THE KILMORE INTERNATIONAL SCHOOL NEWSLETTER

ISSUE 6 FRIDAY 21 JUNE 2019

WINNERS ARE GRINNERS
It has certainly been a very busy Term 2 for Year 12’s and as it draws to an end it is important to keep a few things in mind. The last four days of Term 2 for Year 12 students, Monday 17th June to Thursday 22nd June, have been spent on Core tasks. Like in previous years, it was decided that the examinations at midyear were of limited value as students were focussed on completing many of the Internal Assessment pieces for a variety of subjects along with their Extended Essay and TOK Essay, rather than studying for examinations that did not count towards their overall IB Score. More detailed MOCK Examinations will take place in the last two weeks of September when students have had significantly more time to prepare and revise.

Whilst there has been an IB Key Dates Calendar published for a considerable duration of time, some students have not managed to meet some of the deadlines published therein. To this end, many students have been asked to attend compulsory supervised study sessions on Friday afternoons. These sessions are an opportunity to spend one hour focussed on meeting a Specific, Measurable, Achievable, Realistic and Timely (SMART) goal. That might have been completing an overdue Internal Assessment piece or reaching a particular point with the Extended Essay or TOK Essay. These sessions will continue next term when required, but some students might be required to attend school Monday to Thursday of next week to complete unfinished Core tasks. Again, this is about trying to scaffold a positive way forward to achieve the submission goals that are required, rather than punishment.

The midyear report that will be sent home in the coming weeks will also look different for Year 12 students compared to the rest of the school. The report will be more like the Interim Report sent out in Term 1, accept there will be information about relevant progress with the Extended Essay and other Internal Assessments and there should also be some general comments about the work that should be undertaken during the semester break. This report should probably be viewed as a guide rather than an absolute, as in most cases the syllabus will need to be completed in early Term 3. It is often found that a more accurate appraisal can only be made when students have had the opportunity to revise the whole syllabus and truly apply their knowledge thereafter. A more detailed final report will be compiled after the MOCK Examinations and made available to parents early in Term 4. This report will give a more accurate assessment of where the student is currently sitting and what they are likely to achieve.

In the upcoming semester break, students should follow the general advice of their subject teachers, but also take the opportunity to catch up with some rest and recuperation. Term 3 is very short and MOCK Examinations will upon us before we know it. Thereafter, the final November Examination Period will rapidly approach.

Andrew Pharoah
Year 12 Wellbeing Leader
Teacher of Chemistry
**Extended Essays**

Extended Essay

One of the requirements of the International Baccalaureate is for students to complete a 4,000-word research paper called the Extended Essay. This essay is very open-ended, and students are given complete freedom to investigate a concept that interests them. Across Year 12, students have produced a huge variety of essays on topics ranging from an investigation into why the Spanish Armada of 1588 failed to achieve its aims to a study of approximation in mathematics; from an analysis of the language in ‘A Clockwork Orange’ to an exploration of chemiluminescence. Below, some of our year level have shared a bit about their essays:

**Yuchang Yu Yolanda (Mathematics)**

My Extended Essay is about approximation in math. To attempt to answer my research question: In rounding, is common sense more important than mathematics? I developed a questionnaire for students and teachers in our school as well as an online survey to enlarge my data base. Then, I did the follow up interviews with the volunteers, which helped me better understand how participants got their answers. This was quite interesting because I got a variety of answers which showed various perspectives from different participants. After collecting the data, I did data analysis. The graph shown is part of my data analysis. I really enjoyed doing this Extended Essay because it has both equipped me with the skills and understanding of how to carry out an independent investigation. Also, it lays a foundation for my future because I plan to do big data analysis as my major in the university.

**Huiting He (Biology)**

My extended essay was written in biology because it’s the subject I’m most interested in. I’ve investigated the effect of natural odour of aromatic plants in replacing synthetic chemicals to repel insects. My research question was “what is the effect of aromatic plants on the choice of habitat of the European earwig (Forficula auricularia)?” In response to the research question, a total of six, time consuming experiments involve working with 20 population of European earwigs were carried out for approximately 2 months. By using a self-made Y-tube Olfactory meter to observe the behavioural changes and “decisions” made by each individual earwig of with the presence of an aromatic odour source. Overall it was a valuable and interesting experience that needed a lot of time commitment. I would like to thank my supervisor Dr Rutter for providing support all the way along. My advice for the future IB students is to plan ahead before deadline.
EXTENDED ESSAYS

Olivia Pezzopane (Business Management)

For my EE, I researched the techniques used by businesses to promote their products online other than that which are paid advertisements. This topic was one which interested me because I was interested in the use of social media as a business tool for people to use. By writing this essay, I was able to learn more about the best ways of researching a topic and working information from multiple sources into one another to form complete and understandable arguments. I plan to continue using the skills this has given me to the best of my ability in the future of my education and career.

Zach Squire (Geography)

Despite not taking Geography as one of my six subjects in the IBDP, my interest in aspects of this discipline led me to undertake a research essay investigating the environmental and human factors leading to the catastrophe that was the 2009 Black Saturday bushfires. Additionally, I explored how bushfire management has progressed consequently in an attempt to reduce the impact on communities. Although I had first thought I would be writing an EE in history, my curiosity towards how lessons are learnt from a natural disaster directed me towards taking a much more geographical approach. Through investigation I have found that regardless of the mistakes made by individuals on the day, the devastation and loss of life caused by these bushfires was strongly attributed to the other-worldly temperatures, ferocious wind-speeds and extremely dry forested regions. Given the chance again, I would most definitely maintain my choice to write a geography Extended Essay as I have found that this process has been significantly beneficial.

Lachlan Heywood (Physics)

For my Extended Essay, I decided to explore the power generation of a homemade water turbine. The homemade turbine was constructed using an old wheel and many spoons. During the experimentation, I fired the water from a hose at the wheel and used that potential energy to lift a mass. By changing the flow rate of the water and the mass attached to the wheel, I was able to determine the maximum efficiency of my turbine. I found this topic very interesting because of the importance that renewable power generation will play into the future in an attempt to mitigate the effects of climate change.
EXTENDED ESSAYS

Harry Wu (Physics)

Harry Wu chose to do his EE topic in physics for his future engineering study in university. He investigated the relationship between wind-force and the changing shape of a sail as different weights applied to the sail. This is quite a creative topic as no one has done this before. Harry said that he faced many difficulties and challenges in his research as the variables in the experiments were hard to be controlled and any possible data need to be recorded before figuring out any relationship in the experiment. Luckily, those difficulties were solved with his supervisor, Mr. Szczur who helped him by suggesting theories and ideas.

Lisa Shen (Economics)

When choosing the topic for my Economics Extended Essay, I immediately thought of my hometown, Long Jing, where tea has been a famous product since ancient times. I was interested in researching this market as it is close to my heart. I conducted market research on the major tea companies and since Long Jing tea is very famous in Hangzhou, I had a lot of opportunities to do market research. I was personally able to go to major tea companies to conduct interviews to get the first-hand data and information I needed to for my Extend Essay. In the future I hope to study economics and engage in an industry with a good business.

Nadya R. Widjaja (Chemistry)

My Extended Essay explores the factors that affect liquid lights in a process called chemiluminescence. I have lived in the city my whole life before attending this school, and the way that the lights glow at nighttime made me interested in learning more about the chemistry of these lights – particularly glow sticks and neon lights. Being interested in continuing my studies in Materials Science and Engineering, doing my essay on this topic proved to be a really effective introduction for my future studies. My essay attempts to find the relationship between the concentration of the materials used and the time duration for which the glow produced by the reaction lasts for. Like any Science EE, the experimentation process can be quite tricky, and more often than not, the results are not expected.

Marina Sato (Japanese A)

For my Extended Essay, I decided to compare the short stories of Ryunosuke Akutagawa and Shinichi Hoshi as I was fascinated by the techniques these authors use. Although their works are from completely different periods of time, they share many similar themes. I researched the commonalities between these authors such as their biographies and historical backgrounds of their works in order to find the factors that shape the uniqueness of their works. The analysis and the comparison of the techniques and the themes within those works were also done to discover what really determines the similarity between them.
Message from Boarding

Happy Holidays from Boarding!

Students are in exam mode, packing and preparing to return home for a well-earned holiday with family and friend as we look back at the term, with friendships shared over the past few months. Boarding students have participated in a number of activities over the term, Anzac Parade, Regaining, Baking afternoons, Art Vo, Hot Pot making with various other activities in the boarding houses our life is always busy. Ruyuan and Lily won the Jenga challenge ran throughout the term, they will be enjoying Pizza when they wish.

We farewelled Pia one of our German exchange students and will also be saying fare well to Theresa Sthahl also from Germany who will have been with us for nearly twelve months. We wish them both well and trust they have many happy memories. A number of Graduates have returned to visit us this is always welcomed as we love to hear where they are and what they are achieving.

Gayle Morgan
Boarding Manager
Farewell to Pia Harder

My Exchange at TKIS

Pia Harder, 15 years, exchange student from Germany.

My wish became reality. After a long flight I arrived at 23rd of April at Melbourne Airport to stay seven weeks at TKIS. I immediately noticed that everyone - students and teachers - took care of me so that I was able to integrate myself well. After the first week in the ninth grade I changed to the tenth grade, to get along with the same lesson content I was used too. The subjects in Salem are pretty much the same as TKIS. In addition to caring for individuals, the second focus at TKIS is on the academic field. Within the artistic subjects I chose music, in which we worked the last weeks on the musical realization of “Rasputin”. It was a lot of fun, especially because I used to play in an orchestra. Some of the highlights of my stay was the school social evening, the talent show and the sports day “Round Robin”.

On the weekends I was given the opportunity to go to host families to get to know the Australian habits, culture and surrounding of Victoria. From soccer and netball games to touring through Melbourne, visiting a zoo or living on a farm, I experienced a lot and was able to expand my horizon. One thing I noticed was that unlike Germany where everything is close by, it takes a long time to get from one place to the next. I have seen a lot, learned a lot and gained a lot of experience!

Thank you TKIS - There is a sense of camaraderie and community at this school. I have become even more open minded and learned so much about the culture, and of course I have improved my fluency and confidence with the English language.
Farewell to Theresa Stahl

My exchange year at the Kilmore International School

When I first had the idea of going abroad, everything seemed far away and unreal to me. Even on the day of my departure, the thought still felt surreal to me. I could hardly believe that in a few hours, I would be in a completely different country, far away from my family, friends and everything else I was used to and that I would actually live in Melbourne for a whole year.

The start in the school was bumpy because everything was new and so unusual. But after one week I already knew the procedures roughly, and I slowly became more open for friendships. After only a few weeks I felt already comfortable in my new environment. The teachers are more open and friendly than at my old school, and the students were very friendly to me, so friendships and good contacts were made quickly. The teachers always had time and perseverance to help me and solve certain problems, which lead me to good grades. We also had great activities and trips in the school program, like folding origami or the art exhibition in Melbourne.

In my dorm I really found a second home. The fact that we students lived together from morning to night, led to friendships I know will last for a lifetime. The large proportion of international students enabled me to make contacts with people from all countries and cultures of the world. I talked to a South Korean about the situation in her home country, was taught by a Japanese how to pronounce “konnitiwa”, discussed artworks with a Vietnamese and had a Thai, who taught me how to make Thai milk tea - all in one week! With my roommates, who came from Thailand and Japan, I got along very well from the first day. They helped me with every concern and issue I had.

My conclusion: The year abroad was without any doubt the best year of my life so far! My whole world view has changed a lot and I have broadened my horizon. In retrospect, I realize, how incredibly short such a year can be. I wasn’t homesick once - I just think I hadn’t got any time for that. I’ve learned, both character-wise and academically, so much. I have found friends for life in Australia and in only one year I have experienced and seen so much that this report can only give a small excerpt. I can recommend an exchange year to all people in my age, who want to explore the world.

Theresa Stahl, 20.06.2019
Fun in German Class

Making Spaghettieis

Last week the year 11 German class went to the kitchen to make spaghetti ice cream also known as Spaghettieis in German. This activity helped us to build our knowledge of German Culture and build our vocabulary in an interesting way. Spaghetti ice cream is a common treat enjoyed in Germany. It consists of a layer of cream followed topped with ice cream that has been put through potato ricer which makes the ice cream look like spaghetti. It is finished off with a swirl of strawberry sauce (to look like tomato sauce) and sprinkled with grated white chocolate (to look like parmesan.) Fun to make.
Delicious to eat.
Guten Appetit! 🍫

By Stephanie Calderwood
Social Night

On Friday the 17th of May, an annual Social Night party was held in the Kilmore Memorial Hall. The Student Leadership Council (SLC) planned the whole party. Hot snacks, some drinks and a photobooth were prepared. The SLC put up some sheets around the school for students to list the songs they like to make an original playlist for the night. Everyone was enjoying themselves, socialising with friends, dancing, and taking photos. Many year twelve students showed up as it was their last school Social Night. They had fun making last bits of memories with friends at this school.

NGV Art Australia Exhibit

On Tuesday the 11th June Senior Visual Art students visited NGV Australia to view a number of exhibitions. These included: Top Arts 2019, Darren Sylvester: Carve a future, devour everything, become something, Rosslynd Piggott: I sense you but I cannot see you, as well as, works from the permanent collection.

The day was jam packed and we saw some brilliant Art in a range of mediums, exploring a range of ideas. Top Arts was very inspirational, as usual, and well worth checking out before it comes to an end. I really recommend that Art lovers make it down to the Rosslynd Piggott and Darren Sylvester exhibitions. Sensational! Well worth more than one visit. Students particularly enjoyed Sylvester’s work. His multidisciplinary practice explores what it is like to live in our complex times. Themes of consumerism, advertising, pop music and cinema, really resonated with students own life experience of the here and now. Piggott’s aesthetic is in complete contrast to Sylvester, with a palette more delicate than his high gloss finish. I have to say, I found her work to be exquisite, conjuring something akin to a spiritual experience, a meditation of the ephemeral. This work is really, really powerful. The pulsating dance floor was from Darren Sylvester’s exhibition – an interactive installation called For You, 2013.

Lynda Allen
Head of Visual Art
First Aid

On the 20th of May 2019, the Primary School had a First Aid training that was kindly organised by the Deputy School Captain, Kate Rider. All 4 grades were split into different sessions. During the First Aid training, we learnt the acronym ‘DRSABCD’. All these letters stood out for something different. For example, the first ‘D’ stood out for ‘danger’ which meant to look out for danger and make sure it is safe to help the patient. Everyone was taught the recovery position which is a position to put the patient in if they are unconscious. We also learnt CPR and how quickly we should be applying pressure to the person’s heart. We also learnt how to attach a defibrillator to a person. At the end, my grade was split into two groups and we had a race to see who could get a patient into the recovery position the quickest.

This experience was fun however we shouldn’t forget that it is important to know how to do first aid on someone. Benyamin Littooij, Year 6
Year 4 Science Expo was held on Wednesday 19 June at the Primary School from 2.30pm. Students showcased their projects to parents and staff. They were all very excited to share their projects and explain their scientific thinking!
**Chem Excursion**

Exploring Chemistry at Melbourne Uni

As a part of the IB chemistry course, half of the year 12 cohort attended an excursion to the University of Melbourne Parkville campus on the 15th of June. The chemistry course provided by UOM focused on consolidating the concept of “spectroscopic identification of organic compounds” from chapter 11 and 21 of IB Chemistry syllabus. Students had a hands-on experience with the IR spectrometer and proton nuclear magnetic resonance 1H NMR. Students all felt very excited to be using the high technology for practical work.

Students were all in awe when they saw the huge lecture room. From there, students were given booklets to revise and practice our current skills on this topic. Soon afterwards, they went up into the laboratory and split into smaller groups. During this time, students were each required to record information to allow us to piece together the puzzle of chemistry. The conductor was very experienced with their knowledge in organic chemistry and with their help, students gained familiarity and confidence in identifying unknown organic compounds. Meanwhile, a point worthy of mentioning, many students were amazed by the size and equipment available in the laboratory. In fact, some of the machinery at the UOM was twice the size they had been using for our own practical work! After all, many students found this course to be helpful as it supported them with the topic test coming tomorrow!

Huiting and Fatima Year 12

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**Debating News**

Round 3 Results

The third round of the DAV debating competition saw three of our teams battle it out in secret topic debates. This type of debate present students with a special challenge as they have only one hour to prepare and are not permitted to use electronic devices. They are, however, allowed two additional team members in the preparation room to assist.

<table>
<thead>
<tr>
<th>Team</th>
<th>Result</th>
<th>Best Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 11 Team 1</td>
<td>beat Loyola College</td>
<td>Oscar Mikic</td>
</tr>
<tr>
<td>Year 11 Team 2</td>
<td>lost to Assumption College</td>
<td></td>
</tr>
<tr>
<td>Year 10</td>
<td>lost to Catholic Ladies College</td>
<td></td>
</tr>
<tr>
<td>Year 9</td>
<td>beat Ivanhoe Grammar</td>
<td>Casey</td>
</tr>
</tbody>
</table>

Year 11 debated the topic: “We should ban advertising.”

We fielded Kyle Laffan, Bilaal Elakkoumi and Oscar Mikic for this first secret topic of the season. With three such stellar debaters, we felt confident we could win the debate against the host school, Loyola College. Daniel Gower-Hall and Remi Lezon provided invaluable assistance during the one hour preparation time, contributing ideas and examples to support the arguments. The team argued the economic importance of advertising, not only because it was essential for companies to make their products known to consumers but also because many people are employed in the advertising industry. The team broadened the definition of the topic to include PSAs which promote healthy living such as the anti-smoking campaign. The opposition tried to argue that advertising should be banned because it promoted unrealistic body images which could lead to eating disorders and lack of self esteem.
Debating News

However, our team were able to rebut their argument successfully by pointing to the recent changes in advertising with the use of plus size models and the celebration of difference by companies like Dove. In the end we claimed a decisive victory with Oscar Mikic justly awarded Best Speaker in the debate. So far in the competition this Year 11 team have won all three debates with two debates left to the finals.

D Grade topic: That we should ban Naplan

The Year 9 team consisting of Grace, Leo and Casey beat Ivanhoe Grammar, debating for the motion, that we should ban Naplan. Grace and Leo are old hands at debating and public speaking and performed to their usual high standard. Third speaker, Grace was described as ‘charismatic’ but the judge for her impassioned speech against Naplan. Although Casey is fairly new to the DAV competition, she scooped best speaker in the debate for her calm and methodical delivery and incisive rebuttals. Leo set a sound foundation to the debate by presenting a workable alternative to NAPLAN which just about negated all the arguments ventured by the opposing team.

Every time they raised a point, our team was able to refer to the alternative which would be less stressful for students as well as giving a better indication of students’ abilities. TKIS managed a comfortable win against the boys from vanhoe Grammar, putting them at the top of the debating ladder with three wins so far this season.

Upcoming Debates

Monday 29th July

<table>
<thead>
<tr>
<th>Year 11 Team 1</th>
<th>Secret Topic vs. Ivanhoe</th>
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<tbody>
<tr>
<td>Eve, Max, Anna W, Hannah, Jack, Caitlyn (NEG)</td>
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<table>
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<tr>
<th>Year 11 Team 2</th>
<th>Secret Topic vs. Catholic Ladies</th>
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</thead>
<tbody>
<tr>
<td>Daniel, Kyle, Amy, Indika, Bilaal, Oscar, Remi (NEG)</td>
<td></td>
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<table>
<thead>
<tr>
<th>Year 10</th>
<th>Secret Topic vs. Ivanhoe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Petra, Jaimie, Lachlan, Charlie Zeynep, Ann, Daisy, Muskaan (NEG)</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 9 Mansimer, Leo and Lucas (NEG)</th>
<th>That convicted criminals should not be allowed to publish accounts of their crimes vs. Montmorency</th>
</tr>
</thead>
</table>

| Year 8 Harrison, Ryan, Kim and Maddi (AFF) | That convicted criminals should not be allowed to publish accounts of their crimes vs. Assumption |

Monday 5th August

<table>
<thead>
<tr>
<th>Year 11 Team 1</th>
<th>Secret Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eve, Max, Anna W, Hannah, Jack, Caitlyn</td>
<td></td>
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<table>
<thead>
<tr>
<th>Year 11 Team 2</th>
<th>Secret Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daniel, Kyle, Amy, Indika, Bilaal, Oscar, Remi</td>
<td></td>
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<table>
<thead>
<tr>
<th>Year 10</th>
<th>That too many people go to University</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Petra, Jaimie, Lachlan, Charlie Zeynep, Ann, Daisy, Muskaan)</td>
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<table>
<thead>
<tr>
<th>Year 9 Grace, Casey, Mansimer</th>
<th>That refugees should have full access to the Australian welfare system</th>
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</thead>
</table>

| Year 8 Harrison, Ryan, Kim and Maddi | That refugees should have full access to the Australian welfare system |
Interact Club

Interact Report

Nadya Widjaja

The Interact Club is part of Rotary International. The goal of being a member of the club is to contribute to the society in various ways, to voluntarily provide service to people who would appreciate it, and even help with events within the school.

Valentine’s Day Fundraiser

We plan for the Valentine’s Day Roses Sales every year in February, where we package roses in bunches depending on the orders, and send them to the students/teachers either anonymously or with the name of the giver. The funds generated are donated to charity. Another event the Interact Club was involved in was the School Fun Fair last year. Despite the unpleasant weather, the event was successful.

Multi-district Conference

In February earlier this year, the TKIS Interact Club attended the multi-district conference, which was both eye-opening and very intriguing in the way that we were introduced not only interact, but also Rotary International, Rotaract, and even EarlyAct, each for a different age group. Our very own did a fabulous job as MC for this event. Our Interact Club is still in contact with several others within Victoria which allows for cooperation between clubs for an event.

Locally, we were involved in an Art project held near the Kilmore Creek. We design the sundial project made of ceramics and mosaic pieces. This artwork presented our vision of how we imagine Kilmore would look like in the future. It is currently in the building process, and we even received a donation from fundmyproject.com.

Other activities we are regularly involved with are gardening at the Daniella Nursing Home and various tree plantings around Kilmore. Additionally, we package stationery to donate to children in East Timor.
Anzac Day Appreciation

Certificate of Appreciation

The President of the Kilmore & Wallan RSL and TKIS Board member Mr Rod Dally and Kilmore & Wallan RSL representative Mr Mike Robotham, presented certificates of appreciation for the TKIS students who supported the ANZAC appeal in Kilmore.

Lest We Forget.

Year 7 Students: Chloe MOTT, Stella BOWCOTT, Anika EDMONDS, Olivia EXELL, Ella PETSCHEL

Year 9 Student: Joel BLANEY
Sport

On the 6th of June the Year 11 students participated in the Division Secondary Cross Country. Below are the great results from the day and the students that are highlighted qualified for the next round. Thanks Kelvin for your assistance.

Please congratulate all students on their performances.

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>7A</td>
<td>Anika Edmonds</td>
<td>13th</td>
</tr>
<tr>
<td>7A</td>
<td>Chloe Mott</td>
<td>21st</td>
</tr>
<tr>
<td>7A</td>
<td>Lucy Beaton</td>
<td>11th</td>
</tr>
<tr>
<td>7B</td>
<td>Jeremy Wong</td>
<td>Towards end</td>
</tr>
<tr>
<td>9A</td>
<td>Ebony Merlo</td>
<td>3rd</td>
</tr>
<tr>
<td>9B</td>
<td>Casey Jensen</td>
<td>17th</td>
</tr>
<tr>
<td>10A</td>
<td>Bradley Beaton</td>
<td>Unsure (not top 15)</td>
</tr>
<tr>
<td>10B</td>
<td>Lachlan Partridge</td>
<td>2nd</td>
</tr>
<tr>
<td>10A</td>
<td>(Ceil) Haoshi He</td>
<td>Towards end</td>
</tr>
<tr>
<td>10B</td>
<td>Taryn Furletti</td>
<td>1st</td>
</tr>
<tr>
<td>12B</td>
<td>Zach Squire</td>
<td>1st</td>
</tr>
</tbody>
</table>
SPORT

Friday 7th June saw the students participate in the Primary Round Robin for Soccer and Netball.

Our Soccer Team 1 won all their games and the final and have qualified for Division next term. All other teams tried their best. All teams demonstrated good sportsmanship, excellent behaviour, strong leadership and great enthusiasm. Very proud of all the year 5 & 6s.

A big shout out to staff that helped organise, keep time, score and umpire games.

Sarah Dalton
Health & Physical Education
Interschool Sports Coordinator
Thursday 20 June was the Primary School House Swimming Carnival down at Kilmore Leisure Centre. All primary students participated in swimming races (freestyle, backstroke, breaststroke and butterfly) and other fun novelty events. It was a great day with all students putting in their best effort and cheering loudly from start to finish. My ears are still ringing!

House Captains did a fantastic job preparing for the day and assisting students in their House. They were:
Hudson: India Paleg
Hume: Bryce Meuwissen
Mitchell: Caitlyn Brincat
Rutledge: Benyamin Littooij

A big thank you to the following staff and parent helpers for making today possible:
 Starter: Georgina Garner
 Marshalls: Sarah Dalton and Kelvin Dai
 Recording results: Megan Santarossa and Libbee Semmens
 Photographer: David Lin
 House supervision:
 Hudson: John Webber
 Hume: Julie Daniells
 Mitchell: Jen Ling
 Rutledge: Jim Edmonds
 Judges:
 Parent 1: Kirsten Mitchell (Molly, Haze and Zeik Mitchell)
 Parent 2: Sarah Petschel (Charlie Petschel)
 Parent 3: Lisa Gibbons (Darcy Hill)
 Parent 4: May Kan (William and Elizabeth Wittmer)
 Time Keeper: Parent 5: Christine Beaton (Emily Beaton)

The result for the day was:
1st Rutledge: 109 points
2nd Hume: 103 points
3rd Hudson: 87 points
4th Mitchell: 84 points
CBT - Cognitive Behavioural Therapy -
Change unhealthy thinking patterns.

We can't always change the situation or event that's happened but we can change our thoughts to the situation. This popular method is a form of cognitive behavioral therapy, which is designed to change people's thinking or behavioral patterns that are linked to certain difficulties. In this case the concept is simple: when you have a negative thought or reaction, notice it and replace it with a positive one.

The Cognitive Model

Situation → Thought → Emotion → Behavior

Let's look at an example of CBT:
Situation: Jack and Kurt both receive a negative evaluation on an essay. Let's look at their different thoughts to the same situation.....

<table>
<thead>
<tr>
<th>Jack</th>
<th>Kurt</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Negative thought:</strong> I can't do anything right. I bet I will fail because of this.</td>
<td><strong>Rational thought:</strong> I guess I didn't work hard enough- I will have to come up with a better plan next time.</td>
</tr>
<tr>
<td><strong>Emotion:</strong> Depressed and nervous</td>
<td><strong>Emotion:</strong> Disappointed but motivated</td>
</tr>
<tr>
<td><strong>Behaviour:</strong> Jack avoids his teacher because he believes his in trouble, he feels nervous the next time he is confronted by a challenging essay and performs poorly</td>
<td><strong>Behaviour:</strong> Kurt seeks out his teacher to talk about how he can improve. He approaches his next essay as a challenge and gradually improves.</td>
</tr>
</tbody>
</table>

Once you become aware of your own irrational thoughts you will learn to change them. The thoughts that once led to depression, anxiety and anger will be replaced with new healthy alternatives. Finally you will be in control of how you feel.

References: thetherapistaide.com

Gon Dirican
Student Counsellor
Tuning in to Teens

Last night saw term 2’s Tuning in to Teens Emotion Coaching program come to a successful conclusion with parents of TKIS students learning techniques and strategies to deal with the tricky and sometimes often very challenging teenage years.

Through learning the techniques of Emotion Coaching, participants have found overall a calmer way to deal with their own emotions whilst fostering and nurturing emotional intelligence in their children. Emotional Intelligence is now the greatest predictor of lifelong overall health and wellbeing, as individuals are more resilient to the changes of our ever increasing complex lives. Pairing this with the academic excellence we see being achieved at TKIS, is helping to bring a holistic approach to raising resilient and adaptable kids.

This emotion coaching program is complementary to the Play is the Way curriculum based empathy program now being run in the primary school. A number of other healthy relationship programs have been run at the school in the last twelve months, and it will be a delight to see how this shapes and develops emotional resilience in our TKIS students.

I believe programs such as these are the way forward to greater understanding and empathy of others and I encourage parents to participate in upcoming Tuning In To Kids/Teens programs being run through the school. One of the rewarding outcomes of any of these programs is that parents find that they are not alone in their parenting experiences, describing the same behaviours and responses from their teens!

The changes and outcomes that some of the participants have noted are: “Very positive”; “Better communication and strategies to stay calmer”; “More open dialogue”; and “Insight into adolescent development, behaviours and strategies to manage them in a supportive way”.

Other comments:

“Very insightful & practical skills to use. Rowena made it engaging and easy to follow”

“Rowena is a wonderful trainer”

“The program was presented in an engaging and informative way”

“Extremely good program. Would like to learn more”

The next Tuning in to Teens program will run in Term 4. For any queries please contact Rowena at parent.rep@kilmore.vic.edu.au

Rowena Exell 19th June 2019
School Nurse

Cold & Flu Season
Strepsils and Throat Lozenges will not be administered from Sickbay ... all lozenges must be supplied by home
All Day Students must supply & administer their own Cold & Flu Medications prior to attending school.

Asthma Puffers & Hayfever Medications for Day Students
All students must supply their own Ventolin inhaler from home & make sure they take it along to ALL sporting events & excursions.

All students requiring regular preventative medications need to administer it prior to attending school.

Administration of Medication by the School Nurse
All prescribed medication required for dispensing by the School Nurse must be supplied to Sickbay in its original packaging & accompanied with a signed Parental Consent Form.

Change of Address & Contact Details
If there has been any changes to your address or contact details could you please inform the school & make the appropriate changes on CareMonkey

TKIS Uniform Shop
We will be opening the uniform shop

Wednesday
17th July 2019
9am – 3pm

Come and grab a bargain!

Lots of good second hand uniforms available.
Please contact T.K.I.S reception to make a booking.

Ph: 57822211
GENERAL

HAVE YOU LOST SOMETHING????
Please come and look for your items in the LOST PROPERTY container just outside Student Services.

PARENTS PLEASE NOTE:
Please advise the school if your child is going to be:

- Absent
- Sick
- Late
- Leaving early

If your child is running late please ensure they sign in at Student Services. This is a Duty Of Care for the School and we must know where and why your child is not attending. Please either email: reception@kilmore.vic.edu.au or ring 5782 2211.

Dorothea MacKellar Poetry Competition

The Dorothea poetry competition is open until June 30th to all students from Year 3 to Year 12.

Although the term is over, there is still time to submit your entries to Ms. Gower (agg@kilmore.vic.edu.au)

There is an optional theme: ‘Is there anybody there?’ However, you poem can be on any topic.

In past years TKIS students have had some notable successes. A number of students have received certificates of commendation for their work and their poems have been published on the Dorothea Mackellar website. Last year Macklin Spicer won a cash prize of $300 plus a gift pack when he was placed second in the Junior Secondary category. So, why not have a go?

IB students can claim an hour of CAS by entering the competition.
SCHOOL HOLIDAY EXCURSION

SKATING AND LASER TAG!

THURSDAY 4 JULY
COST: $20

More details including bus times are on the permission forms.

Permission forms due Tuesday 2 July.

email youth@mitchellshire.vic.gov.au or phone 5734 6200

www.mitchellshire.vic.gov.au
Mitchell Youth Council.
Applications Now Open

Are you 12-24 years old and care about the needs and issues effecting young people?

We’re looking for passionate young people to join Mitchell Youth Council. The advisory committee represents the voice of young people in Mitchell Shire and aims to make our community a better place.


Applications close 5pm, Thursday 4 July 2019.

Contact us:
t: (03) 5734 6200
e: youth@mitchellshire.vic.gov.au
w: www.mitchellshire.vic.gov.au
INaugural Parent Afternoon Tea

Please join us for our new parents social connect.

Where: Oddfellows Cafe  
When: Saturday August 3rd  
Time: 1.30pm - 3pm

There will be light snacks provided, including vegetarian and gluten free options, thanks to donations from TKIS.

Beverages include Tea and Coffee and Juice etc. at parents own cost.

To fund future gatherings we will provide a pay it forward jar to donate a gold coin donation for upcoming events.

“Through respect for ourselves and for others, we create a friendly, safe and welcoming school environment”.  
TKIS

CONNECTING FAMILIES BOTH NEW AND OLD

Our aim is to provide ongoing support and information for incoming families in a relaxed social environment.

From parents who have enjoyed the school for years and others relatively new ...

From best days to dry clean blazers to where to eat out during the week.  
Sharing what TKIS has added to our lives and how to navigate as new parents.  
Then of course there is the potential for meeting lifelong friends.

We will invite you to share your email so that questions can be matched with answers but mostly it is to say you are not alone in Kilmore so come and join in.

Contact for POTS:
Patricia Heaslip  
M: 0419 392 196  
E: heaslipart9@gmail.com

ODDFELLOWS  
CAFE  
36 ST SYDNEY ST KILMORE  
5781 1965

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