



KINGSTON COMMUNITY SCHOOL NEWSLETTER

honesty

personal best

respect

friendliness

responsibility

IMPORTANT DATES

TERM 2

Monday 1 July - Friday 5 July
Year 10 Work Experience

Friday 5 July
Last Day of Term
Early Dismissal 2.15pm

TERM 3

Thursday 25 July
Year 7/8 & 11/12 KO Netball

Friday 26 July
Tree Planting Year 6 + ATSI Students

Thursday 1 August
Year 7/8 KO Football

Monday 5 August
Year 9/10 KO Netball

Tuesday 6 August
SE Young Judges Day Year 9/10 Ag

Wednesday 7 August
Christian Options

Monday 12 - Wednesday 14 August
Year 7 Camp Illawonga

Tuesday 20 August
Encounter Youth
Parent Session 7pm

Wednesday 21 August
Encounter Youth Year 7-9

**Monday 28, Tuesday 29,
Thursday 29 August**
School Dentist visits

Wednesday 28 August
Power to End Violence Program Year 10

**Thursday 29 August -
Sunday 1 September**
Adelaide Show Steers



FROM

THE PRINCIPAL

Samantha Murdock

Semester 2 staffing

There will be a few staffing changes at Kingston Community School for Term 3 with a few staff shuffling around to cover leave of leaders. We have also split the Year 7 class for Maths, English and HASS. They have become a larger group with new enrolments and we want to support their learning by creating smaller groups not just for the practical subjects but for the key curriculum subjects.

Jim Crawford Award

Our Library has been awarded the prestigious Jim Crawford Award for Innovation in Libraries. This award celebrates innovative and inspiring services and projects being delivered through South Australia's public libraries.

It is a \$10,000 bursary which can be used for further improvements to a Library. Our Library was selected for the 'Literacy Without Barriers: building a community of readers' project, through which staff have developed educational book packs to support preschool and early years families to build core early literacy skills. We are exceptionally proud to be the first school/community library to win this award.

New Technical College for the Limestone Coast

A new Technical College is set to open in Mt Gambier in 2026 on the grounds of the current tafe SA site. Students in Year 10-12 will be able to access part time training through the new facility, growing their skills and knowledge in careers based around the following four industries:

- Agri Tech
- Early Childhood and Education
- Health
- Multi Trades

The facility will include accommodation and state of the art technology to support the skills required for the careers involved. More information about this facility, dates of opening days and enrolment details will be released in 2025.

Home study/Lunch passes

Year 12's have had permission sent home to extend their home study now that Research Project is completed. At KCS home study is offered to Year 12 students only and the expectation is that these students are either at school or at home studying during school hours.

Year 11 students are not eligible for home study and if they are not at school they should be listed as family, ill and/or unexplained.

Lunch passes are offered to students in Year 6 and up with permission from families. The expectation with lunch passes is that students are going home for lunch and not down the street unsupervised or to another friend's house. Students who sign out with a lunch pass need to return to school for afternoon lessons. Students who continue to not meet the expectations of home study and/or lunch passes may have these passes revoked after the school has been in touch with the family to discuss their concerns.

Term 3 Leadership

While Jane Lyon is on leave for the first 6 weeks of Term 3 and then Samantha Murdock on leave for the last 4 weeks of Term 3 the following arrangements have been put in place to cover leadership and teachers:

Principal Jane Lyon Weeks 7-10

Deputy Principal Maddison Lawrie Weeks 1-10

Middle School Coordinator Anthony Mutton Weeks 1-10

Middle School Teacher Lynn Morris Weeks 1-10 (Year 8 and Year 9 Maths)

Samantha Murdock

Neighbourhood Watch Bin Stickers

Kingston Community School has partnered with the local Neighbourhood Watch group and SAPOL to be involved in an initiative aimed at keeping our students and community safe.

Group members visited the school recently to deliver Neighbourhood Watch SA stickers to our School Captains.

The green and white stickers will be applied to our large school rubbish bins. The stickers include the hotline number for reporting suspicious behavior and promote a safe and connected community.



Mad Minute

The Lions Mad Minute is a project led by the Mount Gambier Lions Club, offering an impromptu public speaking competition for Year 5 students. This year, the competition involved 35 schools and more than 1,000 students across 55 classrooms in the Limestone Coast region.

On June 26th, Annika Trott and Alex Starega, winners of the KCS Mad Minute competition, took part in the Upper Limestone Coast Grand Challenge Final held in Lucindale. The event featured 45 participants from 17 different schools, each delivering speeches on a randomly selected topic before a large audience and three judges.

Congratulations to both Annika and Alex who displayed confidence and creativity in their speeches, engaging the audience with their well-organized thoughts and ideas.

Visiting Author/Illustrator

Our Year 3-6 classes were fortunate to participate in an engaging drawing workshop with visiting Australian children's author and illustrator Paul Rutter.

Students learnt how to draw or develop a character or theme linked to the Australian Curriculum. Themes included Mega Fauna, Endangered Species, Shipwrecks and Marsupials. Paul's book 'Surf Rider Joe' can be borrowed from the library.



Term 3 Crossing Roster

New teams take over on Tuesday morning each week, including new terms.

PLEASE BE AT THE FRONT OFFICE BY 8.15AM

Term 2

Week		Team	
1	23/07/24	Noah	Benny
2	30/07/24	Beau	Sonny
3	06/08/24	Paige	Jasmine
4	13/08/24	Alex	Hudson G
5	20/08/24	Annika	Madelyn
6	27/08/24	Aria	Marni
7	03/09/24	Tean	Ariki
8	10/09/24	Emerson	Eliza
9	17/09/24	Jonathan	Corey
10	24/09/24	Joel	Mason

Year 6 Camp

We loved Bounce, especially the Ninja Warrior Course, the Splash Zone and having KFC and pizza for tea. The Art Gallery and the Tour of Parliament House with Mr Nick McBride was really interesting. *Rosie, Sonny and Eliza*

We really liked the food, all the activities especially Bounce and playing footy at our cabins. The giant squid at the Museum was interesting. *Tait, Aidan and Jack*

We really enjoyed the bus trip down and travelling on the train into the city was fun. There was lots of interesting things at the Art Gallery and Museum. *Paige, Scarlett, Chloe and Aria*

Our favourite activities on camp were the workshop at the Art Gallery, Bounce and the Aquatic Centre. Looking at all the artifacts and art was interesting. *Max, Zak and Will*

We really liked Bounce but wish we had longer time there! *Zara and Skylah*

Some of the positives on camp were the Museum, swimming, going to the movies, bounce, parliament house and the train ride- although that was not good when Ms Wood got stuck on the train and missed our stop! *Beau and Corey*

On Camp I enjoyed the Art Gallery and Bounce and the Museum. I also really liked going to the Aquatic Centre and being in Adelaide with all of my friends. *Emerson and Lara*

On camp we really enjoyed swimming, Bounce particularly the x-park, going to the movies and the KFC and pizza dinner. The Museum was interesting and the ice wall was and opal collection was cool. *Jasmine, Benny and Brendan*



Teenagers and Safety Survey – Commissioner for Children and Young People in SA

The Commissioner for Children and Young People’s job is to promote the rights and wellbeing of all children and young people in South Australia.

The Safety Survey is designed for young people aged 13 to 19 years old living in South Australia to share their thoughts about safety.

This survey asks questions about when, where, and why young people feel safe and unsafe in their daily lives and how they think the community can be made safe for everyone.

The responses from the survey will be used to inform the Commissioner’s submission to the Royal Commission into Domestic, Family, and Sexual Violence in South Australia. The Royal Commission is interested in understanding the perspectives of young people.

Survey responses may also be used in the Commissioner’s other advocacy work and may be shared with a range of people, including politicians, decision makers, researchers, and the wider public. Privacy is important and young people will not be asked for any information that could be used to identify them.

If this survey brings up any issues or concerns for young people, support is available.

Our site will participate in this survey in Week 10 and students will be asked to complete it during a morning home group session (survey is only 10 minutes long). Please advise the school before Monday 1st July on 87672677 if you would prefer your child/ren not participate.

Regards,

Kate Telfer

Student Wellbeing Leader



Sapsasa Country Netball Carnival

Eliza Austin and Scarlett Ogilvie spent 3 days representing the Upper South East, at the Sapsasa Country Netball Carnival this week. The wintery and wet conditions were tough on Tuesday, but they pushed through. Both the girls played well and improved their netball skills. They also enjoyed the social side of getting to know the girls from various schools from the Upper South East. Their teams were competitive until the end, against the other 9 teams! Congratulations Eliza and Scarlett!

Div 1 (Scarlett’s Team) - 5th overall

4 wins
3 draws
2 losses

Div 3 (Eliza’s Team) - 6th overall

5 wins
1 draw
3 losses



Writing Competitions

Annie Starling, in Year 4, recently entered the Dymocks Writing competition. She read her story to the Year 2’s and they loved her story.

Frankie Wilks also entered the competition. Both girls worked extremely hard with only a limited amount of time. Results will be released in October.

Chloe Gibbs entered the Young Writers Competition with her poetry. Results will be released in August.

Well done girls!



PPEP Talk

Last Thursday the Pelvic Pain Foundation delivered their PPEP Talk to our Year 10s on period pain, pelvic pain, and endometriosis. The program is delivered with both state and federal funding and serves to educate students on what is normal and what is not, or what potentially requires more investigation or medical intervention.

The clinical educator took students through the anatomy, the processes at play, different types of pain, where pain is perceived, what to do to have pain investigated, and different exercises and products on the market to support with comfort and pain management. There was also a strong focus on understanding pelvic pain and what to do to help support those we care about going through it.

For families of students who attended the session, a flyer is attached here to indicate next steps to follow if you and your child would like to further investigate pelvic pain via a webinar in a more personalised way with pelvic pain specialist Dr Susan Evans. Our students were highly engaged, enjoyed the personable and 'hands on' nature of the presentation, and the ability to ask questions in a safe and supportive space. PPEP Talk will visit again to speak to next year's Year 10s in 2025.

Go well,

Kate Telfer

Student Wellbeing Leader



PPEP TALK® NEXT STEPS

The Pelvic Pain Foundation of Australia (PPFA) welcomes attendees of PPEP Talk® (Periods, Pain & Endometriosis Program) and their families to attend a **FREE** information session.

Join Gynaecologist, Pain Specialist and author of 'Endometriosis and Pelvic Pain' Associate Professor Susan Evans online for PPEP Talk® Next Steps.

Building on the knowledge students have gained at our school sessions, PPEP Talk® Next Steps is an opportunity for young people experiencing pelvic pain and their families to ask questions and seek support for the next steps to take.



Register:
www.pelvicpain.org.au/ppeptalkschools-program/ppep-talk-next-steps/



PPFA is committed to supporting people who suffer severe period pain, pelvic pain and endometriosis to allow them to fulfill their potential and live their best life possible.

If you have any further queries please email us at ppeptalk@pelvicpain.org.au, call (08) 8291 7923 or visit our website www.pelvicpain.org.au.

Register for the session now



INFORMATION FOR STUDENTS AND CAREGIVERS

EVERYONE CAN EXPERIENCE PELVIC PAIN

1 in 12 people assigned male at birth can experience pelvic pain.

- Pain with bladder, bowel or sexual function is not normal.
- Pain may affect social relationships and academic performance.
- Pain can be steady or come and go. It may be mild, moderate or severe. It may feel like cramps, stabbing or burning pain or a dull ache in the pelvis (and/or penis, the area between the legs and testicles).
- Pain with sexual activity is not normal for anyone.
- If you or someone you know is experiencing pelvic pain, it is important to speak to a doctor.

PPEP TALK® NEXT STEPS

PPEP Talk® Next Steps is a **FREE** online information session held monthly by Gynaecologist, Pain Specialist and author of 'Endometriosis and Pelvic Pain' Associate Professor Susan Evans.

Building on the knowledge students have gained at our school sessions, PPEP Talk® Next Steps is an opportunity for young people experiencing pelvic pain and their families to ask questions and seek support for the next steps to take.

Follow the QR code or visit www.pelvicpain.org.au to register and for more information.



FURTHER READINGS & RESOURCES

- A copy of 'Endometriosis and Pelvic Pain' by Dr Susan Evans and Deborah Bush QSM has been given to your school library for you to read.
- Visit the Pelvic Pain Foundation of Australia website, www.pelvicpain.org.au, for further information and resources, including a free copy of the Introduction to Pelvic Pain booklet.



GET IN CONTACT

- ✉ ppeptalk@pelvicpain.org.au
- ☎ +61 8 8291 7923
- 🌐 www.pelvicpain.org.au
- 📍 @ppeptalk



SCHOOL MENTAL HEALTH SERVICE

The new School Mental Health Service has arrived

We are pleased to announce that the Department for Education is implementing a school-based mental health service for students at Kingston Community School. This service started in Term 4, 2023 and adds extra mental health supports to our school.

School Mental Health Practitioners will provide an early intervention mental health service, supporting students with emerging and mild-moderate mental health concerns. The service will be flexible depending on the needs of our students.

How does the new service help?

Practitioners may provide a range of services, including:

- assessing student mental health needs and concerns
- supporting students to develop strategies to manage distress and maintain their mental health
- contributing to referral and case management processes for students with more complex mental health presentations
- supporting referrals and linking to external support services as required
- developing the mental health literacy of their school communities.

Practitioners have formal training in psychology, social work and/or occupational therapy and experience working in mental health related settings. They work collaboratively with students and families, education staff, other support service providers and external agencies to support young people to improve their psychological health and emotional wellbeing.

To learn more about our School Mental Health Service or to enquire about your child/ren being involved or referred, visit the [Department for Education](https://www.education.sa.gov.au) website or contact our Student Wellbeing Leader Kate Telfer at our school directly on 8767 2677.



Government
of South Australia
Department for Education

You are invited to

Playgroup

suitable for families with children birth to school age

Free

Everyone is Welcome!

Kingston Community School

Wednesdays 9:30-11am
during the school term.

A great chance for families to play together
and discover ways to support their child's
early learning and development.

Child-led play followed by group story/song time.

Follow us on Facebook: Learning Together Communities South East
Instagram: playgroups_limestonecoast



REMINDER

NAIDOC Week

R-12 Assembly

Friday 5 July

9.30am

All families welcome

Friday 5 July

Last Day of Term

Early Closure

2.15pm