



# NEWSLETTER







International Women's Day 2022

#BreakTheBias

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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**

## Science



**Year 10 students conducting science experiments in the laboratory.**



*Thank you to the outgoing P&C members, for all the time and commitment they have put into supporting our school and its students. The school is a better place, due to their contribution and insight, into what makes this truly a school that meets the needs of its community.*



**Note: the annual general meeting of the P&C is on Monday 14th March, commencing at 7pm, in the school library. All parents and citizens are welcome.**

## CALENDAR

| MONDAY   | TUESDAY          | WEDNESDAY  | THURSDAY                 | FRIDAY   | MONDAY          | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY   |
|----------|------------------|--|--------------------------|----------|-----------------|----------|-----------|----------|----------|
| March 14 | March 15         | March 16   | March 17                 | March 18 | March 21        | March 22 | March 23  | March 24 | March 25 |
|          | Smashed - Year 8 | Year 7 Parent Information Evening 6pm - In the library | Year 10 Crossmuller Tour |          | NAPLAN Practice |          | Memorial  |          |          |

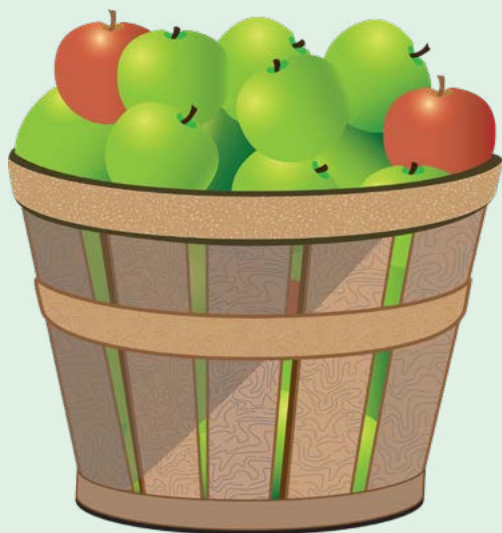


It is hoped that our school community and their extended families have not been too impacted by the floods occurring across New South Wales. As a result of the recent flooding in West Gosford, there have been some days

in which the buses have been running very late. It certainly has made for long days for some of our Mountains students and I hope that the worst is behind us. Please be assured, regardless of how late the last bus arrives, a staff member, often myself, will wait with them and/or explore alternative arrangements that can be made, as required.

There are certainly advantages to the school being situated at the top of a plateau and although it has been damp outdoors, we have not been subjected to any flooding. When it is wet, we open C block for student comfort. Additionally, students have been able to continue with their sporting activities in either the school gym, the fitness lab or the basketball court, with the wonderful new COLA now over it. It is in adverse situations, that we can be thankful for the great facilities that we have at our school.

## Perceptions and Perspectives



When looking at the graphic above, our eyes are drawn to the red apples standing out amongst so many green. It is a normal reaction to notice what is different than what is the same. I very much believe that schools and their students are often judged in this way. There are so many fantastic, kind and hard-working students that attend this school. These 'green apples' are the children living in our local communities. Yet, it is the red apples (poor behaviour) that draw the most attention and comments. The students represented by the red apples are in small numbers in our school and can be found in all schools - indeed, there are red apples in work organisations, as well.

We need our school community to stand up for all the green apples in the barrel. Next time, somebody speaks about poor behaviour that they have seen in a small group of students and then extrapolate that to include the whole school - **speak up**. Speak about your child and their friends and how they are great kids, how they go to this school and engage in learning, participate in a range of excursions and sporting trips, how they play safely and well after school and on the weekends and how they represent the majority of students at their/your/our school.

You know that I am passionate about this school and the amazing job that the staff do to educate students, academically and holistically. I don't wear rose tinged glasses and I am aware of those red apples and work to help them become green so I am always upset with the often unsubstantiated and unkind statements that are made about the student body as a whole. Please be an upstander for the students of the school! As always, I am happy to further engage in this conversation with any parent, who is interested.

## Community Meeting Report

On Friday 4<sup>th</sup> March, our local State member, Liesl Tesch, held a meeting for community leaders and support organisations to discuss options for increasing social opportunities and connections for Kariong youth. Representatives from Scouts, Kariong Progress Association, Kariong sporting clubs, RYSS, Coast Shelter and the Kariong Baptist Church attended.

At the meeting, responses from youth, who were interviewed at the skate park by RYSS were discussed, with responses indicating that students wished for more shaded areas, access to water, transport and informal sporting competitions to take place, providing them with things to do after school hours. The lack of services available to students after hours was also seen as an issue. It was a very positive meeting, with commitments to seek out ways of meeting some of these needs, as well as investigating, services that could be available later in the evening to support older students. Kariong Mountains very much believes in this wrap around support from community and government organisations, especially when it is driven by student voice. We will be helping out this initiative by facilitating surveys, exploring ways in which our facilities can be used outside of school hours and assisting with community events.

*Ms Anne Vine  
Principal*

# Complaint, Compliment or Suggestion?

If you have a complaint, compliment or suggestion about any aspect of our school services we're keen to hear from you. You can contact us in person, by email, by telephone or by using this form.

We encourage people to first approach the school. If the issue is about a student attending a public school, you can start by contacting the teacher, head teacher or the year adviser. Sometimes, the school principal or the Director Educational Leadership may be the best person to contact.

If you aren't sure who can help, school office staff can provide you with the correct contact details. This is the link to the online form:

[Complaint, compliment or suggestion form \(nsw.gov.au\)](#)

## LATEST CAREERS NEWS:

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

**Careers Information »**

Well done to all our KMHS Zone swimmers!



# NAPLAN and Check-In Assessment NEWS



**NAPLAN: From Week 8, Years 7 and 9** will be taking part in an online practice for NAPLAN. This practice is to allow students to see the layout of the NAPLAN test and for the testing platform to be evaluated. This will hopefully allow for a smooth transition during the actual NAPLAN testing, which will take place in May.

The online practice will be conducted on **Thursday 24th March 2022** and will involve the completion of an online writing paper (*practice*). It will be held in the gym to allow students to experience formal exam-like conditions.

**Check-In Assessment: During Week 8, Year 8** will also complete the online Check-in Assessment for Reading and Numeracy. We will conduct this early in Week 8 and the results will help the school with planning for the coming year. This check-in is externally marked.

We request that all students in Year 8 bring their BYOD computers or school issued computers and headphone/earphones that have a jack. The headphones are essential, as sound is part of the assessment, to help students of all abilities access the questions.

## 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](#)

# INTERNATIONAL WOMEN'S DAY 2022



**International Woman's Day occurs annually on March 8<sup>th</sup> and the theme for 2022 is #BreakTheBias**, one which resonates deeply with many across the globe.

**It is a move forward** to see that at the start of 2022 eight countries have elected or sworn in their first female head of government or state in the past 12 months, but heart-breaking to know that girls are once again being denied a high school education in Afghanistan.

**We were lucky enough to have Christine Jarvis as our guest speaker.** She is currently Director of Regional Development Australia - Central Coast and is responsible for Major Projects, Funding & Research. Additionally, she is a part of our P-Tech program. Her speech about being the only woman in a male dominated career at one point in her working life (*only a few years ago*) was very much on point about gender bias.



catered for, and took on duties, to allow our female staff to attend.

**Thank you to the library staff** for once again providing a welcoming space. To all the amazing women in our wider school community, remember that:



**Petra Horwood, our laboratory technician** also spoke about sustainability, survival and the importance of friendship amongst women.

**Thank you to Ms Meyer for organising** this annual event, to our school captains for being the MCs, Tia and Pria for providing the acknowledgement to country and to the male members of staff and hospitality students, who



**"There is no limit to what we, as women, can accomplish."**  
- Michelle Obama



# INTERNATIONAL WOMEN'S DAY 2022

## Monira's Speech

I am a woman. For a long time that was seen as a lower status, meaning less power and less validation, but I know it's not true, we know it's not true. Years of fighting against these perceptions, that women aren't strong, that women can't do what men can do has been a tough fight, however, I believe that we have come a long way.



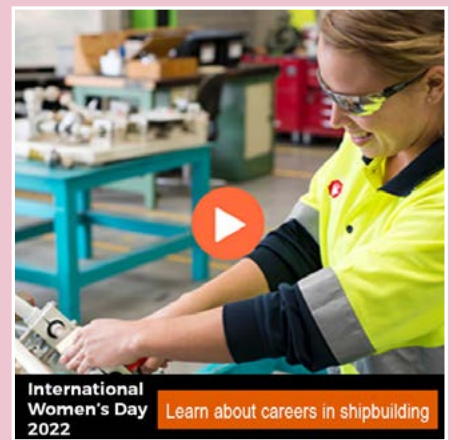
I am so fortunate to be living in an age where I can go to school and receive an education, where I can freely express who I am and not be worried about what others will think of me. I am so fortunate to be able to be comfortable with my culture, and my faith as well as expressing myself through dance and shedding light on the limitless things women can do.

I am so fortunate to have a loving, supportive family, who encourages me to do my best and never has set a limit on what I can achieve; because of them, I believe I can do anything I set my mind to.

Because of this, when I hear about other women still having to fight for their rights, freedoms, the fight for equality, I am eternally grateful for what I have.

I have never had to experience the "disadvantages" of being a woman. And I am grateful for that. We have come a long way and have achieved many things, but still the fight for women's equality is not over. I am proud of being a woman and you should be too.

*Monira (Year 11)*



# COMMUNITY NOTICES & EVENTS



**KNC are seeking Netball players for the 2022 season.**  
14/15-year-old girl players

PLEASE CONTACT REGISTRAR - registrar@kariongnetballclub.com  
KARIONG NETBALL CLUB: SECRETARY - KARNCSecretary@outlook.com

| NSW Department of Education

## Sydney North Public Schools Vocal Ensembles

The Sydney North Public Schools Vocal Ensembles program consists of weekly ensembles for vocalists from public schools in Years 4 to 12 at two venues across Sydney's northern suburbs:

- Sydney North PS Primary Vocal Ensemble (Belrose and Epping West)  
Years 4 to 6  
Soprano and alto voices
- Sydney North PS Secondary Vocal Ensemble (Belrose and Epping West)  
Years 7 to 12  
Soprano, alto, tenor and bass voices.



The vocal ensembles encourage, nurture and inspire enthusiastic vocalists by providing high quality training and performance opportunities.

The ensembles are conducted by **Rachel Kelly** (Belrose and Epping West) and **Rachel Collis** (Epping West).

The Ensembles offer a range of performance opportunities – including at the Sydney Town Hall, the Sydney Opera House, Schools Spectacular as well as other occasions that arise through the year.

To find out more information about joining one of our ensembles please visit our website:

[bit.ly/SNPSvocal](https://bit.ly/SNPSvocal)

education.nsw.gov.au



Qualified coaches Sponsored by **FLEETOUT**

ELITE COACHING FOR ASPIRING PLAYERS

**East Coast Soccer School** **3 DAY AUTUMN SOCCER DEVELOPMENT CAMP**

Come and join our Junior Soccer training programs with qualified coaches, committed to the enjoyment and safety of all our players.

**ELITE GOALKEEPING CLINIC** 12<sup>th</sup> - 13<sup>th</sup> April

Location: Baker Park Date: 12<sup>th</sup> - 14<sup>th</sup> April 2022  
Ages: 5 - 15 yrs (boys & girls) Time: 9am - 3pm

3 x Half Days 9-12pm: \$175  
3 x Full Days 9-3pm: \$249  
2 x Full GK Days 9-3pm: \$239

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eastcoastsoccerschool.com.au

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9-12pm GK training  
12-3pm Outfield training

Qualified coaches

**East Coast Soccer School** **4 DAY AUTUMN SOCCER DEVELOPMENT CAMP**

Join our fun, action-packed school holiday camp, under the guidance of qualified coaches committed to the enjoyment and safety of all our players.

Location: Austin Butler Oval Date: 19<sup>th</sup> - 22<sup>nd</sup> April 2022  
Ages: 5 - 15 yrs (boys and girls) Time: 9am - 3pm (Fri 1pm)

4 x Half Day 9-12pm: \$220  
4 x Full Day 9-3pm: \$295

**BOOK NOW** LIMITED AVAILABILITY

**0491 443 100**  
Info@eastcoastsoccerschool.com.au  
eastcoastsoccerschool.com.au

Facebook Instagram

**2 DAY ELITE GK CLINIC** 19<sup>th</sup> - 20<sup>th</sup> April

- HANDLING & SAVES
- DISTRIBUTION
- POSITIONING
- NARROWING ANGLES & MORE!

Partners: **deplay GIOCA**

Sponsors: **FLEETOUT AUTO MÖBIE**