



NEWSLETTER



BARA CLASS
TOWERS OF DESTRUCTION



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CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 October	24 October	25 October	26 October	27 October	30 October	31 October	1 November	2 November	3 November
HSC Exams	HSC Exams	HSC Exams	HSC Exams	HSC Exams	HSC Exams	Year 11 Exams	HSC Exams	HSC Exams	HSC Exams
	Parent Information Session - mobile phones and vaping			World Teachers' Day Year 8 VALID		Stage 6 Drug Talk			Outdoor Rec Fishing

FIND US ONLINE:

- <https://kariongmountains-high.com.au>
- <https://www.facebook.com/kariongmountainhigh>
- <https://www.instagram.com/kariongmountainhighschool>
- <https://www.instagram.com/kmhslibrary>

PHONE: **4340 0246**



To the KMHS community for supporting the new Mobile Phone Policy!

WELCOME BACK to a GREAT TERM 4 AT KMHS



CURRENT HOUSE POINTS

BOUDDI	DHARUG	GIRRAKOOL	POPRAN
6405	7149	6396	6686





FROM OUR PRINCIPAL

WELCOME BACK TO OUR FANTASTIC KMHS COMMUNITY!

Term 4 is always a busy one and moves at a cracking pace. We hope our students are well rested and ready to do their best.

MOBILE PHONE POLICY PARENT INFORMATION SESSION

Last Monday saw the introduction of the new mobile phone policy, implemented across the State. I would like to acknowledge Mr White and the office staff for their efficiency in working through the implementation phase.

Are you ready for learning?
It's as simple as 1, 2 and 3!

1
SWITCH OFF
your mobile phone + any connected devices (watch, earbuds etc.) when entering school in the morning.

2
PLACE
mobile phone + connected devices in your lockable pouch, to keep in your bag while at school.

3
UNLOCK
your pouch at the end of the school day, when leaving, to switch back on your device(s).

As with any policy change, the school is working through the complexities to ensure there is a consistent approach. I am pleased to report that students have demonstrated understanding of the implementation and have been respectful in their approach to this.

On Tuesday 24th October, the school will be holding a parent information session (from 5-6 pm) to address any queries that parents may have in respect to the policy. Additionally, the school is using this time to present a *parent information seminar on vaping*.

A representative from Central Coast Health will present information and field questions from parents. Please access the link below to indicate your interest in attending this event. The form also allows you to input questions that you may have on the two topics, to ensure queries can be answered.

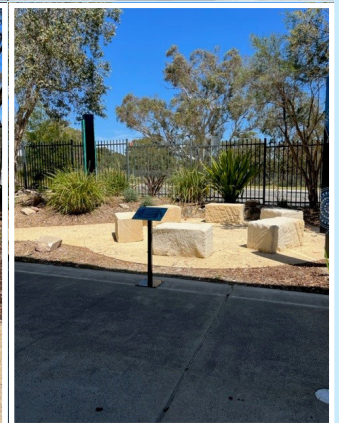
Information Session ATTENDEE FORM

KARIONG MOUNTAINS LEARNING COMMUNITY SPORTS GALA DAY

Last Tuesday was a fantastic start to the term, with our learning community coming together for a dedicated gala day. KMHS students organised and mentored our primary school students in a variety of activities that proved challenging, yet rewarding. Thanks to Mrs Miller and our partner primary schools for their attendance, enthusiasm and efforts in making this happen.

OUR YARNING CIRCLE IS COMPLETE!

I am excited to announce that the KMHS yarning circle is finally complete. The school will be holding an official opening ceremony on **Wednesday 29th November**. I look forward to welcoming our school community to this significant event. I would like to acknowledge the design and landscaping work of Dave O'Brien's Developing Leaders CC Pty Ltd and Developing Leaders Aboriginal Corporation. Dave's guidance, knowledge and passion for his work has resulted in a truly welcoming space.



HSC EXAMS

The 2023 HSC examinations commenced last Wednesday and are progressing well, with Year 12 working hard as they prepare to sit each examination.

As a school, we are currently celebrating fifteen students, who have already been offered early entry to university. This is a phenomenal result and is testament to the hard work both students and staff have applied to achieve this outcome.



LET'S

CELEBRATE



UNIVERSITY EARLY ENTRY OFFERS 2023 YEAR 12 STUDENTS

Congratulations, to the following students, who have secured early entry offers for tertiary study in 2024:

Monira, Keiana, Charlotte, Rachel, Liran, Elysha, James, Kyenan, Amber, Haylee, Riley, Isabelle, Caitlin, Olivia, Bryson

WELL DONE ALL!



We look forward to celebrating with Year 12, at their Formal on the 8th November.

YEAR 12 2024 TRANSITION

Kariong Mountains High School is dedicated to supporting students to achieve their best in their chosen pathway.

As I communicated last term, students due to complete Year 12 in 2024, **will begin their HSC courses from Week 4 this term.**

To facilitate organisation and additional support, all students are expected to attend from the start of the school day. Year 12 Advisor, Ms Milne, and Stage 6 Co-ordinator, Mrs Peters, will be engaging with the students in support programs designed to assist with study skills, time planning, assessment achievement and mentoring.

Flexible attendance is not available during Term 4, however, this will be reviewed in Term 1, providing that students demonstrate positive attendance patterns. This information was emailed to parents at the end of Term 3 and again last week.




Further planning with the students has been conducted this week in the form of **transition interviews**. Students discussed their attendance, subject pattern and the supports they believe they need to complete Year 12 successfully in 2024. Thank you, to Mr Hipwell, for organising this important event.

UNIFORM

Thank you, to all families for your engagement in supporting the KMHS uniform policy. I have no doubt the standard of uniform has improved, and students are making a concerted effort to follow the guidelines. The new hooded jumpers are due to arrive at the end of October. The school will notify families once this occurs.

Thank you, to all KMHS families for your ongoing support of the school and most importantly our students. I firmly believe the success of students is due to the team effort between families and the school. I look forward to continuing this important teamwork this term 😊.

Mrs Donna James
Principal



PARENT INFORMATION SESSION

NEW MOBILE PHONE POLICY

VAPING INFORMATION

FROM CENTRAL COAST HEALTH

TUES 24 OCT 5PM

OPPORTUNITY FOR PARENTS/CARERS TO ASK QUESTIONS AND ACCESS INFORMATION

YEAR 10 CHILD STUDIES

Gorgeous playground designs created by students using natural materials:





DEPUTY PRINCIPAL'S REPORT

I hope all students and families had a happy and safe holiday.

We are all looking forward to having another positive term to finish the year.

With our return to school, I would like to reinforce our school expectations, which are defined by our core values **Unity Knowledge Respect**.

Be on Time

Students are to arrive to school on time. Our school day commences at 8.50am. Punctuality to class is also important.

School Attendance

Attendance at school will be closely monitored again this term. Students, who are unwell, are expected to stay at home and the absence explained through a note, phone call, email or the Compass portal.

Mobile Phones + Devices

Students are reminded that mobile phones are expected to be placed in pouches upon entry into school. The way students have adapted to this significant change has been commendable. We have also retained all the agreements in students' files.

School Uniform

Students are expected to be in full school uniform. This expectation is strongly linked to our value of Unity. If unforeseen circumstances occur, preventing the wearing of school uniform, students are to provide a note from home and submit it to their check-in teacher. Failure to comply with uniform expectations will result in phone calls, emails and/or detentions.

Value Learning

For me, the most important expectations are that students are respectful and do their best by valuing learning.

Year 11 had interviews this week, to discuss progress and future directions. Expectations for the finalisation of study patterns will be communicated in the near future. Year 11 is to be congratulated on the maturity they demonstrated throughout the process.

*Mr Scott White
Deputy Principal*

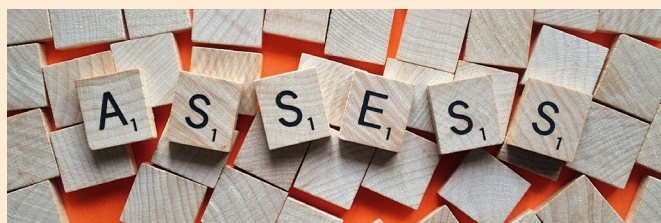


CHECK IN ASSESSMENT

Check-in Assessment for Reading and Numeracy (Years 7, 8 and 9)

During Weeks 5 to 7, Years 7 to 9 will complete the online Check-in Assessment for Reading and Numeracy. The results obtained will help the school with planning for the coming year. This assessment is externally marked.

All students in Years 7 to 9 are to bring their BYOD computers or borrow a school issued computer 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.



Mrs Simone Dunn

Canteen Menu

ORDER ONLINE OR AT THE SENIORS WINDOW AT THE CANTEEN. CASH & EFTPOS ACCEPTED.

ALL DAY BREAKFAST		
Hash brown VG		\$1.00
Potato Scallop (baked) VG		\$1.00
SNACKS		
Fresh Fruit Cup VG / GF		\$5.00
Fruit salad, oranges, watermelon (Seasonal)		
Garlic bread - 5 pieces VG		\$2.00
Redrock deli chips VG		\$2.00
Yoghurt VG / GF		\$2.50
Yoghurt & muesli VG		\$2.80
Yoghurt, muesli & fruit VG		\$3.00
Hommus, Carrot & Celery VG		\$2.50
Cheese & Vegemite pizza wrap		\$3.00
ICE CREAMS - VG GF		
Sour Snap Stix		\$1.00
Raspberry/Strawberry/Watermelon/BC/Blueberry		
Moosie (low fat chocolate ice cream)		\$1.50
Frozen Icy Cups Orange/Apple BC		\$1.00
Juicies frozen fruit juice pouch		\$1.00
Apple, tropical & apple blackcurrant		
Quech tubes		\$0.50
DRINKS - VG GF		
Small flavoured milk - 300ml		\$3.00
Small Nippy's flavoured milk - 250ml		\$3.00
Large flavoured milk - 500ml		\$4.00
Up & Go - 250ml		\$3.00
Small Juice bottle - 250ml		\$3.00
Orange / Apple / Apple Blackcurrant / Pineapple		
Glee - sparkling fruit juice		\$3.00
Watermelon/Bubblegum/Raspberry/Tropical/Blackcurrant		
Water: small bottle - 350ml		\$2.00
Water: medium bottle - 600ml		\$2.50
Water: large bottle - 1 litre		\$3.00
PAYMENT		
EFTPOS or cash accepted		
SALAD BOWLS		MUST ORDER
Garden salad bowl VG GF		\$6.00
Lettuce, tomato, carrot, cucumber, beetroot, cheese & egg		
Lean meat + garden salad bowl		\$8.00
Above garden salad + chicken breast, ham, tuna or salmon		
Caesar salad bowl can be GF		\$7.00
Lettuce, cheese, ham, egg, caesar dressing & croutons		
Chicken caesar salad bowl can be GF		\$8.00
Chicken, lettuce, cheese, ham, egg, caesar dressing & croutons		
Mixed salad bowl		\$7.00
Lettuce, tomato, carrot, cucumber, cheese, beetroot, celery, shallots		
Mixed salad bowl + meat - above + meat		\$8.00
SANDWICH / ROLL / WRAP		MUST ORDER
Buttered VG		\$2.50
Vegemite VG		\$3.00
Cheese VG		\$3.00
Egg (plain or curried) VG		\$3.50
Egg & lettuce (plain or curried) VG		\$4.00
Ham, cheese & tomato		\$5.00
Lean Meat Lean chicken, ham, tuna, salmon		\$5.00
Salad VG		\$5.00
Lettuce, tomato, cucumber, beetroot & carrot		
Lean meat + salad		\$6.00
Above salad + chicken breast, ham, tuna or salmon		
EXTRAS		MUST ORDER
Add to any burger, sandwich, roll or wrap		
Salad VG		\$1.20
Lettuce, tomato, cucumber, beetroot & carrot		
Each item		30c
Lettuce, beetroot, carrot, egg, cucumber, tomato, cheese		
Toasted		FREE
VOLUNTEERS WELCOME ANYTIME !		
\$10 lunch voucher for volunteers (excluding students)		

**CLICK TO VIEW / DOWNLOAD
FULL CANTEEN MENU - TERM 4**

Year 8 Mock Interviews

On Thursday 12th October, Year 8 finalised the Mock Interview component of the 'School to Work' program held here at KMHS.

All students were interviewed by a panel of delegates, currently employed in the industry, to give students an authentic experience that matches the 'real world'.



The students prepared a **portfolio**, which included cover letter, résumé and supporting documentation that showcased each individual student's transferable skills and achievements.

Students chose which position to apply for (*from four entry level and age appropriate jobs for a Year 8 student*). They had to demonstrate they could fulfil the criteria for that job and dress appropriately for the interview.

Feedback received from the interviewers was very positive and this was able to showcase to our local community the school's dedication and ability to upskill our students to be resilient, flexible and be prepared for an ever-changing world of work. ***Congratulations students, you did yourselves and the school proud!!***

Comprehensive evaluation forms and a participation certificate will be issued to students in the near future.



COMMUNITY NEWS & EVENTS

Term 4 Courses

Art Therapy Group
Kariong

Circle of Security
Woy Woy

Fear-Less Positive
Parenting Program
Woy Woy

Preparation for
Birth & Parenting
Kariong

Triple P Positive
Parenting Program
Mingaletta

CHAT Young
Parent
Peer Support Group

[View Current Course Calendar](#)

Teaching a learner driver?



Central Coast Council is inviting the community to attend free Transport for NSW 'Helping Learner Drivers Become Safer Drivers' workshops

The free workshop supports parents and supervisors of learner drivers to be confident and effective teachers.

The two-hour session will offer practical advice on:

- Current driving rules and requirements for L and P platers
- How learners benefit from supervised on-road driving
- How you can help make learning to drive a safe and positive experience

To book a seat at a workshop, please scan the QR code or visit centralcoast.nsw.gov.au/whats-on

ERINA 6pm - 8pm, Tuesday 31 October 2023

Erina Library, The Hive, Erina Fair, 419 Terrigal Drive, Erina

TUGGERAH 6pm - 8pm, Thursday 2 November 2023

Tuggerah Library, Westfield Tuggerah, 50 Wyong Road, Tuggerah

KARIONG 6pm - 8pm, Monday 6 November 2023

Kariong Library, 98 Mitchell Drive, Kariong



BOOK NOW



Presented by
Central Coast Council
in partnership with
Transport for NSW.

**Are you ready to
PUT WINGS ON
YOUR DREAMS?**

BECOME A STUDENT PILOT | LEARN NEW SKILLS | MAKE LASTING FRIENDSHIPS
TO LEARN MORE AND SIGN UP VISIT [CAMP.ROYALAERO.COM.AU](https://camp.royalaero.com.au)

Phillip House Mt. Penang Trivia Night

**All proceeds to be donated to
Kariong Mountains High School and
Primary School Breakfast Programme**

Kariong/Somersby
Rotary
Club



Come and join us for a night
full of fun and entertainment
great prizes, raffles and games

Saturday 28th October 2023 at 6:30 for 7pm
Phillip House 21 Old Mount Penang Road Kariong

**Tables of 6-8 people - make up a team or come
and join a table on the night**

**Tickets \$25 per head
BYO Nibbles and Drinks**

Buy tickets at :

<https://www.trybooking.com/CMBXU>

