



NEWSLETTER

CHAMPION VOLUNTEERS

PAGE 2



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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

PRESS STOP!!!

ABC ME - SERIES PREMIERE - MON AUG 15

Ruby (Year 11), has spent 6 weeks at the ABC, filming a TV series titled 'Soundtrack To Our Teenage Zombie Apocalypse'. Ruby plays one of four teenagers, who find themselves stuck in the ABC building during a zombie apocalypse whilst trying to write songs to win Triple J Unearthed High...

Ruby wrote a lot of the soundtrack and her original music features in the show. Watch the preview on YouTube:



Recognising and congratulating the recent sporting endeavours of Flynn Richards (Year 9) and Mr Flakus. Flynn has been selected to represent NSW at the National Football Championships. Mr Flakus won a Gold medal for Australia at the recent Oz Tag Championships.

REMINDER: PRC CLOSING FRIDAY, AUGUST 19

COMPLETE YOUR PERSONAL READING LOG



Visit the Student Site!

CALENDAR

MONDAY August 15 HSC Trials	TUESDAY August 16 HSC Trials	WEDNESDAY August 17 HSC Trials	THURSDAY August 18 HSC Trials Central Coast Showcase	FRIDAY August 19 HSC Trials	MONDAY August 22	TUESDAY August 23 Year 7 Immunisations Next Step Dance	WEDNESDAY August 24 P-Tech Crossmuller Year 10	THURSDAY August 25	FRIDAY August 26 Zone Athletics
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THIS SUNDAY
LAST DAY TO ORDER!



Don't miss our yummy fundraiser

KMHS PIE DRIVE

\$50 Minimum Order
Delivered to your Door!

<https://thompsonpies.com.au/order-online/>
Code: KMH0722

ORDER ONLINE
25 July - 14 Aug



RELIEVING PRINCIPAL'S REPORT

For the remainder of term, I will be relieving as

Principal for most aspects of the school. Ms Vine is still the substantive

Principal working mostly on specific administrative functions. Mr Cartner, for all intents and purposes, will relieve as Deputy Principal. Arrangements for Term 4 are yet to be determined.

Following is a message from the Department of Education, at the request of the NSW Police Force, regarding gel guns and hydro blasters. They have not been an issue at our school and of course we hope they will never be.

Gel guns or hydro blasters are gun-shaped toys that expel gel balls through a powered, compressed air gearbox system. Gel guns and hydro blasters are designed to replicate real weapons and the look of these guns can make it difficult for individuals to differentiate between a toy and a genuine firearm.



The New South Wales Police Force Firearms Registry has classified gel guns as an air gun, and as such, are classified as a prohibited firearm under the Firearms Act 1996.

As per the Department's policy, students found in possession will be placed on a long suspension pending a police investigation.

COVID Policy and Procedures

Last week, I emailed an update in regard to the Department's COVID policy and procedures. The purpose of the email was to outline our obligations. I appreciate that there may be some disagreement with aspects of the content for some families. Please note that we do not administer any COVID vaccinations.

Amazing Volunteers

Our school is developing a fine reputation across the region for students volunteering at sporting carnivals and other events. Invariably, they are highly praised and appreciated due to their enthusiasm and respectful attitude. This is an excellent example of students fulfilling our core values of **'Unity Knowledge Respect'**.



After School Activities

Our School Captains, Lovely and Norah, have posted a survey on the school's Instagram page seeking interest in after school activities. These activities are part of an initiative led by our local MP, Leisl Tesch, and other community members, as part of a program to address the needs of the Kariong community. Students are encouraged to complete the survey to provide valuable feedback.

*Mr Scott White
Relieving Principal*





DEPUTY PRINCIPAL'S REPORT

Often, the Deputy Principal article focuses on our core values of **Unity** and **Respect**.

This week, I would like to focus on our core value of **Knowledge**.

Knowledge in Focus



A school's primary function is to provide a foundation for life-long learning, enabling students to arm themselves with the skills they need to navigate the adult world, post-school.

These skills include **communication** and **interpersonal skills**; **decision making** and **problem solving**; **creative** and **critical thinking**; **self-awareness** and **empathy**.

The first step toward achieving these skills and leaving school, whether it be to commence an apprenticeship, a trade or employment, during or after Year 10, or after successful completion of the HSC, is **attendance**. Simply being **present** each day, **on time** and prepared to engage in learning with the correct equipment, has a massive impact on the future prospects of a student.

Check-in Class at KMHS

Our day, at Kariong Mountains High School, for students in Years 7-10, commences with the **Check-in** class from **8:50 to 9:05**. This is a 15 minute opportunity for the roll to be marked and to set the scene for the day. Check-in class allows students to **transition** from the morning activities at home and en-route to school, into the **correct frame of mind** to engage with the day's learning activities. As the name implies, it is also an opportunity for the check-in teacher to enquire how individual students are going and to have some general conversation with the class.



Students have roughly a 5 minute transfer time between classes and should make their way promptly to the next class to allow for pre-entry instructions and a settling down period before the class commences.

Next time, my article will focus on another important aspect of our **Knowledge** value; **applying** ourselves.

I will leave you with this insight from our 2018 Dux, Jack Woonton, addressing the school and award recipients at the End of Year Presentation Ceremony:

"If you want to succeed at school, simply turning up each day and on-time is a great way to start."

Mr James Cartner
Relieving Deputy Principal

KMHS Positive Behaviour for Learning (PBL) Award



CONGRATULATIONS to our Canteen Voucher WINNERS:

Ashton - Year 7
Taleisha - Year 9

CURRENT HOUSE POINTS

BOUDDI	DHARUG	GIRRAKOOL	POPAN
3332	4190	3144	4052

CONGRATULATIONS Flynn!

Flynn Richards (Year 9), has been selected in the Football NSW Metropolitan Team, to play in the 2022 Australian National Youth Championships in September. What a huge honour for Flynn and his family, for him to represent our State and put his skills to the test against the very best players from around Australia. Flynn has been a valuable asset to our KMHS teams over the years, playing in the Open Boys team since Year 7, and is easily the most talented young footballer I have ever seen.

- Mr Gibbs

SQUAD ANNOUNCEMENT



NSW METRO BLUE 15 BOYS

Will Kinghan	Blacktown City
Marin France	Sydney FC
Zac Wilson	Northern Tigers
Jared Muir	Manly United FC
Oliver Neri	Marconi Stallions FC
Prayaag Thapa	Rydalmere Lions FC
Ricky Fransen	Sutherland Sharks
Leon Alizart	Western Sydney Wanderers
Leo Hammond	APIA Leichhardt
Alaat Abdul-Rahman	Western Sydney Wanderers
Oliver Sacks	Sydney FC
Josh Falato	APIA Leichhardt
Haydar Hijazi	Sutherland Sharks
Flynn Richards	Central Coast Mariners
Stefan Markovski	Western Sydney Wanderers
Taj Demito	Sydney FC
Munib Smajic	Marconi Stallions FC

Coaches: Trevor Fattore, Eugene Lawrenz, Nathan Randall

From the Maths faculty...

Year 10 has been in the spotlight recently as they work towards deepening their understanding of bi-variate data analysis. They were set the task of building a solar passive house which is designed to retain heat throughout the colder months and

maintain cooler temperatures during Summer. Some fantastic models were constructed, and students have begun recording and analysing their data to help evaluate the effectiveness of their solar passive houses.



Students recording temperatures using infrared thermometers. Houses were placed in the sun for 20 minutes and then moved to the shade for 10 minutes to determine whether their houses successfully meet the design brief.

Trigonometry...

Further, in Stage 5, Year 9 has been introduced to the wonderful world of Trigonometry!!

Questions such as **'How tall do you think that tree is?'** or **'How high is that building?'** have all been answered with precision (*and logical*

reasoning). Students have been experimenting using clinometers and measuring tapes to measure angles and distances allowing them to apply their understanding of trigonometry and solve a variety of real-world problems.



Clinometers (for measuring angles), tape measures, recording sheets and a little bit of SOH, CAH, TOA!!
Recipe for success in one of the recent Year 9 classes.

GET CREATIVE OUTSIDE SCHOOL

Did you know that every child in NSW is entitled to a \$100 creative arts voucher from the government? With several students expressing an interest in attending after/out-of school art classes, Mrs Toner has sourced information about local places on the Central Coast that accept these vouchers. You can apply for a Creative Kids voucher through Service NSW and use the contact information of businesses below to expand creative learning outside school.

COLOUR TRAP KIDS

Email: bells@colourtrapkids.com | Phone: 0403 144 102

*Art & Craft Classes - Avalon Beach
Offers classes per term and holiday workshops.*



CENTRAL COAST CREATIVE HUB

Email: hello@centralcoastcreativehub.com.au | Mobile: 0472 610 511

*Arts & crafts creative studio.
Offered to all age groups, workshops/ holiday programs.*



ART CLASSES CENTRAL COAST, SPRINGFIELD

Email: unfoldingcreativity@gmail.com | Mobile: 0414 438 121

Offers after school group classes and Saturday classes.



CENTERED CERAMICS

Email: hello@centeredceramics.com.au | Phone: 02 4346 4459

246 West St Umina Beach

Offers workshops and term schedules.



LITTLE LANE WORKSHOPS

Address: Studio 4102/4 Daydream St, Warriewood NSW 2102 | Phone: 0434 091 032

Holiday workshops and after school workshops.



DIGITAL BRUSHES

Email: belinda@digitalbrushes.com.au | Phone: 0404 274 727

PO Box 191, Avalon Beach NSW 2107

Term classes and holiday workshops.



CREATIVE ARTS AT PCYC

Umina Beach - 101 Osborne Avenue | Bateau Bay - 460 The Entrance Rd

Morriset - 5 Kahibah Street

Creative courses and art classes.



ART WELLBEING - NORAVILLE

Email: cheryl@scribblehealth.com.au | Phone: 0410 821 443

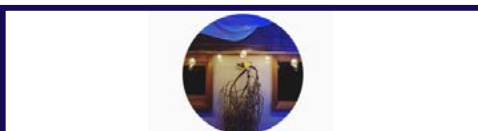
Offers after school group classes and Saturday classes.



WHITE GUM ART HOUSE

Email: wgarthouse@outlook.com | Phone: 0414 526 106

Carrington St, Narara





Build Your Career

With Central Coast Council

Apprenticeships & Traineeships

Interested in working with us at Central Coast Council?

For advice on your pathway options, email buildyourcareer@centralcoast.nsw.gov.au



Check out a day in the life of an Apprentice Boiler Maker

There are many exciting apprenticeship and traineeship opportunities available if you choose to work for Local Government.

What will I do as an Apprentice Boiler Maker?

- Assist Council's trade staff in providing clean water and hygienic wastewater services.
- Spend time in the workshop welding, fabricating and repairing metal parts and equipment.
- Work in the field maintaining Council's treatment plants, pump stations and dams.
- Complete formal studies and receive on the job mentoring from experienced tradespeople.

Why work for us?

Council is committed to supporting local apprentices and trainees to build their dream careers by offering expert mentorship and training. We provide work-based experience that complements learning in nationally recognised qualifications.

The Central Coast Council Apprentice/Trainee Program offers access to:

- Fitness Passport
- Time to attend study
- Flexible work and rostered days off

Our people make our organisation great! We're passionate about the Central Coast and the contributions we can make to improve our community, in a workplace that promotes equity, diversity and respect.



Check out a day in the life of an Apprentice Bridges and Wharves Carpenter

There are many exciting apprenticeship and traineeship opportunities available if you choose to work for Local Government.

What will I do as an Apprentice Bridges and Wharves Carpenter?

- Supporting the minor construction of concrete/ timber bridges, wharves and signs
- Operating vehicles and cranes to support civil works
- Perform labouring duties on Council work sites
- Complete formal studies and receive on the job mentoring from experienced tradespeople

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Check out a day in the life of an Electrical Apprentice

There are many exciting apprenticeship and traineeship opportunities available if you choose to work for Local Government.

What will I do as an Electrical Apprentice?

- Assist Council's trade staff to maintain a wide variety of electrical assets in diverse settings.
- Work with a variety of tools, plant and equipment, and read and interpret technical information.
- Spend time implementing solutions in both a workshop environment and in the field.
- Complete formal studies and receive on the job mentoring from experienced tradespeople.

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OPPORTUNITIES ON THE CENTRAL COAST



Check out a day in the life of an Apprentice Heavy or Plant Mechanic

There are many exciting apprenticeship and traineeship opportunities available if you choose to work for Local Government.

What will I do as an Apprentice Heavy or Plant Mechanic?

- Learn mechanical diagnostic skills both in the workshop and on site
- Understand the different components that make up heavy vehicles and plant
- Working with trades people on our field service truck out on council sites such as landfills and construction sites
- Complete formal studies and receive on the job mentoring from experienced tradespeople

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Check out a day in the life of a Wastewater Treatment Trainee

There are many exciting apprenticeship and traineeship opportunities available if you choose to work for Local Government.

What will I do as a Wastewater Treatment Trainee?

- Discover the varied technical duties that are carried out in Wastewater Treatment Plants.
- Learn to collect samples and analyse water quality to ensure environmental compliance.
- Work in a team environment with a strong focus on safety.
- Complete formal studies and receive on the job mentoring from experienced tradespeople.

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Check out a day in the life of an Apprentice Fitter and Machinist

There are many exciting apprenticeship and traineeship opportunities available if you choose to work for Local Government.

What will I do as an Apprentice Fitter and Machinist?

- Assist Council's trade staff in providing clean water and hygienic wastewater services.
- Use various tools to repair mechanical equipment, pumps & valves used in water processing.
- Work in the field maintaining Council's treatment plants, pump stations and dams.
- Complete formal studies and receive on the job mentoring from experienced tradespeople.

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Check out a day in the life of a Water Treatment Trainee

There are many exciting apprenticeship and traineeship opportunities available if you choose to work for Local Government.

What will I do as a Water Treatment Trainee?

- Discover how we capture, store and produce some of the best drinking water in the world.
- Learn to operate and maintain Water Treatment Plants, Dams & Water Transfer stations.
- Analyse water quality to ensure Australian Health and Drinking Water Guidelines are met.
- Complete formal studies and receive on the job mentoring from experienced tradespeople.

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COMMUNITY NOTICES & EVENTS



JOIN THE FUN!

WITH
Brisbane Water Cricket Club

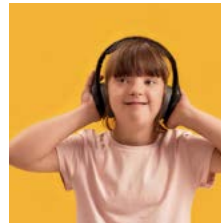


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PROGRAMS
TERM 3, 2022
GOSFORD



View Term 3 Program

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COST: FREE!
DATES: SAT, AUGUST 27
TUES, OCTOBER 4
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