



NEWSLETTER

EVENING OF MUSIC

PHOTO COLLAGE ON PAGE 4

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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: 4340 0246

Parent/Teacher Interviews

Stage 4

WEDNESDAY
22 JUNE 2022
4:00 - 6:00 PM
BOOK ON COMPASS

Stage 5

WEDNESDAY
29 JUNE 2022
4:00 - 6:00 PM
BOOK ON COMPASS

SUBJECT SELECTION INFORMATION:

30 min before and after each session (3:30-4pm / 6-6:30pm)



Congratulations, to all involved in the Evening of Music, held last week. Thank you to our great performers and CAPA staff for bring back a showcase for our students' musical talents. Thank you, also, to all those, who generously donated to our fundraising. Every little bit makes a difference and reaffirms what a generous community in which we live.



GET UP!
STAND UP!
SHOW UP!

3-10 JULY 2022

CURRENT HOUSE POINTS

BOUDDI	DHARUG	GIRRAKOO	POPAN
2350	2888	2205	2727

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 20 NAIDOC Day	June 21	June 22 P-Tech Crossmuller Yr 10 Mountain Biking Stage 4 P/T Evening	June 23 Dance Festival rehearsal and performance	June 24	June 27 Zone Athletics - Mingara	June 28	June 29 Stage 5 P/T Evening	June 30 Experiment Fest Chemistry	July 1



Subject Selection Update

This is an exciting time for Years 8 & 10 students, as they have the opportunity to move from a general curriculum to one that is more focused for them, their interests and careers.

Subject selection guides have been made available to students, but we also have videos available on the website, if you would like to access more information, before the subject selection evenings held in Week 9 for Year 8 and Week 10 for Year 10.

Links to Subject Selection videos:

[Stage 5 subject selection - Kariong Mountains High School \(nsw.gov.au\)](#)

[Stage 6 subject selection - Kariong Mountains High School \(nsw.gov.au\)](#)

Information about Careers and Maths

KMHS has a great reputation and proven record in Maths teaching and Maths success, but even so, there can often be a lack of understanding of the importance of having a sound Mathematics foundation for a wide range of post school careers.

Please check out the link provided below to see some of the options about which you may be unaware and encourage your child to talk with their Maths teachers and/or careers advisor for more information.

In the meanwhile, let us continue to celebrate the great connection we already have relating to the hashtag, #mathstrainsbrains.

[Careers \(nsw.gov.au\)](#)

Australian Red Cross Lifeblood - Giving back to our community

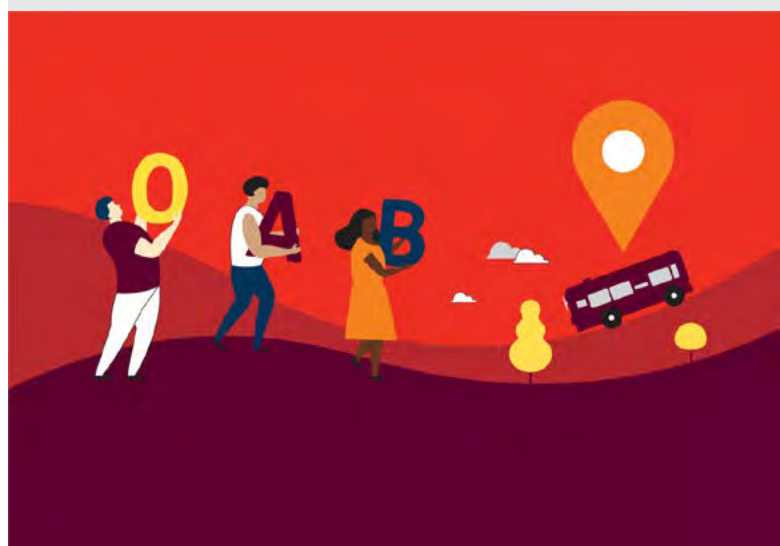
One of the ways in which we can support our community, locally and more widely, is to consider the gift of donating blood.



Students from the age of 18 are eligible to do this and we have the capacity to start up a Kariong Mountains HS blood donation team, comprising of families, students and staff.

To make giving blood easier, we can schedule a group event, on our bus, to the West Gosford Blood Donation Centre and make this a regular activity(s) on the school calendar.

I am going to organise our first team activity in Term 3 and will seek out an expression of interest before the end of term. It would be really great if parents and older siblings want to join up as well so that we can really make a difference.



Ms Anne Vine
Principal





DEPUTY PRINCIPAL'S REPORT

Regular attendance at school is obviously important for students to maximise their learning. Following is a quick reference guide of our attendance procedures:

Teachers mark junior rolls during check-in by 9.05am (*P1 teachers on Wednesdays*) and every lesson thereafter.

Senior students are signed in with their first timetabled class.

Late arrivals are to sign in at the Front Office.

Seniors students who leave early due to having no further lessons are to sign out at the Front Office.

Office staff amend attendance on Compass after communication from parents/carers.

Unexplained whole school day absences are emailed to parents/carers later in the school day.

Before any leave passes can be issued the school must receive the request from a parent/carer via a written note, phone call, email or Compass entry.

Students who represent the school at sport, attend excursions, participate in incursions or undertake work placement are recorded as 'School Business.' These activities are not recorded as absences.

Parents can inform the school of absences and lateness via a written note, phone call, email or Compass entry. A valid explanation is required. On occasions of extended illness, a Medical Certificate will be required.

Expected absences of 10 school days or more (*e.g. a holiday*), require an exemption to be applied for. Application forms are available from the Front Office.

Year Advisors and the Deputy Principal monitor attendance rates of individual students. Contact is made home through letters and/or phone calls when absences are causing concern.

Referral to the Home School Liaison Officer is made for students whose absences continue to cause concern.

Students with excellent attendance recognised by the Principal at year's end.

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

From next semester, student reports will have absences reported. The number of days of explained and unexplained will be recorded. In light of this, parents and carers are further encouraged to have student absences explained as outlined above.

Say No to Vaping

As I am sure you are all aware, vaping continues to be a major issue in our society. At our school, students caught with, or using e-cigarettes, are disciplined in the same way as if they were smoking tobacco.

Following are some visuals from the 'Say No to Vaping' campaign from the **Central Coast Local Health District**. I encourage you to view these slides with your child and reinforce the dangers and implications of vaping.

Mr Scott White
Deputy Principal

SAY NO E-CIGARETTES ARE NOT GOOD FOR YOUR HEALTH. SAY NO TO VAPING AND NO TO ITS HEALTH RISKS.

NSW Health | Health Central Coast Local Health District

SAY NO TO ADDICTION

Most e-cigarettes contain nicotine - the same HIGHLY-ADDICTIVE chemical that's in regular cigarettes. This increases your risk of other types of addiction in later life.

#SayNoToVaping

NSW Health | Health Central Coast Local Health District

SAY NO TO ANXIETY & DEPRESSION

SAY NO TO EXPLOITATION

SAY NO TO SMOKING

Many e-cigarettes are made by the same companies that produce regular cigarettes. Their marketing TARGETS YOUNG PEOPLE to get you hooked. DON'T BE A PUPPET!

#SayNoToVaping

NSW Health | Health Central Coast Local Health District

KMHS Positive Behaviour for Learning (PBL) Award



CONGRATULATIONS to our Canteen Voucher **WINNERS**:

Molly - Year 8
Shane - Year 10



KMHS EVENING OF MUSIC 2022

The evening of music held on June 8 was such a success!

We are so happy to have these events back to showcase the amazing talent of our students. Thank you, to Mr Burns and Mr Hutchinson along with their Certificate III Music Industry students - and to everyone who came out to support our students, making this night possible.

The photos below were taken by our fabulous photography students, Chloe and Ellie, and their teacher, Ms Skerrit.



KMHS SUCCESS

An exciting success story from a former KMHS student:

Olivia Spurling, completed Year 12 at KMHS in 2018 and has recently graduated from UNSW, obtaining a Bachelor of Media Arts (*Distinction*).

Her collaborative work is currently being shown during VIVID Sydney 2022:

Crowded Cadmans

The Cadmans Building, The Rocks

Congratulations, Olivia!



Image Source: Vivid Sydney

Find out more via the link below:

<https://www.vividsydney.com/event/light/crowded-cadmans>



Fundraiser coming in Term 3:

KMHS PIE DRIVE

**\$50 Minimum Order
Delivered to your Door!**

<https://thompsonspies.com.au/order-online/>

Code: KMHS0722

**ORDER
ONLINE**
25 July -
14 Aug

Careers News

2022

TERM 2 - WEBINAR SERIES

Educational Pathways Program
Central Coast North & South

myfuture

Wednesday 15th June - 6.00pm

Register via this link:
<https://attendee.gotowebinar.com/register/453687457196747789>
Once you register you will receive a confirmation email with a link to the event.

Job Jump

Wednesday 22nd June - 6.00pm

Please join the presentation here:
<https://us06web.zoom.us/j/82113192152?pwd=VlQyY0QyZWJWQ256cGp4bVlETmJmdTZzc0R>
Meeting ID is 821 1319 2152
Passcode: 26983

UAC - Yr 10

Tuesday 28th June - 6.00pm

There will be an opportunity to ask UAC your questions afterwards.
Please join the presentation here: <https://uac.zoom.us/j/8988951832>
Or head to: <https://zoom.us/join>
The meeting ID is: 898 895 1832

UAC - Yr 12

Thursday 30th June - 6.00pm

There will be an opportunity to ask UAC your questions afterwards.
Please join the presentation here: <https://uac.zoom.us/j/8988951832>
Or head to: <https://zoom.us/join>
The meeting ID is: 898 895 1832

myfuture

The Parents Guide

The earliest, & often the most powerful learning about careers is shaped by the adults in a child's life. myfuture, the National Career Information Service, has tools & resources available to help parents to guide & support their child as they explore career options & occupations of interest. In this webinar Cheryl Kennedy, Careers Manager, will demonstrate the career development resources that are freely available on the myfuture website to assist the career development processes.

Job Jump

The Parents Guide

Have you Wondered what ways your child can find a career that inspires them? How can you find the university or TAFE courses that suit their ability? Where are these courses, their entry requirements & a possible Plan B for them? If your child is in the junior years, what subjects should they consider taking for their senior years? If you want your child to have a sound plan that makes them independent to attain their future career, what is their plan? This & the answer to nearly all your questions for your child's potential career will be answered on the evening Forum.

UAC

The ATAR & Subject
Selection.
Year 10 Students & Parents

- What the ATAR is
 - How the ATAR is calculated
 - Scaling, why do it?
 - The importance of Subject Selection
 - What are Prerequisites, assumed knowledge & recommended studies?
 - UAC's top tips for Subject Selection
- There will be an opportunity to ask UAC your questions afterwards

UAC

The ATAR & Applying to University
through UAC - Year 12 Students &
Parents

- What the ATAR is
 - How the ATAR is calculated
 - Scaling, why?
 - The UAC application process
 - Educational Access Schemes
 - Schools Recommendation Schemes (early entry)
 - Equity Scholarships
 - Adjustment Factors & selection ranks
 - Offers
- There will be an opportunity to ask UAC your questions afterward



OPEN GIRLS SOFTBALL



How proud and excited I am to be writing about another Open Girls Softball victory!

Last week, in an extreme nail-biter, our girls secured a place in the **CHS State Knockout Tournament** for the second year running.

The game was against **Northern Beaches Secondary College, Cromer Campus** who brought their A-game, which made our victory of **3-2** so much sweeter. With no runs until the bottom of the 3rd innings, we got on the scoreboard with an amazing home run by Renee. The only other two players across the plate were Paige (*who very dramatically and perfectly slid home*) and Aisha (*thanks to loaded bases and Kellie getting a walk from Ball 4*) in the last play of the day.

In the field, some of our newer players showed some great skills. Keira was outstanding with her plays to first; resulting in 2 outs. Nakisha took to third base like a fish to water.



Aisha was solid on first base and Paige showed us her amazing short stop skills with Aiesha on second base, a match made in heaven! A fantastic outfield catch by Jess along with awesome fielding from Leila kept the opposition in check. Renee's pitching was fantastic and the combination with Kellie catching made 9 strikeouts. Shanae held the fort and was awesome in support and training.

The whole team loves our new shirts and is so thankful to the P&C for purchasing these for us. We look so professional and it binds our team.

A massive thank you to Mr Stephens for the knowledge and skills he has brought to the school for both baseball and softball. He is bringing in all the technical call signs from the dugout. We also wouldn't be the team we are without the help and support of Lee Jones. She really does so much for us and we appreciate all you do. We are all looking forward to the state tournament and can't wait to let you all know how we go there.

Ms Lincoln



COMMUNITY NOTICES & EVENTS



Coach 2 Cope: Families and Carers

Supporting the mental health and wellbeing of children & young people

Are you concerned about the impact mental health has on the young people in your life? Would you like to learn simple ways to respond to them during times of distress?

EquiEnergy Youth is a charity dedicated to reducing psychological distress, self-harm and the risk of suicide in young people. Our programs aim to connect young people with safe & effective adults with the capacity to effectively respond to them during times of distress and improve mental health outcomes.

As a result of a PhD research project and thousands of hours of clinical experience, Dr Stephen Spencer has developed a simple method to guide adults on how and when to respond to young people in distress to achieve a positive outcome. Steve will coach you on the following:

- A 5 step evidence-based psychological first aid framework (TAR3) for you to follow when responding 'in the moment' to episodes of distress and behavioural challenges. For example, TAR3 is the equivalent of the DR ABC process for responding to first aid.
- Guidance on simple ways you can help young people build coping, resilience and positive help seeking behaviour and the vital role you play in promoting this.
- Context on why child & adolescent mental health occurs and what you can do to improve mental health outcomes for the young people you support.
- Coaching in the use of scripts and engagements strategies to adopt when responding to distress using the TAR3 Psychological First Aid Method.

Live via Zoom – Wednesday the 22nd of June from 6pm to 7pm
(Attendance is complimentary).

Please be quick as spots are limited

Use this link to register via Eventbrite

<https://coach2copefamiliesandcarers.eventbrite.com.au>

www.eeyouth.org.au

Have Your Say

KARIONG REVITALISATION PROJECT

Give your input on what YOU would like to see happen!

Fill out the survey



<https://rb.gy/7jjqjs>

The project is targeting the Kariong Oval area and aims to 'revitalise' this zone with the addition of adornments in the area, and by running community events.

an initiative of



CONNECT CONSULT CREATE



GET UP!
STAND UP!
SHOW UP!

CENTRAL COAST NAIDOC COMMUNITY DAY

Tuesday 5th July, 2022
10 am to 3 pm

The Entertainment Grounds,
Gosford Racecourse

- Live Entertainment
- Free BBQ Lunch
- Health Checks
- Community Stalls
- Kids Rides & much more!!
- Come together with family, friends and community for a fun filled day.
- Complete all stations in Health precinct (you'll receive a free shirt on completion - age 16yrs and over only)

Any enquiries contact
Nunyarra Aboriginal Health
Unit on 4320 2698



Central Coast
Local Health District

Qualified coaches

Sponsored by **rebel**

ELITE COACHING FOR ASPIRING PLAYERS

East Coast Soccer School

4 DAY WINTER 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, Woy Woy Date: 12th - 15th July 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@eastcoastsocerschool.com.au
eastcoastsocerschool.com.au

2 DAY ELITE GK CLINIC
12th - 15th July
- HANDLING & SAVES
- DISTRIBUTION
- POSITIONING
- NARROWING
- ANGLES & MORE!

Partners: GIOCA

Qualified coaches

Sponsored by **FLYOUT**

ELITE COACHING FOR ASPIRING PLAYERS

East Coast Soccer School

3 DAY WINTER SOCCER DEVELOPMENT CAMP

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

Location: Baker Park, Wyong Date: 5th - 7th July 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

BOOK NOW
LIMITED AVAILABILITY
0491 443 100
Info@eastcoastsocerschool.com.au
eastcoastsocerschool.com.au

ELITE GOALKEEPING CLINIC 5th - 7th July
9-12pm GK training
12-3pm Outfield training

Partners: GIOCA