



NEWSLETTER



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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



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



Congratulations, to our Captains, Lovely and Norah on the amazing leadership and speaking skills they demonstrated in the round table discussion with MP Leisl Tesch and other community members last week.

HSC TRIALS

GOOD LUCK,
YEAR 12 IN THE
UPCOMING
TRIAL EXAMS.



Don't miss our yummy fundraiser

KMHS
PIE DRIVE

\$50 Minimum Order
Delivered to your Door!

ORDER
ONLINE
25 July -
14 Aug

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

Code: KMH0722

CALENDAR

MONDAY August 1	TUESDAY August 2	WEDNESDAY August 3	THURSDAY August 4	FRIDAY August 5	MONDAY August 8	TUESDAY August 9	WEDNESDAY August 10	THURSDAY August 11	FRIDAY August 12
		Education Week			Year 11 Biology Rock Platform HSC Trials start	HSC Trials CMS Softball	P-Tech Crossmuller Year 10 HSC Trials CMS Softball	Aquarium Visit Year 9 Marine Studies HSC Trials CMS Softball	HSC Trials



RELIEVING PRINCIPAL'S REPORT

Welcome back to all students. I hope all of our families had a happy and safe break!

Year 10 students had their subject selection interviews at the end of last term and are to be commended for their thoughtfulness in decision making. Subject lines will be developed in the near future and students will have some more decisions to make. Unlike some schools, we have our students dictate the curriculum rather than have a curriculum dictated to them.

School Uniform

As frequently mentioned before, uniform is an important aspect of our school. It is not only a key component of our value of Unity, but there is also a safety element.

From this week, uniform will be more closely monitored by Mr Cartner. Detentions will occur and parents will be

contacted in an endeavour to improve this important aspect of our school.

Successfully Resolved

I am sure you are already aware that we had an intruder in our school last week. One of the difficulties we had in locating the boy was that he was wearing clothes very similar to a large number of our students, who were out of uniform. Fortunately, the matter was resolved easily in the end, without any students at any stage ever being in danger.

I wish all students a great Term 3, where our values of **Unity, Knowledge, Respect** are on display in all classes.

Mr Scott White
Deputy Principal

KMHS Positive Behaviour for Learning (PBL) Award



CONGRATULATIONS to our Canteen Voucher WINNERS:

Amy - Year 9
Haylee - Year 11

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Build friendships



Develop life skills

education.nsw.gov.au

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight
M T W T F
M T W T F

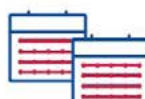
= **4** weeks



= Over **1** year missed

1 day per week
M T W T F
M T W T F

= **8** weeks



= Over **2.5** years missed

education.nsw.gov.au



SAY NO TO VAPING

E-cigarettes are not only **addictive**, but also contain or produce harmful chemicals and toxins that can cause serious health problems. The nicotine found in them is highly addictive and can affect brain development in teens, **impacting their learning, concentration and mood, causing anxiety and depression.**

The use of e-cigarettes among young people is a growing concern on the Central Coast and indeed across all of Australia. NSW Health's **Say No to Vaping** campaign aims to raise awareness, debunk myths and empower teens to make informed decisions.

Mythbusters:

Myth: Vaping is not bad for your health

FACT: Many e-cigarettes contain or produce chemicals and toxins such as formaldehyde and heavy metals that can cause DNA damage, serious lung damage and cancer. They also contain other chemicals not found in tobacco smoke, and it is not yet known what effects these will have on your health in the long-term – so why take the risk?

Myth: You can't get addicted to Vaping

FACT: Most e-cigarettes contain nicotine – the same highly-addictive chemical that's in regular cigarettes.

Myth: E-cigarettes contain less nicotine

FACT: Depending on the size and type of e-cigarette, they can contain as much nicotine as up to three entire packs of cigarettes!

Myth: Vaping will help you stop smoking

FACT: There is not enough evidence to prove e-cigarettes are effective at helping smokers quit. That is why they are not an approved product for helping people to quit. Worse, studies have shown high school students who start using e-cigarettes are much more likely to begin smoking regular cigarettes as well.

Myth: Vaping is safer for the environment

FACT: Vapes waste is especially bad for the environment due to single-use plastic, hazardous and toxic chemicals and electronic waste produced from lithium-ion batteries and heating elements.

Myth: All vaping is legal

FACT: In NSW, it is illegal to sell e-cigarettes or e-cigarette accessories to a person under 18 years of age. It is illegal to sell e-cigarettes containing nicotine to all ages. It is also illegal to use e-cigarettes in places where smoking is illegal.

Source: NSW Health - Say No to Vaping
<https://www.healthpromotion.com.au/saynotovaping/>

SAY NO

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



Health
Central Coast
Local Health District



A single STIG can contain the **SAME AMOUNT OF NICOTINE** as an entire pack of cigarettes, making them **HIGHLY ADDICTIVE.**



They contain **HARMFUL CHEMICALS** that can cause serious **LUNG DAMAGE AND CANCER.**

Research shows kids who vape are much **MORE LIKELY TO START SMOKING CIGARETTES.**



Companies are **TARGETING YOUNG PEOPLE** to get them hooked – **DON'T BE A PUPPET!**

Nicotine found in e-cigarettes can **AFFECT BRAIN DEVELOPMENT** in teens, impacting their learning, concentration and mood, causing **ANXIETY AND DEPRESSION.**



#SayNoToVaping

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

Health
Central Coast
Local Health District

SAY NO TO ANXIETY & DEPRESSION

Nicotine found in e-cigarettes can **AFFECT BRAIN DEVELOPMENT** in teens, impacting their learning, concentration and mood, causing **ANXIETY AND DEPRESSION.**

#SayNoToVaping

Health
Central Coast
Local Health District

SAY NO TO POLLUTION

Vapes create **PLASTIC WASTE** from devices and cartridges, **TOXIC WASTE** from their hazardous chemicals and **ELECTRONIC WASTE** from their batteries.

#SayNoToVaping

Health
Central Coast
Local Health District

SAY NO TO SERIOUS HEALTH RISKS

E-cigarettes contain or produce **CHEMICALS KNOWN TO CAUSE LUNG DAMAGE AND CANCER.** There are also thousands of cases of injuries caused by their **BATTERIES EXPLODING.**

#SayNoToVaping

Health
Central Coast
Local Health District

SAY NO TO SMOKING

Research shows kids who vape are much **MORE LIKELY TO START SMOKING CIGARETTES.** It can also lead to **OTHER DRUG USE.**

#SayNoToVaping

Health
Central Coast
Local Health District

SAY NO TO EXPLOITATION

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

Health
Central Coast
Local Health District



Stage 4 Gymnastics

Stage 4 have started their Gymnastics unit in PDHPE. Our students did not hesitate to support each other in partner holds and maintained safety using correct spotting techniques. Students worked in groups to create gymnastics routines which displayed assigned elements of rotation, jump, landing, locomotion and static. They proudly presented these routines to their peers.

Stage 5 'Health Promotion'

Stage 5 students are starting their unit "Health Promotion". They will learn about the Ottawa Charter and then study

the many health needs and concerns of Australian youth. We can't wait to see what the students create when designing their own campaigns to help address health issues in Australia and provide goals and strategies to greatly improve the health needs of adolescents.

Good luck to all students who are competing in the **Oz Tag Gala Days** in Weeks 2 and 3! We know your amazing skill levels and the fantastic teacher coaches will help see great success.

Ms Meyer
Head Teacher PDHPE

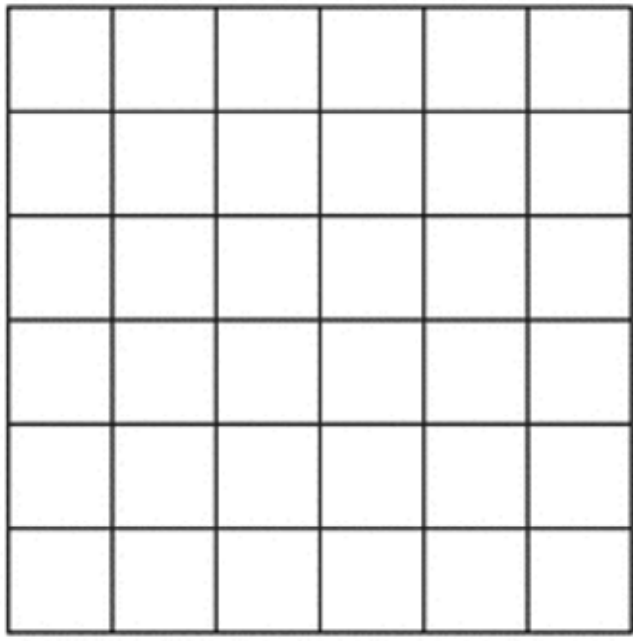


MATHEMATICS

From the Maths faculty...

As part of our numeracy initiative here at KMHS, staff and students are being encouraged to develop their problem-solving skills and perhaps change their disposition towards numeracy in doing so. Here is this week's challenge.....good luck!!

Super Challenge:



Can you place 6 **X** in the grid so that each X is in its **own** row, column and diagonal?

MUSIC



Ruby (KMHS Year 11) and The Groovy Doobys (made up of students from HKHS, BWSC and TLSC) are currently competing at YouthRock, a state-wide 'battle of the bands' competition, held at Bankstown Sports Club. They came 1st in their group of 8 and are through to play in the grand final on Sunday afternoon at 3pm, which you can watch via their facebook page '[YouthRock Band Competition](#)'.

Follow the link below to watch Ruby and The Groovy Doobys play at the semi-final - Scan through to 1:23:40 <https://fb.watch/eyP6OzE0rL/>

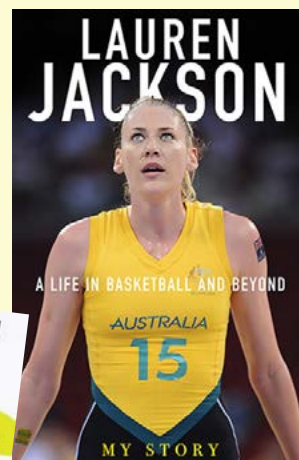
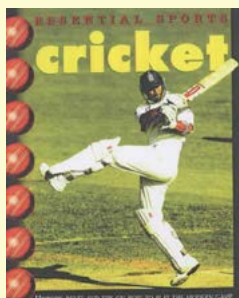
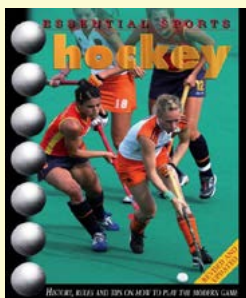
Congratulations, Ruby and the Groovy Doobys, on great performances so far and GOOD LUCK IN THE FINALS!

LIBRARY



Read your way through the Commonwealth Games!

Check out the library's sport collection and find out more about your favourite athletes and sports.



**2022 Commonwealth Games
Birmingham: July 28 - August 8**
**SHOW YOUR SPORTING COLOURS
AND SUPPORT, LITERALLY!**



CANTEEN MENU & CAREERS

KARIONG MOUNTAINS HIGH SCHOOL P&C

TERM 3 2022

Canteen Menu

ORDER ONLINE WITH FLEXISCHOOLS OR AT THE CANTEEN LUNCH COUNTER...EFTPOS OR CASH ACCEPTED

ALL DAY BREAKFAST

Hash brown	\$1.00
Cheese & Vegemite scroll VG	\$3.00

SNACKS

Fresh Fruit tub VG	\$3.00
Fruit salad, oranges, watermelon	
Garlic bread - 5 pieces VG	\$2.00
Redrock deli chips VG	\$1.40
Yoghurt VG	\$2.70
Yoghurt, Muesli, Fruit cup VG	\$3.00
Hommus dip and vegetable sticks ★	\$1.50
Potato Scallop (oven baked) VG ★	\$1.00

ICE CREAMS

Sour Snap Stick ★	\$1.00
Watermelon, Strawberry, Raspberry, Blueberry, Grape	
Moosie (low fat ice cream tube)	\$1.50
Chocolate / Bubble-gum	
Juices - Apple Blackcurrant ★	\$1.00
Frozen Juice Cups - Orange / Apple BC	\$1.00

DRINKS

Small flavoured milk - 300ml VG	\$3.00
Chocolate / Strawberry	
Large flavoured milk - 500ml VG	\$4.20
Chocolate / Strawberry / Iced coffee	
Small Juice bottle - 250ml VG GF	\$3.00
Orange / Apple / Apple & Blackcurrant	
Juice Bombs - 250ml VG GF ★	\$3.00
Orange & Passionfruit / Apple & Raspberry / Watermelon	
Water: small bottle - 350ml VG GF	\$2.00
Water: medium bottle - 600ml VG GF	\$2.50
Water: large bottle - 1 litre VG GF	\$3.00

PAYMENT

EFTPOS or cash accepted

SALAD POKE BOWL

MUST ORDER

MINI Garden salad poke bowl VG (MUST ORDER)	\$3.00
Lettuce, tomato, carrot, cheese	
Garden salad poke bowl VG (MUST ORDER)	\$5.60
Lettuce, tomato, cucumber, beetroot, carrot, cheese & egg	
Lean meat + salad poke bowl (MUST ORDER)	\$6.60
Above garden salad + chicken breast, ham, tuna or salmon	
Caesar salad poke bowl (MUST ORDER)	\$5.60
Lettuce, cheese, ham, egg, dressing & croutons	
Chicken Caesar salad poke bowl (MUST ORDER)	\$6.60
Chicken breast, lettuce, cheese, ham, egg, dressing & croutons	
Any dressing	40c

SANDWICH PLUS

MUST ORDER

Bread buttered VG	\$2.00	\$2.50
Vegemite VG	\$2.50	\$3.00
Cheese VG	\$2.50	\$3.00
Egg (plain or curry) VG	\$2.50	\$3.00
Egg & lettuce (plain or curry) VG	\$2.70	\$3.20
Ham, cheese & tomato	\$4.50	\$5.00
Lean Meat Lean chicken, ham, tuna, salmon	\$4.50	\$5.00
Salad VG	\$4.50	\$5.00
Lettuce, tomato, cucumber, beetroot & carrot		
Lean meat + salad	\$5.50	\$6.00
Above salad + chicken breast, ham, tuna or salmon		

ADD TO ANY MEAL

MUST ORDER

Add to any burger, sandwich, roll or wrap price:	
Salad VG	\$1.20
Lettuce, tomato, cucumber, beetroot & carrot	
Each item	30c
Lettuce, beetroot, carrot, egg, cucumber, tomato, cheese	
Toasted extra	FREE

VOLUNTEERS WELCOME ANYTIME !

Many hands make light work, \$10 canteen voucher with every visit.

WRAP

BEST TO ORDER

Mayonnaise chicken wrap	\$5.00
Flame grilled chicken, lettuce, tomato, carrot, cheese & mayonnaise	
Sweet chilli chicken wrap	\$5.00
Flame grilled chicken, lettuce, tomato, carrot, cheese & sweet chilli	
Caesar chicken wrap	\$5.00
Flame grilled chicken, ham, lettuce, cheese & Caesar dressing	

HOT FOOD

Potato scallop (oven baked) VG ★	\$1.00
Lean sausage roll (low fat)	\$3.00
Lean pie (low fat)	\$4.50
2 Minute chicken noodles	\$3.20

DAILY LUNCHES

MUST ORDER

Meatball pasta cup VG (MUST ORDER)	\$5.00
Meatballs in Italian sauce on spiral pasta plus cheese	
Bolognese pasta cup (MUST ORDER)	\$5.00
Beef tomato sauce on spiral pasta topped with cheese	
Tomato salsa pasta cup VG (MUST ORDER)	\$5.00
Pasta, Italian tomato sauce, shallots, fresh tomato & cheese	

SAUCES

Any sauce or dressing	40c
Tomato sauce - VN GF	BBQ sauce - GF
French dressing - VN	Sweet chilli sauce - VN GF
Mayonnaise - VG GF	Sweet chilli mayonnaise - VG GF

ALLERGY MENUS

Please speak to our canteen manager about any allergies you may have and are concerned with.

HOW TO ORDER ...

Online with Flexischools, or at the canteen lunch counter. BAGS ARE FREE

NEW ITEMS

ALL NEW ITEMS HAVE A STAR ★

DAILY SPECIALS

MONDAY ONLY

MADE IN CANTEEN

Flame grilled chicken burger	\$5.00
Flame grilled chicken, lettuce & mayonnaise on a round roll	
Flame grilled cheese burger	\$5.00
Lean beef patty, cheese & tomato sauce on a round roll	

TUESDAY ONLY

MADE IN CANTEEN

Italian Meatball Sub ★	\$5.00
... Meat balls, Italian tomato sauce & cheese on a long roll	
Italian Triple Cheese Sub ★	\$5.00
... 3 cheese mix (parmesan, mozzarella, tasty) & Italian tomato sauce on a long roll	

WEDNESDAY ONLY

MADE IN CANTEEN

Butter Chicken on Rice ★	\$5.00
...homemade butter chicken on steamed rice	
Teriyaki Chicken OR Tuna Sushi ★	\$4.00
... Teriyaki chicken, rice & nori OR tuna, rice & nori	
Vegetarian Sushi VG GF (BEST TO ORDER) ★	\$4.00
... Tofu, carrot, rice & nori.	

THURSDAY ONLY

MADE IN CANTEEN

Beef nachos	\$5.00
Baked tortilla basket, nachos beef tomato sauce & cheese	
Tomato salsa nachos VG (BEST TO ORDER)	\$5.00
Baked tortilla basket, fresh tomato, Mexican tomato sauce & cheese	

FRIDAY ONLY

MADE IN CANTEEN

TOASTED PIZZA WRAPS	
BBQ Chicken toasted pizza wrap	\$4.00
Tortilla wrap toasted with breast chicken, BBQ sauce & tasty cheese	
Cheeseburger toasted pizza wrap ★	\$4.00
Tortilla wrap toasted with flamed grilled beef, tasty cheese & tomato sauce	
Double cheese toasted pizza wrap VG	\$4.00
Tortilla wrap toasted with tasty cheese, herbs & tomato sauce	



WHO RUN THE WORLD?

The Central Coast BUILDING LADY TRADIES PROGRAM is enrolling now!

LIMITED PLACES AVAILABLE!!

Central Coast Group Training and Construction Trade Qualifications are teaming up to bring you...

THE COAST'S FIRST EVER LADIES ONLY CONSTRUCTION TRAINING PROGRAM

This program will focus on all aspects of the construction industry with REAL trade like experiences. You will also receive career guidance and work experience through Central Coast Group Training.



Central Coast Group Training



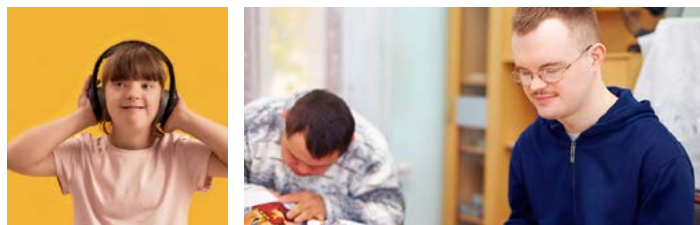
CONSTRUCTION TRADE QUALIFICATIONS
RTCM 41156
"Builders Educating Builders"



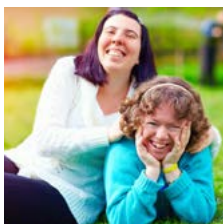
Click to Download Enrolment form (PDF)



COMMUNITY NOTICES & EVENTS



**U18s AFTER SCHOOL
PROGRAMS
TERM 3, 2022
GOSFORD**



View Term 3 Program

**PASSIONATE ABOUT
PHOTOGRAPHY? VIDEOGRAPHY? PODCASTING?
BUT ONLY HAVE A PHONE...
WANT TO LEARN HOW TO MAKE THIS INTO A
BUSINESS OR CAREER?**



COST: FREE!
**DATES: SAT, AUGUST 27
TUES, OCTOBER 4**
TIME: 11AM - 5PM
**WHERE: THE HUB
YOUTH ENTERTAINMENT VENUE**
BOOK HERE: AUG 27
BOOK HERE: OCT 4

Scouts is for everyone!

Scouting is a worldwide movement that has shaped the development of children and young adults for over 100 years. With over 18,000 youth and adult members from various cultural and religious backgrounds and with varying abilities, Scouts is one of the largest and most successful youth organisations in New South Wales!

Today's Scouts can take part in an extraordinary variety of outdoor activities, from 'traditional Scouting skills' such as camping and bush craft, through to more extreme challenges such as abseiling, overnight hiking, rafting, canyoning, rock climbing, sailing and even flying! Scouts also have the opportunity to become involved in performing arts, leadership development, community service, amateur radio operation, environmental projects and large-scale events.

scoutreach.org.au

To find your closest Hunter and Coastal Scout Group contact: **1300 858 464**



Joey Scouts (ages 5-8*)

Cub Scouts (ages 8-11)

Scouts (ages 11-14)

Venturer Scouts (ages 14-17)

Rovers (ages 18-25)

Leaders (ages 18+)

*A young person can join the Joey Section at any time after their 5th birthday provided they are attending school full time.



SCAN ME

