 – 0;
Round 3    KHS def MAHS 3 – 2;     Round 4      KHS def WWHS 8 – 2;
Final KHS def WWHS 15 – 1
Thank you to Matt and Kelly Bishop for coaching the team.
Next game: Tues 26th March (CHS Knockout)
Swimming against the parenting tide

Going against popular opinion, particularly when it belongs to a young person, takes some parenting steel. It helps if you are less intent on being popular with your young person and more intent on being respected.

Sometimes as a parent you need to swim against the tide of popular opinion - that is, what your kids and fellow parents think. Obviously, that takes some parenting steel.

It seems that you must do this a great deal when you are parenting teenagers. You may intuitively know what’s best for them ("You are too young to go to that party! It’s just too risky") yet you risk an argument, or not being spoken to for a week if you stand your ground. It’s easy to give into young people to maintain your relationship, and to be liked.

But you don’t always need to be liked by your young person. However you do need to be respected. Aim for respect, not to be liked, as they won’t always approve of your decisions.

Here’s the rub.

Respect often comes later......much later when they are older and understand that you were acting in their best interests. Respect is earned by treating young people respectfully; but also acting in their best interests, which often means swimming against the tide of popular opinion.

Here are 4 ideas to help you swim against the tide and maintain the respect you need to influence young people:

1. Double up: If your partner is available, then you need to present a united front on many issues with young people, particularly around risk-taking activities and relationships. It’s plain hard work alone. Single parents need to draw strength from friends, relatives and other colleagues.

2. Call in the troops: If in doubt, speak to other parents and find out what they think and what they are doing with their young people. It’s easier to stand your ground when you know what other parents think and do. Kids use ‘the divide and conquer’ principle a lot when they want to manipulate their parents.

3. Refer to a respected adult: Sometimes it’s useful to call on a respected ally in your child’s life. Often they’ll listen to others but not to you, even though the message is the same. Even if you can’t call on a respected adult ally in person, you can bring them into the picture saying, “What do you think your uncle would say?” Most of the time, they’ll know!

4. Use one point communication: When teens want to engage in an argument, rather than a conversation, or they want to continue a fight way after negotiation has finished, use one point communication to get your message across. That is, don’t respond and don’t make eye contact with them. Looking away robs them of their power. I’m not suggesting we harm your relationship but you do need to use assertive communication techniques to help you stand your ground.

Remember; aim to be respected by teenagers and children as an adult who has their long-term best interests at heart, not necessarily to be liked, which is short-term and not always the wisest strategy.
Year 10 Work Experience Information Evening

Dear Parents and Carers,

You are invited to an information session which will provide an overview of the Work Experience process, discuss important dates and answer any questions you may have. Students are also very welcome to attend.

Details of the information session are as follows:
Date - Tuesday 12th March    Time - 7-8 pm    Venue - KHS PAV

In recent weeks Year 10 students have been given information about organisation and arrangements for Year 10 Work Experience and I feel it is important that you are also fully aware of this information.

Work Experience is a great opportunity for students. Some of the many benefits of Work Experience are to:

- find out more about a particular career i.e. training, entry requirements etc.
- see if they are physically suited
- gain motivation for school
- help with subject selections
- experience a typical working week
- get firsthand knowledge about that job and industry and assist with making more informed decisions about their future

I look forward to discussing the great benefits of work experience with you at this time.

If you have any questions relating to this event please call on 6922 5153 or email me at Kirsten.fitzgerald@det.nsw.edu.au

Kirsten Fitzgerald
KHS Careers Adviser

CWHSSA Swimming Carnival

We were well represented at the Combined Wagga High Schools twilight swimming carnival on Thursday 21st February. Thirty two of our students competed as a result of their great effort at our school swimming carnival. Every swimmer did KHS and themselves very proud both in and out of the pool and deserve congratulations for their wonderful effort and team support.

Special congratulations to Emma Nielsen in Year 7 who was the 12 years girls champion and Holly Meadows-Blundell in Year 10 who was the 16 years girls champion, a fantastic achievement at this level. Natasha Long in Year 8 swam in no fewer than 11 events at the carnival and was a close contender for age champion. Awesome effort girls!!

Tash, Holly and Emma lead a strong contingent of twenty three of our swimmers who have qualified to compete at the next level in individual events and relays. The Riverina championships will be held in Leeton on Monday 11th March and we wish all our representatives the best of luck in their quest to swim at the CHS Championships in Sydney later this term.

P.S. A BIG thank you to Miss Louisa Reynolds who willingly and generously gave up 5 hours of her time to help with our staff duties at the carnival.

Congratulations to all.

Mrs Davies & Mrs Schmetzer

National Vaccination Programme

This year, Year 7 girls and boys and Year 9 boys only will be offered free vaccines as part of the National Vaccination Programme. Information packs will be sent home in the near future.

HAVE YOU RECEIVED THE SCHOOLKIDS BONUS?

Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July. The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting australia.gov.au/schoolkidsbonus and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

~Upcoming Events~

Monday 11th March
Riverina Swimming Carnival– Leeton

Tuesday 12th March
Yr. 10 parent information for work experience
PAV 7-8pm

Thursday 14th March
Selective High Schools Test
Yr. 7 2014

Monday 18th March
Year 7 2014 Parent Information
Night, 7.30pm PAV

Thursday 21st and Friday 22nd March
Merit Assemblies

Monday 25th March
“Stop harassing me” cyber bullying talks Yrs. 7-11
Do you want to play soccer in 2013? Why not join your local soccer club in Lake Albert!
Registration open on 20th February 2013

Online – Go to http://www.myfootballclub.com.au/, or visit our website for instructions

In Person – Saturday, 9th March at Lake Albert Public School
Go to www.lakealbertsoccer.com.au for more information.

Henwood Park Football Club
Registration Days
Sunday 10 March 2013, 10am-2.00pm
Saturday 16 March 2013, 10am-2.00pm
Henwood Park Club House at Rawlings Park Forrest St Lake Albert

Wagga Kangaroos Juniors
Wagga Kangaroos Juniors are looking to field a 16’s team this year in the Group 9 Southern Pool.
We need players so we are doing a half price rego of $60.00 this includes shorts, socks and a hoody as well as expert coaching in the game of Rugby League by Adam Hall – Current first grader and former country half back and Steve McDonald former 1st grade Premiership winning coach. We will be taking sign ups on February the 23rd and March the 2nd at the plane at Bolton park. Come down and join the Roos. More information can be obtained from Terry Cronin on 0409603678.

GUITAR TUITION
Experienced tutor | Reasonable rates
Contact Roger Murphy B.A. (Contemporary Music) – U.N.E.
Tel: 6922 5673