



NEWSLETTER







CAPA ARTIST HIGHLIGHT ON PAGE 6

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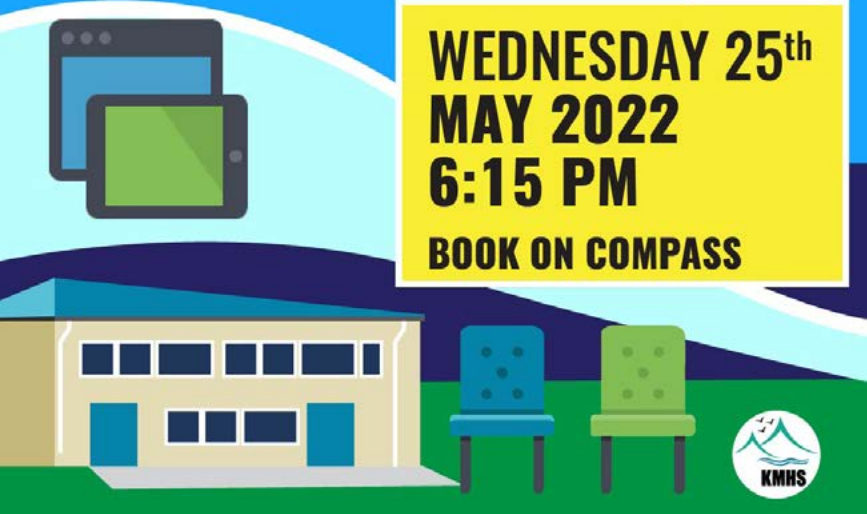

FIND US ONLINE:

-  <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

Stage 6 Parent / Teacher Interviews

WEDNESDAY 25th MAY 2022
6:15 PM
BOOK ON COMPASS


R.O.S.E.
Recognition Of School Excellence

To all of those in our school community; staff, students and families, who volunteer to support others in need. You cannot underestimate the valuable contribution that you make to the lives of others.

NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK

CURRENT HOUSE POINTS

BOUDDI	DHARUG	GIRRAKOOL	POPAN
1890	2336	1710	2160

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 23	May 24	May 25	May 26	May 27	May 30	May 31	June 1	June 2	June 3
		Stage 6 Parent / Teacher Interviews	STARS Assembly	Colour Run			LC Gala Day Year 10 Immunisation	Zoo Excursion - Year 7 + 9/10 Marine Studies The Crucible - Year 12	MacBeth - Years 9/10



The school term started off with celebrating student success during the athletics carnival and cross-country run. Thank you, to all staff involved in organising these events, but just as importantly, thank you to all students, who participated actively and with great skill to earn House points and achieve individual success, all whilst having fun.

Meanwhile, back at school, Mr Brasting and a group of hard-working hospitality students prepared approximately **800 cupcakes** for our partner primary schools' Mothers Day events. They were delicious! Thank you, to all involved in making this collaboration a success.

Captains' Speeches

Last week, we were privileged to listen to the speeches from our Year 11 students, who are nominating to be school captains for 2022-2023. Congratulations, Keiana, Liran and Monira on the calibre and passion that you put into outlining your vision for the school under your proposed leadership. Regardless of who is successful, all of you are capable and would make excellent future leaders.

Night at the Museum

I also had the opportunity to see Year 7 students excel when they presented their final products at the **'Night at the Museum'** displays for their Nguara end of module assessment in ASAP. Great examples of both creative and research skills in action.

NAPLAN

My thanks also go out in this newsletter to Mrs Dunn, who has coordinated the NAPLAN tests for this term. The results should be available mid Term 3 and we will use the returned data to inform how we teach literacy and numeracy for greater improvement.

Vaccination Requirements on School Sites - Update

The Secretary of the Department of Education has advised that the requirement for all department staff to be doubly vaccinated against COVID-19 will continue beyond the repeal date of the Public Health Order. These determinations will remain in place until the department decides its policy position based on a work health and safety risk assessment.

All people doing work on school sites, that involves direct interaction with students, who are not employed by the Department, must also be double vaccinated. This also includes volunteers, but does not apply to community users, on site, after school hours.

The 2022 COVID Intensive Learning Tutoring Program

This program has recommenced, with tutoring being available within school hours since the beginning of Term 1. There was some interruption to the program last term, as classroom learning was given priority when staff absences were high.

Currently, we are running tutoring groups in Year 12 English and Mathematics and literacy groups across Years 7-10. Up to this point in time, there is no before or after school tutoring being offered, largely due to the uncertainties of staffing these sessions. Additionally, there was only minimal uptake last year and we therefore decided to push all our resources into the in-school program. Please contact me if you want any further information or to include your child in a tutoring group.

I will be on leave during Week 5 and Mr White and Mr Cartner will step up into the leadership roles. Please direct any emails that you were intending to send to me to the school email account and they will be redirected accordingly.

Ms Anne Vine
Principal



2023 High Achievers Selective Class

EXPRESSIONS OF INTEREST
EOI

Selection Criteria

- Sound results in the entrance exam
- Positive mindset to learning
- Capable literacy and numeracy skills

Closing MAY 27

4340 0246





DEPUTY PRINCIPAL'S REPORT

Attendance is critical for the success of students

at school. If students are not here, we cannot effectively teach them. One of the many things COVID taught us is that face-to-face learning is far more preferable than on-line work.

The Department of Education expects students to attend a minimum of 90% of available time, this equates to nine days out of ten during a fortnight, far from unreasonable in my humble opinion. It is also a requirement that all absences are explained within **seven** days of the absence, an area where our school is declining.

I have recently assembled an Attendance Team to address attendance rates of concern (*COVID related absences excluded*). Throughout the year, you will see more communication regarding attendance and some initiatives introduced to help meet our School Plan targets.

If you have any questions regarding attendance please feel free to contact me.

School Uniform for Winter

With colder weather upon us, it is time to get winter school uniform in order, including tops. There have been many articles in past newsletters explaining the importance of full school uniform for many reasons. The wearing of uniform follows our core value of Respect.

Students, who are out of uniform, are to report to me before 8:50am with a note from home explaining why (*I appreciate that there are multiple possible reasons*) and I will issue a pass to be retained for the day. Alternatively, students can submit the note to their check-in teacher who can also issue a pass. Check-in teachers will issue a pass to all students out of uniform and will only record on Compass students without a note from home. Throughout the day, other teachers will ask for the pass, and if one is not produced a Compass entry will be recorded.

Students who are out of uniform on at least 3 occasions will serve a detention on Wednesdays after the assembly. Students who are repeatedly placed on detention may be placed on an after-school detention.

A friendly reminder that our Uniform Shop is open on Tuesdays and Fridays between 8am and 9am.

Mr Scott White
Deputy Principal

KMHS STARS Assembly
TERM 2 2022
THURSDAY MAY 26 - 12PM

Year 7, Year 8, Year 9, Year 10, Year 11, Year 12

Get your uniform ready for Winter:



UNIFORM SHOP OPEN:
Tuesdays & Fridays
8:00 - 9:00 AM

LOST PROPERTY?



IF YOU ARE MISSING CLOTHES/SHOES/BAGS... ENQUIRE AT FRONT OFFICE

KMHS Positive Behaviour for Learning (PBL) Award



CONGRATULATIONS to our Canteen Voucher WINNERS:

Bailey - Year 7
Kim - Year 7

Ruby - Year 11
Isabella - Year 11



DOES MUSIC HELP WITH FOCUS?

A DISCUSSION PAPER ON EFFECTIVE STUDY PRACTICES.

Article source: Macquarie University | The Lighthouse
<https://lighthouse.mq.edu.au/article/please-explain/february-2022/please-explain-does-music-help-you-study>

The kettle is whistling, yet another home delivery truck is trundling up the neighbour's driveway, the dog is scratching at the back door and there's a concrete saw going at the building site down the road – is it any wonder we can't concentrate?



Does Music help with Focus? A Discussion Paper on Effective Study Practices

Macquarie University postdoctoral researcher in the School of Psychological Sciences **Dr Kirk Olsen** says that listening to music while studying or trying to focus on work can be helpful for some people, in certain situations.

“For example, if you are studying in a distracting environment such as a busy coffee shop, listening to quiet music through headphones can mask those sources of distraction and replace it with a predictable and enjoyable source of stimulation,” Olsen says.

Music can also help to calm students who are finding the material difficult or stressful, he adds.

“Music can help to make a tedious task more enjoyable, and this can help motivate students to continue studying for longer periods of time,” he says.

“Music can even stimulate the imagination, so can act as a source of inspiration for tasks that involve creative thought.”

Can classical music make you smarter?

The idea that listening to classical music can enhance intelligence has been around for some time, but Olsen says **there's very little evidence to support it.**

The **‘Mozart effect’** is a well-known phenomenon that emerged following a 1993 study which showed that of the 36 participants, those who listened to Mozart performed better on a mental task than those who sat in silence.



“Follow-up research has largely discounted the hypothesis that listening to classical music puts the brain in a sophisticated operating mode,” says Olsen.

He says it is likely that listening to music may be linked with higher performance because music is arousing and can put people in a better mood.

“People generally work better if they are feeling awake and happy, rather than tired, grumpy or bored.”

It doesn't have to be Mozart - listening to any music that you enjoy can improve your mood, and help you work more effectively, he says.

What kind of music distracts us from study?

Olsen says there is a fine line between the benefits of music for studying - and the problem of music becoming a source of distraction.

“For example, music that contains lyrics is often distracting because the verbal information expressed through lyrics can interfere with, or become confused with, any verbal information you are trying to read, comprehend, or memorise for an exam,” he says.

It's not just lyrics that can divert you from your task, he adds.

“If the music is fast and loud, or contains a lot of changes in dynamics, it has a greater chance of capturing your attention, pulling your focus away from what you're trying to concentrate on, and towards the specific qualities of the music.”



He says that typically, students who try to study while playing music with lyrics, or fast and loud music, will more likely move their focus back and forth between the music and their academic material, slowing down their progress and study effectiveness.

How to use music to help you study

Olsen lists these suggestions:

Choose music with no lyrics and minimal amounts of abrupt and noticeable changes. "Distinct changes in music will capture your attention and become a source of distraction."

Keep the volume low so music is in the background. "People experience background music in a similar way to soft lighting – it can be relaxing and help you focus on your primary task without significant distraction."

Choose music that suits your personality – and what you're working on

"Overall, most people are remarkably capable of listening to music while engaging in other activities such as studying, as long as they take into consideration their personality and musical background, the nature of the music, and the type of studying they are doing."

How to build a high-focus environment - with or without music

Olsen says that music is just one component to address when establishing a low-distraction study zone.

"Mobile phones and the lure of social media are the ultimate distractors," he says. "Plenty of research details the psychological costs of task-switching between your main task, such as studying, and distractions such as a quick check of TikTok or your Instagram feed."

Managing this is key for successful learning and retention of information, he says – noting that one study showed that the more text messages you send during a study period, the worse your memory is for the study material.

"Even the number of windows you have open on your computer is a predictor of how focused you're likely to be on your primary task," he says.

The best study environment is one that removes as many potential auditory and visual distractions as possible, whether that's mobile phones and televisions, pets or even noisy housemates.

Add good lighting and ventilation, well-organised study plans that include rest breaks and (perhaps) music to suit the occasion – and you just may find that high-focus sweet spot.

Dr Kirk Olsen is a postdoctoral researcher in the School of Psychological Sciences

EXCITING BOOKS TO DISCOVER IN THE LIBRARY:

The Trials of Apollo by Rick Riordan

An engaging fantasy adventure based on mythological fiction. The five-book series follows the trials of the god **Apollo**, who has been turned into a mortal named Lester Papadopoulos as punishment from his father and king of the gods, **Zeus**.



Magnus Chase and the Gods of Asgard by Rick Riordan

Inspired by Norse mythology, this fantasy trilogy is narrated by the main main protagonist, **Magnus Chase**, a homeless orphan whose life dramatically changes when he learns his true identity.



Wolf Girl - by Ahn Do illustrated by Jeremy Ley



A wildly exciting adventure tale...

When disaster separates Gwen from her family, she must fend for herself, all alone in the wilderness. Luckily, she's not alone for long...When a wolf puppy, a Labrador, a Chihuahua, and a greyhound want to make friends, Gwen discovers talents she didn't know she possessed. It will

take all her new skills and strength just to survive. Does Gwen have what it takes to be leader of the pack?



CAPA - ARTIST HIGHLIGHT

PHOTOGRAPHY, VIDEO and DIGITAL MEDIA

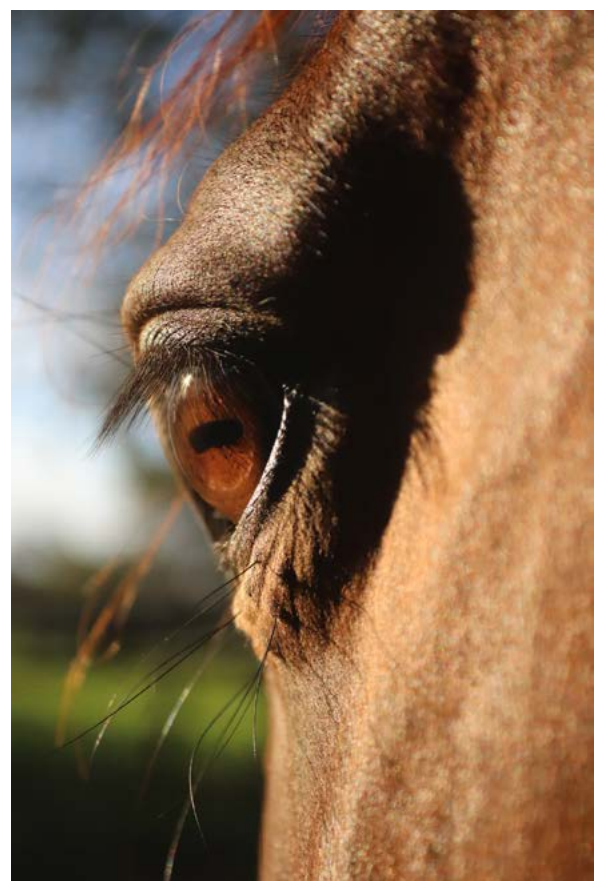
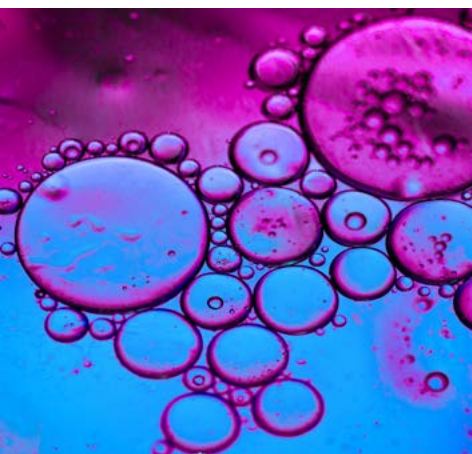
ELLIE

Ellie is a talented Year 11 student, who is highly passionate about photography. Ellie states: *'What I like about photography is that you can capture certain aspects of a subject and portray that in your final photo. But people can still interpret that photo in different ways, and you can tell a story through an image without the need for words'*.

Ellie was inspired by her older sister. *'She would let me use her digital camera when we went on walks exploring places'*.

Ellie's interest in photography developed in 2020, when she bought her sister's 1100 DLSR. Her favourite styles of photography are landscape and equine photography. *'I can capture the beauty in everyday things that people would either take for granted or see in different ways'*.

Examples of Ellie's work, shown in this Artist Highlight, show her variety, attention to detail and love of colour:



COMMUNITY NOTICES & EVENTS



THINKING OUT LOUD Youth Forum

FINDING YOUR WAY TO A HAPPY AND HEALTHY YOU!

Developed BY young people FOR young people.

Are you...

- 16– 24 yrs. and looking to make a positive change?
- Passionate about youth mental health?
- Seeking meaningful purpose in your career?

REGISTER TODAY

DETAILS

Wednesday 08 June 2022
9.30am - 1pm
The Hub Erina Youth Entertainment Venue, Erina Fair.

A Living Green Event
Bring your own Lunch and Re-usable Cup
Light Refreshments Provided

Find out more
www.centralcoast.nsw.gov.au/ThinkingOutLoud

HIGHLIGHTS

Research and practices that support the mental health of young people.
Real life stories of young people following their passions and creating their careers.
Panel and Small Group Discussions
Practical workshops and activities.

Workshop options:
How to campaign for Mental Health First Aid programs in your school > Develop your campaign pitch.
Life Purpose and Employment Pathways.
> Turn your passion into a career.

SCAN



TO REGISTER





CONNECT | CONSULT | CREATE

Email us at youthservices@centralcoast.nsw.gov.au

Avoca Beachside Markets

HEAZLETT PARK FORESHORE 9AM TO 2PM

Live Music
on the Fairplay Stage from 9am

2022 MARKET DATES
 JAN 23rd > FEB 27th > MARCH 27th
 APRIL 24th > MAY 22nd > JUNE 26th
 JULY 24th > AUG 28th > SEPT 25th
 OCT 23rd > NOV 27th
 DEC 10th (twilight)

FIXXEVENTS.COM.AU









9AM SAM ALANA HEDGES



10AM IOAN BUDI BONE



11AM TIAM EMERALD PRIESTMAN



12PM THE RAMS



1PM PETE MCCREDIE

LIVE on the
FAIRPLAY
STAGE
SUNDAY
22.5.22









Carers for school aged children are urgently needed.

Become a foster carer with Wesley Dalmar and make a difference.

Wesley Dalmar provides respite, temporary, adoption and permanent placements for children from birth to 18 years of age. Aftercare support is available for young people transitioning into adulthood.

Call 1300 325 627
Support, training and allowance provided.

wesleymission.org.au

Find out how to become a foster carer:

1300 325 627