Students aiming high in their studies at Karabar Distance Education Centre

Six students studying Textiles and Design at Karabar Distance Education had a wonderful view of Rotorua on the last day of the World of Wearable art (WOW) textiles tour. Read more on page 4 and 5.
What an exciting beginning to the year we have had as we move to being truly independent from the face to face side of the school. Although I remain Principal over both components as an organisation, we have moved to having a completely separate operational structure by having our staffing either distance education or face to face. Along with this we are freeing up the constraints of operating a mixed mode operation allowing teachers to be more flexible with their operating times so meetings etc. can be arranged around suitable times rather than pushed in to limited timeframes of a ‘recess’ or ‘lunch’ break. This will continue to grow over time and we will see increased and improved service delivery as we move forward into this journey of independent operation.

The new school has been named and is in the final processes of authorisation within the Minister’s and Premier’s department so, hopefully, we will be in a position to announce this early next term. A lot of suggestions and thought went into the naming of the new centre and I am sure you will all be pleased with the selection made as it is a truly fitting name for the centre honouring and recognising some pioneering work within the field of education delivered outside of the traditional classroom environment.

As far as the building of the new site is concerned, there are a number of issues still needing to be addressed at planning level so we have been delayed slightly from our beginning of 2018 commencement date. Until these are addressed and we have a new schedule in place I will resist the temptation of giving a new start day as with government planning processes there is no guarantee that the new projected date will ultimately be accurate. It is therefore more prudent for me to announce this when the final hurdles at planning level have been cleared and we have the first sods being turned. Regardless of this, the new build remains exciting and it is encouraging to see what is going to be on offer for our students when construction is completed.

This year our senior executive has changed with Megan Altenburg moving in to the face to face side of the school and Colin Devitt moving into distance education. Col has a great deal of experience in this side of the operation and also has experience being a student supervisor as a parent, so he brings with him an incredible experience and understanding of distance education. I thank Megan for her leadership, passion and dedication whilst in DE and I am confident that Col will continue the great work done leading DE with the passion and commitment we need as we move in to the next phase of operation – being a separate stand-alone school. It has been great working alongside Col and hearing him continually frame discussions around this philosophy and challenging all stakeholders to create the best school possible.

Good luck to all as you complete the first term of 2017 and as we move forward into term 2.

Andrew Turvey
Principal
Welcome to 2017 and welcome to Karabar School of Distance Education. For many of our students the experience of learning via a distance education model will be new and hopefully exciting.

Let me assure you that our teachers are always there to help and that they understand the varied emotional and educational needs of our students.

I must make it very clear that to get the most out of learning through a distance education model you must communicate with your teachers. Supervisors, parents and, especially, students must not adopt a wait and see approach but they must get involved in the educational process. Telephone, email or just a letter (I know some may not remember these) to your teacher or Student Coordinator will be ways to strengthen the relationship for the student. If the communication relationship is a regular occurrence, then hurdles can be overcome before they become barriers.

I look forward to hearing from our students, parents and community members about their journey in education. You may be surprised how much involved your teachers are in your journey and how they celebrate with me your triumphs and successes.

Please take time to view the contents of this information sheet. This is only a small snapshot of the many varied components of the learning at Karabar. If you have something to share about your own experience with us please let us know so that we can recognise the great things that are happening or look at ways to improve our support for our students.

This year is going to be exciting with many things happening in our school. Though there will be some "hard" work, each student will have a very strong support network to tap into.

Take the time to ask yourself “What have I learnt” and be honest. You may be surprised how much you have learnt and how far you have travelled on your education journey.

Colin Devitt
Deputy Principal
Year 11 Textiles and Design students at Karabar Distance Education Centre had the opportunity to participate in a very successful 6 days/5 nights trip to Wellington and Rotorua and the learning experiences for them were outstanding.

The inspiration for the tour was ‘The World of Wearable Art Award Show’ where the students witnessed an amazing showcase of creativity and innovation that attracts entrants from all over the globe. The show is held at this time every year at TSB Bank Arena, Queens Wharf, Wellington. WOW was originally staged to inspire and encourage creativity in the textile field and as this is an important outcome for senior students its relevance is obvious. Dame Suzie Moncrieff started the show in Nelson many years ago but it moved to Wellington when it outgrew that venue. Categories range from Bizarre Bras to Sustainable, Wearable Technology, International Awards and many other categories. The prize money is extensive.

Wellington city is ‘dressed’ for the two weeks of the WOW show with a window dressing competition and other themed installations which further provided an inspirational backdrop for our visit.

We included a practical textile workshop in our itinerary which was a wonderful opportunity for Distance Education students to experience working in a classroom situation rather than in isolation which is more usual for them. The students all participated enthusiastically and each created a small New Zealand inspired fabric picture.

We visited Wellington’s wonderful Te Papa Museum to begin our understanding of Maori culture, Weta Cave and Weta Workshop as part of the Lord of the Rings Location Tour and the wool mill where cloaks for the Lord of the Rings movies were made.

Wellington is a beautiful city easy to get around from our accommodation and the harbour provided a beautiful back drop to this part of our trip.

After these two action packed days we were off to Rotorua where most of us quickly got over the distinctive odour from the geysers and bubbling mud and were soon immersed in Maori culture and tradition again. Tours to two different Maori themed venues provided a vast range of experiences relating to Maori traditions, including textile production and use. We enjoyed a Hangi in the evening. We even spotted a kiwi – though not in the wild!
Another highlight in Rotorua was a tour to Hobbiton Movie Set, what a delightful place in spite of the rain! Students who had read The Hobbit or The Lord of the Rings books or seen the movies remembered scenes from them and those who had not were planning to do so when they returned home.

The students who came on this trip came from a range of regional towns in NSW and the trip provided them with opportunities to meet their classmates for the first time so the social benefits were as important for them as the textile experiences.

_The 2017 NZ Tour organisation is well underway and the Year 11 Textiles students attending are very excited._

Emma Campbell and Leonie Hancott
Karabar Distance Education Centre
Amazing exhibits
It was highly relevant and engaging for students in each course. Some students travelled with us by bus and (very slow) train from Goulburn staying overnight at the YHA Hotel Sydney Central. Dinner in Chinatown followed by luscious N2 ice-creams ended the day so we were ready for an early start at the Powerhouse next morning meeting the students who had travelled independently there at 8:30. After the ‘Shape’ event there was time for us to view the equally impressive ‘Out of Hand: Materialising the Digital’ exhibition that explores the increasingly important role of digital manufacture in fashion, design and architecture among other fields. The ‘Annette Kellerman’ exhibition was also a great opportunity for the Textiles students to see the historical development of swimwear in the early 20th Century. All the students left feeling remotivated about their projects and determined to move forward with them productively.

Emma Campbell and Leonie Hancott
Shape Excursion
Onstage and Callback

Onstage is the showcasing of selected 2016 HSC Drama performances at the Seymour Centre, Sydney. Three Drama students, Michelle McAleer (Drama teacher) and Anne Hodgson (HTCAPA) went and viewed the student performances on 8 February. This gave the students a valuable insight into the possibilities of HSC Drama with a focus on the production of video, script writing, individual performance, group performance and the stage design projects.

One of our HSC 2016 students, Nicola Turner, had her script selected for ‘Writers OnStage’. It was wonderful to see her script being performed by professional actors and managed by a professional director.

On 10 February eight Dance students, Lucy Eaton (Dance teacher) and Anne Hodgson (HTCAPA) went to the Seymour Centre, Sydney to attend the 2016 HSC Dance performances Callback. This was a wonderful opportunity for this year’s HSC students to view outstanding performances and to gain a more insightful understanding of how Dance is marked at the HSC level.

For our Visual Arts students, ARTEXPRESS is a showcase of some of the most outstanding Body of Works submitted for the 2016 HSC. The exhibition is still showing at Art Gallery NSW until 23 April. ARTEXPRESS can also be seen at The Armory, Sydney Olympic Park until 25 April and then it tours to Goulburn Regional Art Gallery from 14 July to 2 August. Be inspired!

Anne Hodgson
(HTCAPA)
## Student Support

### Year Head Teachers and Student Co-ordinators

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<td>7</td>
<td>Peter Rowe</td>
<td>Amanda Rowe</td>
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<td>Leath Swierenga</td>
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<td>Sharon Kirkwood</td>
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<td>Anne Hodgson</td>
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<td>Marie Sivris</td>
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<td>Kaylene Voss</td>
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<td>Emma Campbell</td>
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<td>Janelle Redfern</td>
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<td>Curriculum support and Outreach</td>
<td>Jeanine Dunkley</td>
<td>Tennile West- Temora</td>
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One local teenager is undertaking valuable research in the area of community health.

Ash Campbell is part of a new initiative helping students finish their higher education outside the bricks and mortar of traditional schooling.

The Year 12 student is researching attitudes towards drugs and alcohol support services for her Indigenous studies class, and is inspired by what she has found.

“I had to pick a topic from areas like health and deaths in custody, and I thought drugs and alcohol were more relevant to the community,” the 17-year-old said.

“I’ve seen the damage drugs do to people, and it’s a killer.”
Ash is completing surveys with the area’s young Indigenous community, as well as interviewing local health professionals and older people in the community.

“I asked the young people if they would look for help if they had a problem and half said they wouldn’t,” she said.

A partnership between Karabar Distance Education Centre in Queanbeyan and Bega High School has seen Ash and four Year 11 students continue their studies at Bega’s Women’s Resource Centre.

She said the new environment has helped her in fulfilling her dream of going to university, which she said would not have been possible in the traditional school environment.

“When I was doing my interview with Wandarma (Drug and Alcohol Service) I thought this is what I would like to do,” she said.

“I think I really gain a lot when I know I can help people.

“I really like it.”

Ash works closely with Bega High School support teacher Vanessa de Jong, and the Yellow Pinch resident is also undertaking a nursing traineeship while studying for her Higher School Certificate.

“I don’t want to sit around, I want a career and to be successful because I’m part of the next generation,” Ash said.
Over three days during February, 21st-23rd, Karabar Distance Education Centre threw open its doors and welcomed in students and their supervisors. Students and supervisors had the opportunity to meet their Year Coordinators, Year Head Teachers, Administration staff and teachers. It was a great day filled with useful information, relationship building and yummy quiche! Supervisors in attendance expressed their gratitude for this day where they were able to put names to faces and ease some of their concerns about the Distance Education process. They felt it was a valuable opportunity to ask questions and seek clarification in a relaxed and informal atmosphere. The day also provided supervisors with the opportunity to meet and connect with other supervisors which was a very positive experience for all. Overall, the day was a great success for all involved students, supervisors and staff.

As Mini School Coordinator, I would like to take this opportunity to formally thank students and supervisors for attending and staff for their cooperation and enthusiasm throughout the event.

Karabar Distance Education Centre looks forward to meeting more of its students and supervisors as Mini Schools run throughout Term 2 and Term 3.

Ashlee Kellner
Mini School Coordinator
Welcome to the Premier’s Reading Challenge 2017

The NSW Premier’s Reading Challenge (PRC) is an initiative of the NSW State government. It aims to encourage in students a love of reading for leisure and pleasure and to enable them to experience quality literature. It is not a competition, but a challenge to each student - to read, to read more and to read more widely. It is open to students in Years 7–9.

To access the PRC website you will need your Department of Education username and password. If you don’t know this, contact us here at Karabar. You can then go directly to the site listed below, log into your Department of Education Portal and find a link there. You can also log into our Karabar moodle site and follow the link there.

https://online.det.nsw.edu.au/prc/home.html

The challenge requires you to read 20 books by 25 August 2017. Fifteen of the books have to be from the lists included on the PRC website and five can be of your own choice. You can include the books you have read since the end of the last challenge completed in August 2016.

If you have any questions please speak to your English teacher or our PRC coordinator, Alison Bradney, by phone or email.

Happy reading!

alison.bradney@det.nsw.edu.au
KDEC Sports Days Invite and Captain Nominations.

In 2017, all KDEC students are offered the chance to be involved in the KHS sports carnival program as the BRINDABELLAS. The name was chosen because it represents a place where people from all of the surrounding areas gather for stories and build lifelong friendships. Your colours will be light grey with a touch of white to represent the snow cap on the mountains in winter. Your emblem will be the eucalypt leaves which signify something familiar from all your regions and your motto/tag will be ‘You can come here.’ We look forward to seeing you at the Sports Days.

SAVE A DATE

NEXT Carnival Date:

X Country (Competitive and Non Competitive Event 23 March, 2017)

Combined OPEN DAY 22 March, 2017

So organisers can prepare for the day, please complete attached X country Carnival attendance form.

For further information please contact leon.carriage@det.nsw.edu.au

KDEC Sports Days 
ALL Abilities and Families Welcome

X Country — 23rd March
Athletics — Approx 27th April
‘You can come here, now.’

A copy of information and permission form can be downloaded at the KDEC Website – under Student Resources> Mini Schools and Excursions
Please sign & return before the due date to leon.carriage@det.nsw.edu.au
The Baltic States did not know what hit them when young Aussie Ice skater and Karabar Distance Education Centre (KDEC) Vocationally Talented student **Holly Harris** took to the ice in the Freeskate section of the prestigious **Volvo Cup in Riga, Latvia**. The sport normally dominated by the powerhouses Russia, Japan and USA found Sydney's harbourside girl a super competitor with only the might of the world number one junior from Russia, Anastasia Gubanova, able to conquer the spirited Australian who secured the silver medal. Karen Harris, Holly's Mum was 'over the moon' with the result and she now believes the opportunities provided to study via distance education at Karabar DEC has enabled Holly the chance to do extra training in the USA and compete more regularly on the international arena and in Junior Grand Prix events. She said 'The ability to base ourselves overseas and train hard while studying is now paying dividends.'

Sharon Kirkwood, KDEC’s Year 9 Head Teacher and PDHPE Head Teacher was also 'extremely pleased with Holly's ice skating achievements.' Karabar DEC has a proud history of educating high achieving sport stars and she reminded us that the Education Centre truly understands and appreciates the demands of pursuing excellence in sport. Sharon also believed strongly in the importance of continuing the educational journey for every student. Holly is now well aware of the time management required to not only train and compete on the international scene, but to regularly submit her Karabar weekly work. Holly utilises the various modes of learning including submitting work online, phone lessons and in 2016 she also regularly engaged in Skype calls for Mathematics with Lisa Watson and Science with Aamir Aftab. After her wonderful achievement on the ice in Riga, Holly is now well and truly in good form leading into the Australian National Championships and hopes to be selected for the Junior World Championships this month. Karabar Distance Education Centre wishes her all the best.

Photograph - Holly’s performing in Dresden, Germany – Junior Grand Prix
Written by: Leon Carriage – Sports Organiser.
‘Supporting Excellence at the Highest Level’

Over several years Karabar Distance Education Centre (KDEC) has had a very successful education partnership with Tennis Australia's High Performance program. Numerous athletes within this partnership have gone on to be internationally recognised players, whilst others have gone on to receive scholarships to study in the overseas US college system pursuing both playing and higher education.

Upon meeting Sylvia Makris (who is the Tennis Australia Education Coordinator at Tennis NSW), I found out why the program is such a success. She stated ‘I am extremely proud to be part of a large group of professionals (includes of course KDEC staff) who ultimately assist the athletes to achieve their goals. This job has many challenges, but when you see the positive effect your support has on these young athletes it makes the hard work all worthwhile.’

I asked Sylvia what the day in the life of an up and coming tennis professional looked like. The day in the life of an aspiring tennis player is hard. A typical day consists of travelling to the Tennis Academy in Sydney, at least 2 hours of practice followed by schooling from 11:30 am to 2pm, a fitness/gym session and back to the practice courts for another coaching session. A whopping 10 hour day. On the weekends, players often compete in Regional and National Tournaments as well as travel overseas for International tournaments.

To make all this work, Sylvia believes it is critical to have the education sessions conducted at the same time every day. In these sessions KDEC provides all the resource material and supports all the students through continuous feedback, marking, phone lessons and field visits. Without KDEC, students would have to travel to and from schools and this would make the whole process inefficient, something Sylvia stated that ‘would cost them valuable class time.’

Education is a top priority for Tennis Australia and many standards need to be met. All work sent by KDEC is to be completed on time. This is monitored weekly to ensure work is up to date and of a high standard. Whilst KDEC provides ongoing support to complete work, extra support from Tennis Australia is offered to the academy athletes who can, at times, find the workload demanding. In general, Tennis Australia is very strict with its education monitoring and on court training time can be at risk if weekly work gets too far behind.

Frances Cullen (KDEC Science teacher) can testify that the current approach is working. She believes ‘the current group of players studying Science not only get the work in on time, but they really want to achieve.’
So what happens when the players are competing overseas?

Sylvia told me ‘even when players are competing overseas, school work still needs to be completed. We try to get ahead before such events, but we find KDEC’s Moodle system so vital for accessing work online and submitting tasks, the system is so transportable. Karabar staff often provide extra support through emails and a modified work program’. To Sylvia’s credit, she has also developed great relationships with her students, she keeps in touch regularly with players while on tour and this has contributed greatly to students work being up to date. KDEC thanks her dearly for this.

So Sylvia, what are the keys to educating future elite tennis players?

According to Sylvia, the players all have very strong time management skills and goal setting is conducted on a weekly basis. The goal setting process is highly recommended and supported by the entire High Performance team. There is also a very high need to be flexible in developing academic learning plans, utilising the expertise and resources of KDEC is so critical in developing plans that support and grow each athlete academically. Tennis Australia tailors each players educational program through KDEC to not only suit their individual learning needs but also to ensure career and education pathways are still left open for further studies at Australian universities and US College systems. According to Callum Beale (the National Academy & Talent Development Manager NSW), ‘KDEC plays a huge part in helping players ultimately gain higher education degrees whilst still pursuing tennis careers.’

Note: KDEC has a proud history of teaching Olympic, Film and Music and Professional Sports stars. More to come....

Leon Carriage (PD/H/PE)
Last Year in Week 9 of Term 4, KDEC continued its new community involvement program at its Outreach Centres. Communities can play an important part in raising students’ knowledge and understanding in every educational setting. The idea is based on the Stronger Smarter Leadership initiative program by Dr Chris Sarra.

Teachers from KDEC travelled to Cootamundra Outreach Centre for this event. An enjoyable BBQ lunch was prepared and cooked by the students and Karabar teachers for their families and other invited guests. Parents and guardians enjoyed a feast and meeting their student’s teachers as well as the parents of other students at the centre.

Karabar staff chatted about the importance of involving parents, guardians and communities in providing encouraging learning environments for students to achieve increased success.

Mission Australia, Cootamundra also participated in the event and appreciated the efforts of our teachers and students. A wide range of other community organisations also attended the Family Fun day such as Local Police, the Juvenile Justice Department, the Youth Liaison officer, Salvation Army and Anglicare. The Deputy Principal of Cootamundra High School also attended the day.

The instant feedback from the parents and centre’s teachers praised the teacher and students’ hard work in hosting such a lovely event. KDEC is hopeful that these types of gathering will bring communities together and focus on improving the education offered to our students.

We would like to thank Melissa Thatcher, Wendy Sprang, Megan Altenburg, Jeanine Dunkley, Anne Hodgson and Leon Carriage for their untiring efforts and planning to make this event a success.

Aamir Aftab

(Science Teacher, Curriculum Support, KDEC)
Students from the Batemans Bay High School Outreach Centre were fortunate to have a private meeting with Linda Burney, the first Aboriginal woman to be elected into the House of Representatives and member for Barton at the Eurobodalla Regional Botanical Gardens. Linda was giving the keynote speech at an International Women’s Day luncheon but took an hour out of her schedule to have a chat with the students. She spoke about her life journey but also asked the students about their strengths and wishes.

Prior to the meeting, the students watched Linda’s maiden speech on the floor of Parliament. They were able to ask her relevant and pertinent questions.

On reflection the students said that some of the messages they took away from the experience were to don’t doubt yourself, don’t limit yourself, take more risks and harness the negatives in your life and use them as motivators. Linda also provided an interesting tip as she approaches her 60th birthday ....... moisturise twice a day ....!

*Kerrie Obst*

(Teacher/Supervisor, Batemans Bay Outreach Centre)
ReachOut.com is Australia’s leading online youth mental health service, where you can get the help you need where and when you need it. Every year ReachOut.com helps hundreds of thousands of people under 25 tackle everything from finding motivation to getting through really tough times. It’s the perfect place to start if you don't know where to look.

Website: au.reachout.com

Headspace is the National Youth Mental Health Foundation. They help young people who are going through a tough time.

Looking for someone to talk to? If you're 12-25 you can get health advice, support and information from Headspace. With more than 60 centres around Australia, headspace can help you with:

- General health
- Mental health and counselling
- Education, employment and other services
- Alcohol and other drug services

Website: headspace.org.au
Rosie Respect is a space where young women can connect with the web resources out there—helping them to navigate life’s tricky situations. Rosie has a range of tips, links and videos all centred around a theme of respect – for body & mind, in relationships, work & study and for the world we live in. Rosie believes girls have the courage and resilience to change our world for the better.

**Website:** rosierespect.org.au

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

Somewhere in Australia there is a new call to Lifeline every minute. People call Lifeline’s 24 hour crisis line 13 11 14 about:

- Suicidal thoughts or attempts
- Personal crisis
- Anxiety
- Depression
- Loneliness
- Abuse and trauma
- Stresses from work, family or society
- Self-help information for friends and family

**Website:** lifeline.org.au

**Phone:** 13 11 14 (24hrs)
Contact Us
Karabar Distance Education Centre
Phone: 02 6210 5200
NSW only (local call charge):
1300 360 384
International Telephone Number:
+61 2 6210 5200
Fax: 02 6299 2529
International Fax Number:
+61 2 6299 2529
Email: Karabar-d.school@det.nsw.edu.au