



# NEWSLETTER





## ENGAGING LEARNING ACTIVITIES



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### FIND US ONLINE:

-  <https://kariongmountains-high.com.au>
-  <https://www.facebook.com/kariongmountainshigh>
-  <https://www.instagram.com/kariongmountainshighschool>
-  <https://www.instagram.com/kmhslibrary>

**Phone: 4 3 4 0 0 2 4 6**



*To all students and families for co-operating so patiently with the COVID restrictions, that are due to be lifted on February 28.*

## Year 11



**Year 11 students practising First Aid techniques in class.**

## Year 7



**Year 7 students engaged in BARA.**

### CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 28	March 1	March 2	March 3	March 4	March 7	March 8	March 9	March 10	March 11
	SLR Swimming Excursion	Year 7 Parent Information Evening - Webinar	Zone Swimming Carnival - Woy Woy	Life Design Aboriginal Dance Workshops		International Womens' Day	OSSA 2022	Good Human Factory Years 9 & 10	



# From our Principal



I hope that this newsletter continues to see our families well and looking forward to changes in regulations within NSW set to be in place by the end of February. An email from the school will follow with

the Department's advised changes to operational settings for schools.

## Update on RAT Testing

The usage of rapid antigen tests in schools will move to align to community settings of 'symptomatic testing'. After 25th February, students will be provided with a total of 8 tests per student to use as needed for the remainder of term. Students can use their final bundle of RATs should they be symptomatic or if there are cases in their class/cohort.

## Stage 6 Webinar - PowerPoint

This has now been placed on the [school's website](#) for parents, who were unable to attend. Please do not hesitate to contact myself or Mrs Hawker if you have any questions about Stage 6 guidelines, credentials and post-school pathways.

## Mobile Phone Policy Update

The school has had an electronic devices policy since its foundation. Over the years, this has been updated to reflect changes in technology. Essentially, though the core of the policy has remained the same, and that is, students should not be using mobile devices during class lessons unless explicitly directed by their teacher. Students not following these instructions are given one warning and then asked to take their phone to the office, where it is looked after for the remainder of the day.

An examination of our incident reports and end of semester student reports indicates that the policy is not always operating as intended. The school has discussed, with the P&C, the possibility of setting up 'Yondr', in which students' phones are placed in pouches for the school day and are unable to use their phone unless the class teacher unlocks the pouch for educational use. A number of schools are using these pouches successfully and have indicated that students are calmer, experience less distractions during lesson time and engage in more play and conversations during the breaks.

Interruptions due to COVID have slowed down our research into this product and its use at KMHS. The existing policy was discussed with students at their year assembly and over the next few weeks, a consistent and focused application of the current guidelines will be applied in all classes. This will allow us to see whether a collaborative effort between students and staff can be effective long-term, thereby not having to look at more restrictive solutions to ensuring that the policy is implemented.

**A survey to all students and parents/ carers** *(will be sent out in the next few weeks)* **so that we can seek a broad range of opinions on this subject.**

**We really encourage you to have your say.**

## Where are they now?

Sometimes, it is easy to forget that we are a very young school and only now are we starting to see past students settling into careers, starting families and having adventures in their successful lives post school.



**Do you have a child or children or know of other ex-students**, who are making their way successfully in the world? We would love to start an alumni book which celebrates our pride in the next stage of their life journey.



Please contact us on [Facebook](#) or send an [email](#) to the school account and let us share these good news stories with future generations of school students.

*Ms Anne Vine  
Principal*





**Term 1 has started very well** with students settling in quickly and the atmosphere in the school is very positive. By following our core values of **Unity, Knowledge, Respect** - students should continue to have a productive term.

Throughout the year, as in previous years, I will include an aspect of our Student Welfare and Discipline Policy in the newsletter. The first mention is our canteen voucher reward process.

## Positive Memo Rewards

On each Wednesday assembly, a student is rewarded with a \$10 canteen voucher. The lucky recipient is randomly drawn from our Compass database of Positive Memos. Students from Years 7 to 9 are eligible for Week A and Years 10 to 12 in Week B.

## Elective Subjects

Elective changes for Years 9 to 11 are now finalised. Any further changes will only be considered for exceptional circumstances. Any timetable concerns are to be directed to me in the first instance. Students in Years 10 and 11 will soon be asked to check and sign their NESAs confirmation of entries.

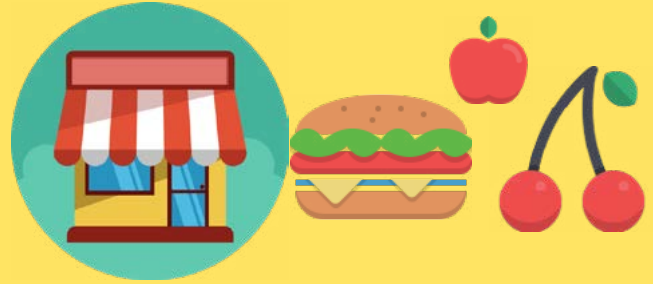
## Mobile Phone Policy

A friendly reminder that **mobile phones are to be switched off or put on silent** and placed in bags when entering the classroom. They are to remain there until a teacher direction to use them is given. Parents and caregivers are also asked not to ring students during class time. Urgent matters can be communicated through our Front Office.

## Assessment Booklets

Students in Years 10 and 11 have received their assessment booklets for this year. They are important documents containing the rules and schedules. Digital copies can be found on our website at: <https://kariongmountains-high.com.au/curriculum-learning/assessment-and-reporting/>.

Mr Scott White  
Deputy Principal



The 2022 Canteen menu is available on the school website via the button link below.

New items for 2022 are marked with a star



[View Menu](#)

**Order online with Flexischools or at the canteen lunch counter**

**Allergies or special diet?**

**Speak to the canteen manager.**

**Volunteers are always welcome!**

Many hands make light work - and volunteers receive a \$10 canteen voucher everytime they help out.

## LATEST CAREERS NEWS:

Visit our website's **Careers Page** for updates, news and tertiary study information.

[Careers Information »](#)

## Links and Resources:

[Learning Resources on KMHS website](#)

[Wellbeing Resources on KMHS website](#)

[NSW DoE Home page](#)

[DoE Learning From Home Support](#)

[Department of Education COVID-19 Advice](#)

## KMHS Positive Behaviour for Learning (PBL) Award

CONGRATULATIONS to our Canteen Voucher WINNERS:

Jacob - Year 7

Tyler - Year 7

Elysha - Year 11

Aiesha - Year 12



# FROM OUR SCHOOL CAPTAINS



## Response from School Captain, Lovely Samejon

### What are your plans for 2022 both personally and as leaders?

During 2022, my personal goal is to stay focused on my studies, as well as have a balanced life, both inside and outside of school. With being in Year 12, there will be some struggles and a possible imbalance, but I believe it will all work out in the end. I know that keeping tabs on what I need to do and being organised will be one of the prime ways in which I will be successful with my goals. This may not seem like much, but as time goes on, things will get challenging and for me, I'd prefer to take things one step at a time.



As a school captain of Kariong Mountains High School, I plan to also be of help to as many people as I can and to reach out to support more. This includes raising awareness, being in touch with the community in which we live, and doing more in the area of fundraisers, especially directed towards helping those in need. With the voice of our school students, my co-captain, Norah and I, will be able to work together to resiliently tackle the problems that we want to and can fix.

### Why did you put your hand up to be a leader and what do you hope to achieve?

Leadership in school is a way to give back to the school and those around you. With all the things you do as a school captain and what I've seen from amazing past captains, it has astonished me. I put up my hand to become a leader because I wanted to be more involved in our school community and support its values. I am hoping to accomplish all the goals my co-captain and I outlined in our nomination speeches and I hope to influence younger students to take on roles that best suit them and their future aspirations.

## Response from School Captain, Norah Sarwar

### What are your plans for 2022 both personally and as leaders?



My name is Norah and I wanted to introduce myself as the school captain of Kariong Mountains High School for 2021-2022. There are so many things that I would like to say, but I must keep this short, so I wanted to talk about what my plans, as a school leader, are for Kariong Mountains High School and its community. There are so many negative issues happening throughout our society at the moment and there are many families grappling with a range of issues, including mental health. As a school captain, I would like to first off acknowledge the fact that people are struggling, and I want to create a safe space where students and members of the community feel welcome and appreciated.

I would also like to acknowledge that my input is nothing compared to when everyone in our community provides input so I really encourage anyone with any ideas or plans to please let me know and I would be more than happy to incorporate them.

### Why did you put your hand up to be a leader and what do you hope to achieve?

**So why did I put my hand up to be school captain?** Well, honestly, I wasn't seeing the change that I knew our community was capable of bringing about. A change which would lead to people being more respectful of each other and in which there is a good relationship between the school and community members. I want to make a positive impact that leads to a better community in ways that we haven't seen before.

As a school captain, I would like to raise funds in areas such as sport and equipment and raise more money for charitable causes. I want to leave behind a well-developed leadership team as part of my legacy, but the main goal, for me, continues to be showing how the school can be a safe place, for students and the community, in these hard times.





# CAPA - SENIOR ARTS WORKSHOP

Year 11 and 12 Visual Arts students attended the Senior Art workshop on Monday with HSC expert Timothy O'Regan. Students gained deeper insight into the process of creating a successful Body of Work, strategies for studying and enhancing their literacy skills and experimenting with a range of mediums to prepare them for their Preliminary and HSC studies.

Our students were welcoming and friendly to our guest and did an excellent job at representing our school as they engaged in the intense, but beneficial workshop.

*Ms Harrison*  
Visual Arts Teacher





# OPEN GIRLS SOFTBALL NEWS

## 2021 Achievements

After our success in the Sydney North Knockout competition last year, when **KMHS Open Girls Softball Team** became **Sydney North Champions**, our team progressed through to the **CHS State Softball Tournament**. We ended up in 8<sup>th</sup> position, which was a great result considering the hundreds of teams that participated in the knockout journey throughout NSW.

As a memento of the tournament, *and the most amazing team I have worked with in a school environment*, Leila's mum, Kim, organised this amazing gift and presented it to the school, showing her wonderful photography skills. We send our hugest thanks to Kim for this very generous display gift.

## 2022 Tryouts

As we embark on another year, we will be forming this year's softball team. Students should sign up for tryouts on the sports notice board and we are looking forward to hopeful success and will look amazing in our new shirts kindly donated by the P&C.

For any girls that are interested in an out of school competition, our resident coach Lee would love to see you sign up for the team. *See Ms Lincoln for contact details.*







## SAFER DRIVERS COURSE

**REDUCE YOUR LOG BOOK BY 20 HOURS WITH PCYC NSW**  
**PCYC IS AN ACCREDITED PROVIDER OF THE TRANSPORT FOR NSW SAFER DRIVERS COURSE.**

### THE SAFER DRIVERS COURSE INVOLVES TWO MODULES



#### MODULE ONE:

A three-hour facilitated group discussion on how to manage risks on the road.

This will involve a maximum of 12 participants and will be delivered by a facilitator.



#### MODULE TWO:

A two-hour, in-vehicle coaching session to develop low-risk driving strategies.

This will involve two participants and a coach.

**LEARNER DRIVERS WHO COMPLETE THE COURSE WILL RECEIVE 20 HOURS OFF THEIR LOG BOOK.**

**\$140**



Book online TODAY at [pcycdrivereducation.org.au](http://pcycdrivereducation.org.au)



The Safer Drivers Course logo is a trade mark of Transport for NSW of 18 Lee St Chippendale NSW Australia

**JOIN NOW**



*Australian*  
**Air League**  
NSW Group

**NSW GROUP IS NOW ENROLLING**



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls from the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

FOR MORE INFORMATION ON THE AUSTRALIAN AIR LEAGUE AND YOUR CLOSEST SQUADRON PLEASE CONTACT

Email: [development.nsw@airleague.com.au](mailto:development.nsw@airleague.com.au)  
[www.airleague.com.au](http://www.airleague.com.au) Email: [info@airleague.com.au](mailto:info@airleague.com.au)  
 Free Call: 1800 502 175



**HIT,  
RUN,  
STEAL  
& SLIDE!**



**Join the action at  
Wahroonga Softball Club**

APRIL-SEPT - ST IVES VILLAGE GREEN  
 MONDAY TRAINING & GAMES ON SATURDAYS  
 MIXED BOYS AND GIRLS TEAMS UP TO 13 YEARS



REGISTER AT:  
[wahroonga.softball.org.au](http://wahroonga.softball.org.au)  
 FOR INFORMATION, EMAIL:  
[info@wahroongasoftball.org.au](mailto:info@wahroongasoftball.org.au)



### Try Softball Day

27 FEBRUARY & 6 MARCH  
 10AM TO 1PM AEST, IVES VILLAGE GREEN



**HAVE AGO**

GREAT THINGS CAN HAPPEN WHEN YOU HAVE A GO!

Fun for all ages - Not just for kids!  
 Drop-in anytime for games & activities  
 Meet an Aussie Representative Player  
 Sausage Sizzle, Slushies & Face Painting  
 Qualified Coaches & Equipment Provided

Express Interest Now:  
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 Find out more info at [www.nsda.org.au](http://www.nsda.org.au)

Girls, Boys & Women  
 4 - 60+ years

