



NEWSLETTER



YEAR 12
FAVOURITE CHARACTERS

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CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-------------|------------|-------------------------------------|------------|------------|--|---|------------|------------|
| 9 October | 10 October | 11 October | 12 October | 13 October | 16 October | 17 October | 18 October | 19 October | 20 October |
| 1 st Day of Term 4 ALL STUDENTS AND STAFF RETURN TO SCHOOL. | LC Gala Day | HSC Exams | HSC Exams Year 8 Mock Interviews | HSC Exams | HSC Exams | Year 11 Exams Year 11 Interview Day | HSC Exams Cultural Day with Uncle Stu | HSC Exams | HSC Exams |

FIND US ONLINE:

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

PHONE: **4340 0246**



*To Miss Courtney Thompson, celebrating six years of
outstanding dedication to the graduating cohort of
2023!*

WELCOME BACK on
9TH OCTOBER for a
GREAT TERM 4 AT KMHS

CONGRATULATIONS

Graduating Class of 2023



CURRENT HOUSE POINTS

| BOUDDI | DHARUG | GIRRAKOO | POPAN |
|-------------|-------------|-------------|-------------|
| 6405 | 7149 | 6396 | 6686 |



FROM OUR PRINCIPAL

FAREWELL YEAR 12

On Thursday 21st September, we celebrated the Year 12 Graduation.

This most important event on our school calendar marks one of the last formal occasions that our Year 12 students will be together as a year group. I take this opportunity to congratulate Year 12 and families on this significant achievement. As we farewell our graduating class of 2023, I'd like to share some extracts from my speech at this week's Graduation Ceremony:

Congratulations, Year 12 2023, on reaching the amazing milestone of completing 13 years of formal schooling! Ms Vine and I have been extremely privileged and proud to support you as principals and to have watched you grow into the responsible young adults you are today, as you exit Kariong Mountains High School gates as graduating students.

You have my utmost respect and appreciation for the challenges you have faced to achieve your HSC. Along this journey you have contributed to study groups, engaged with your teachers in online learning, produced incredible PIPs, artwork portfolios, timber projects, drama performances and individual projects - and navigated numerous assessment tasks to completion. Your resilience has been tested and you have all risen to the occasion in a truly remarkable way. I hope, in years to come, you will all look back at this time and recognise just what an achievement this has been.

As you leave, please remember this is the beginning of the next exciting phase of your journey, not the end. This is a celebration of your achievement in completing school and of the future ahead. I am confident you will all strive forward, equipped with the skills and values necessary, to travel a successful path. Take the time to reflect on the skills you have learnt, the fun you have had and the friendships you have made along the way. Cherish the nurturing and support you have had from your parents/carers and staff during your school journey.

*I especially want to acknowledge and collectively thank Miss Thompson for the great support she has provided as your year advisor during your six years at Kariong Mountains High School. **A thought for your future, Year 12:** Stand tall and don't be afraid when mistakes are made, as they will provide you with the skills and experience to improve and build qualities that will make you stronger and even more successful!*

"Never assume greatness is for someone else. Imagine every day that you too can do great things. Have the courage to take the challenge, make the mistakes, and move forward."

- Brandi Chastain



We will miss you Year 12! Good luck with your examinations, stay safe, make good choices, and realise your dreams 😊.

MOBILE PHONE POLICY PARENT INFORMATION SESSION

As has been previously communicated, the government's Mobile Phone Policy for schools will be implemented when students return on the **first day of Term 4**. Please follow the link below to the school website to review the policy and frequently asked questions: [Student Use of Digital Devices and Online Services 2023 \[PDF\]](#) [Mobile Phones - FAQs Parents and Carers \[PDF\]](#)

To support the implementation of these changes, an information session for parents/carers will be held at the school on Tuesday 17th October from 6:30 pm.

PLANT LOVERS FAIR

Last weekend saw the Plant Lovers Fair back on our school grounds! It was lovely to see so many people from the Kariong Mountains and broader communities supporting this great event. Thank you, to all people involved in the organisation, and a special mention to our own Mrs Ayres for her commitment and work behind the scenes to make this event such a success.



THANK YOU, FOR YOUR ONGOING SUPPORT

As we enter the school holidays, I want to take the opportunity to thank all families for your support and commitment to Kariong Mountains High School students and staff. We have a wonderful, committed and caring community, and I look forward to a positive Term 4, as all students and staff return on Monday 9th October.

To everyone, enjoy your break !!!

Mrs Donna James
Principal



GRADUATION CEREMONY 2023

It was wonderful to see so many students and families celebrating together with culturally diverse and colourful traditions - *cards, flowers, chocolates, the Tongan 'Kahoa Lole' and the Maori 'Korowai'* - saluting our graduating class of 2023.



Bushfire danger period information for parents and carers

Factsheet

This factsheet provides information for parents and carers about arrangements for the bush fire danger period.

The NSW Department of Education has engaged external experts to conduct assessments of all NSW government schools, to identify schools at greater risk of impact from bushfires.

To support the health, safety and wellbeing of students and staff, the department, in consultation with NSW Rural Fire Service (NSW RFS), will direct the school to temporarily cease operations on days when a Catastrophic Fire Danger Rating has been declared for your school's NSW fire area. Alternative learning arrangements will be put in place for these days.

Schools may be directed by the department to become non-operational at any time based on advice from emergency services and the State Emergency Operations Centre.



What is a Fire Danger Rating?

Fire Danger Ratings describe the potential level of danger should a fire start. The ratings are determined by a combination of factors including air temperature, relative humidity, wind speed and drought.

For further information on the Australian Fire Danger Rating System, visit rfs.nsw.gov.au/news-and-media/fire-danger-ratings-are-changing-soon

Fire Danger Rating sign



education.nsw.gov.au



NSW Department of Education



When will I know if my child's school has been made non-operational?

At approximately 4:00pm each day the Fire Danger Rating is issued for the following day. This means that schools, including onsite preschools, will be notified after school hours that it will be non-operational the following day. Your school will notify you as soon as possible by the preferred method of communication.

Parents and carers are requested to:

- provide up-to-date home and after-hours contact details to your school
- stay up-to-date with news and local media through the bushfire danger period.



NSW School Updates app

Get the free NSW School Updates app to receive operational status updates for NSW public schools education.nsw.gov.au/parents-and-carers/nsw-school-updates-app



What education arrangements will be in place if the school is non-operational?

When non-operational, your school will advise of alternative learning arrangements, including any relocation or learning from home plans.



Learn more

Be prepared and ensure you have a bushfire survival plan in place. The NSW RFS has resources for all residents to plan and prepare for the bushfire season.

Consider whether your home is safe from bushfires and grassfires, and be prepared to relocate to a safer place well in advance. Find more information and resources from the NSW RFS rfs.nsw.gov.au/plan-and-prepare

We appreciate your cooperation during the bushfire season. For further information about Fire Danger Ratings and the bushfire danger period, please refer to NSW Rural Fire Service rfs.nsw.gov.au

The department's School Safety website education.nsw.gov.au/public-schools/school-safety provides up to date information during bushfires and grassfire emergencies.

Please contact your school with any additional questions.



Need help?

Speak to your local WHS Advisor for support and advice, or contact the Incident Report and Support Hotline on 1800 811 523.



education.nsw.gov.au

Dear Parent/Carer,

I am writing to advise you of bushfire emergency arrangements for our school this bushfire season. Our school is in a bushfire prone area and is listed as **Category 3** on the NSW Department of Education's bushfire risk register.

To ensure the health, safety and welfare of students and staff, the department has determined that on days when NSW Rural Fire Service declares a **Catastrophic Fire Danger Rating** for Kariong Mountains High School, our school will temporarily cease operations for the following day.

In addition, schools may be made non-operational due to changing higher risk conditions and advice from emergency services and the State Emergency Operations Centre.

We recommend that you download the **Compass App** and select to monitor advice from our school which will push notifications to you advising that the school is non-operational. We also recommend that you stay up to date with bushfire and grassfire activity by using the **Hazards Near Me** app (set a watch zone for your school area), and by monitoring local media. You can also review fire activity and alert levels on the **RFS website**.

The Fire Danger Rating does not mean there will be a bushfire, but rather weather conditions that could pose a high risk for a bushfire event. The measure is proactive to ensure staff, students and the community remain safe.

To ensure that we continue to support student learning on these days, I have put the following arrangements in place:

When our school is not operating due to a catastrophic fire danger rating, students are directed to continue accessing Google Classrooms.

Our school will inform our school community after 4pm if there is a change to the operational status of the school for the following day. To assist the school in contacting all families please ensure that you have provided us with up-to-date contact details. Further information on up-to-date communication of school operations, can also be found through:

- ▶ our school website or Facebook page
- ▶ NSW Department of Education's School Safety website: education.nsw.gov.au/public-schools/school-safety
- ▶ NSW School Updates app: education.nsw.gov.au/parents-and-carers/nsw-school-updates-app, and
- ▶ social media – Facebook and Instagram.

We recommend that all of our families follow the advice of the NSW Rural Fire Service and ensure that your family knows what to do if there is a fire.

It can take as little as five minutes to make your plan. Discuss it with your family so you know what you will do in the event of a fire. www.myfireplan.com.au

Please contact the school on 4340 0246 if you would like any further information about this matter.

Yours sincerely,

Donna James
Principal



DEPUTY PRINCIPAL'S REPORT

School Uniform

Our recent initiatives in addressing the students' wearing of uniform have been very successful. There has been a noticeable improvement and I appreciate the support of students and parents in particular. Uniform helps promote a positive image of our school and meets our value of Unity. With the holidays approaching, it is an ideal opportunity to ensure that full school uniform is organised for next term.

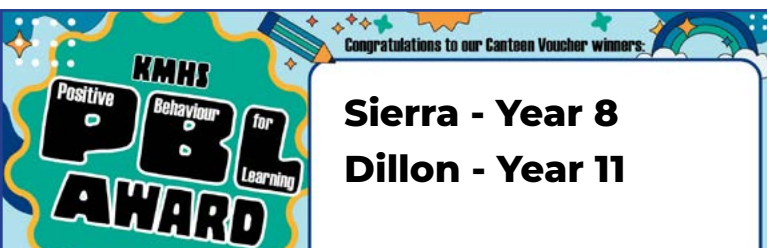
Year 11 → Year 12

Year 11 have completed their exams and will commence the HSC component of their courses early in Term 4. The corresponding reports will be made available and I encourage you to keep in touch with our communication methods. Procedures for students wishing to drop a subject will be communicated next term.

Following on from Mrs James' article regarding mobile phones, please feel free to contact me if you have any questions. As the pouch system is introduced, we expect some adjustments may need to be made. Any significant changes will be communicated.

I would like to wish all students and their families a happy and safe vacation. I am looking forward to another positive term where our students continue to apply our values '*Unity Knowledge Respect*'.

Mr Scott White
Deputy Principal



VAPING LAWS

Hello KMHS families,

This week's article looks at the laws around Vaping in NSW.

What are e-cigarettes?

E-cigarettes are battery operated devices that heat a liquid to produce a vapour, which users inhale. The liquid contains a range of chemicals that may or may not contain nicotine.

Are vapes legal in NSW?

Vapes that do not contain nicotine are legal in NSW. Adults can buy and use vapes that do not contain nicotine. It is illegal for businesses to sell vapes that contain nicotine and it is illegal to supply vapes to people under the age of 18.



Where is vaping prohibited under the Smoke Free Act 2000?

It is illegal to smoke or vape on school premises. Smoke-free areas where people cannot smoke or use e-cigarettes are:

ALL INDOOR PUBLIC PLACES

OUTDOOR PUBLIC PLACES:

- ▶ within 10 metres of children's play equipment in outdoor public places
- ▶ public swimming pools
- ▶ spectator areas at sports grounds or other recreational areas used for organised sporting events
- ▶ public transport stops and platforms, including ferry wharves and taxi ranks
- ▶ within 4 metres of a pedestrian access point to a public building
- ▶ commercial outdoor dining areas

IN A CAR WITH A CHILD UNDER 16 YEARS OF AGE IN THE VEHICLE.

If you want to read more, please see the link below.

<https://www.health.nsw.gov.au/tobacco/Pages/e-cigarettes.aspx>



Miss Steph Richmond

CAPA Faculty NEWS

Year 9 Performance Task

Year 9 music students have been learning about roles in ensemble music and have completed their practical assessment task in front of their families and the community.

The students should all be incredibly proud of themselves. Their persistence in rehearsing has led to visible growth in their performance skills.



HSC Music Exam

Congratulations, to our HSC Music 1 class, who completed their HSC Practical exam last week. The students all performed their best on the day and made their teachers, Mr Burns and Mr Hutchinson, **very proud of their efforts**.



Media Club

The media crew having been practising camera craft, specifically aperture and depth of field. Thank you, to Mr Brasting for allowing the media students to take images during the **'Year 9 Cake Decorating Practical'** and **'Year 12 Café Practical'**.



Central Coast Showcase

Our talented students performed at Central Coast Showcase held at Laycock St Theatre. Our **Stage 5 Dance Ensemble** performed their dance 'Battle for a New Day', **Ameliya, Jack and Pat** performed 'Medicine' by Harry Styles and **Mikayla** performed 'Us' by James Bay. A big thank you, to Cian, Connor and John, for their help as the backstage crew and congratulations, to our school captain, Pat, on being an **excellent MC!**



Stage 4 Visual Arts

Year 7 students have explored a variety of mediums, including oil crayon, watercolour and clay. Students also created tri-coloured reduction prints, where the process required a sustained effort to appreciate the unique effects of this technique. After some exploration of the features of crazy creatures, mini monsters and hybrids, they practised joining techniques to build some quirky looking monsters out of clay.



Students looked at the work of several artists and produced some beautiful work imitating the "**densely laden, visible brushstrokes rendered**" seen in the bright palette of Vincent van Gogh's 'Sunflowers' and 'Starry Starry Night'.



Using black paint and oil crayon, many had the opportunity to create DIY scratchart landscapes with an almost eerie, jewel-like colour intensity and went on

to design hybrid characters, painted in watercolour and showing the effects of graded washes and transparency, and scumbling.



Stage 5 Visual Arts

Stage 5 Visual Art students developed their ideas and practical skills to produce the super-real and dream-like qualities of the surrealist art movement by studying and practising ways to include features such as perspective, juxtaposition, scale and metamorphosis within their 2D artmaking. This project saw many students flourish and appreciate the time taken to explore, experiment and sustain their effort and artistic intention to produce more sophisticated works of art.



The tri-coloured reduction prints of hybrids required similar dedication as this topic required students to design a hybrid character influenced by artists Takashi Murakami and James Jean. They were then asked to sketch ideas to form their own kawaii character and to complete the work using gouache in the



Superflat style. The overarching challenge was to extend their conceptual grasp and to sustain their intention or focus. Activities were provided to encourage students to explore and build on the topics while honing their practical skills. Through investigations in art criticism and art history that related to their art making, students were guided to use these disciplines to inform their own practice. Although this may only be seen retrospectively by students, Year 10 will build on these lessons throughout Term 4 to create a body of work with a sustained intention.

Year 12 Project

Abbey's project was influenced by artist Shirin Neshat and her practice of the physical, emotional and cultural implications of veiled women in Iran. Abbey applied this process to her own practice. Abbey's images address issues related to body dysmorphia, trauma and mental health.

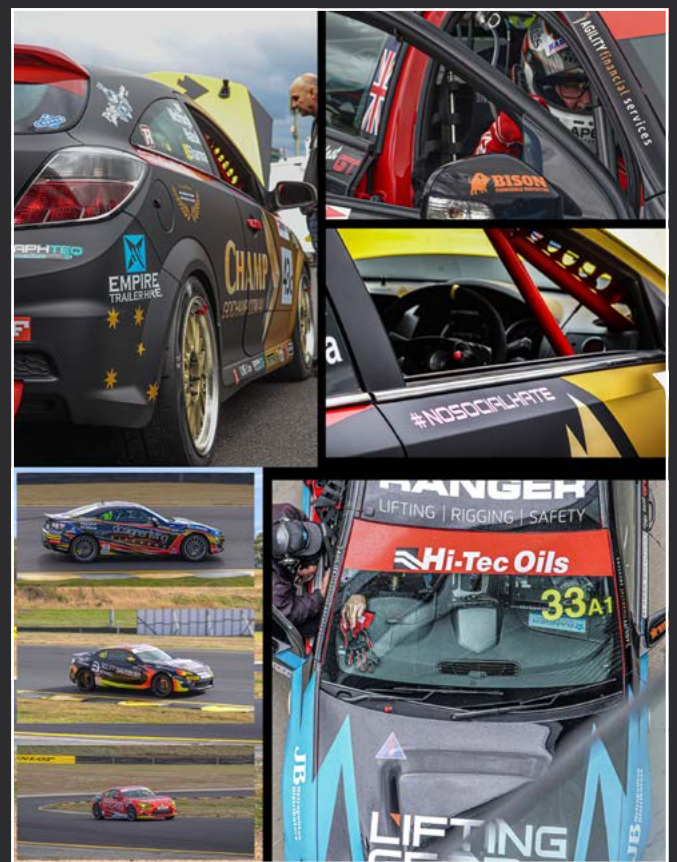
Abbey wrote song lyrics on her images to reflect the social issue she was addressing. Her images were then printed onto LP vinyls. The music on the records related to the images, the concept and the song lyrics that appear on the bodies.



Year 12 Project

Bailey is a Year 12 Photography student with a passion for race cars and taking photos of them. He is thinking of taking this passion beyond the classroom to become a photographer at race events. Bailey states:

"My passion for photography started from seeing some of the motorsport photos race teams had posted after each race and my interest in photography grew as I learnt more and more. The reason I took these photos was because I have found a love for showing the beauty of these cars and their drivers. I want to continue this passion by gaining a media pass for these events so I can get even better photos in future."



From all the CAPA teachers:

Mr Kane Burns

Mr Ashley Hutchinson

Ms Kim Skerritt

Ms Siobhan McKeon

Careers Pathways CLASS

2023 HAS BEEN FILLED WITH MANY OPPORTUNITIES FOR OUR CPC THROUGHOUT OUR FIRST THREE SCHOOL TERMS:

- ▶ **The Edge Workshop - Job Readiness Program** — from haircuts and grooming to job interview skills in preparation for that job!
- ▶ **Youth Engagement Strategy (YES) programs at TAFE in vocational fields of student choice:** Health, plumbing, child care and more.
- ▶ **Micro-credentialling** — through pre-apprenticeship programs in health, construction and fitness.
- ▶ **Recruitment information day at Novaskill** — how Group Training organisations recruit for businesses and aptitude tests.
- ▶ **Podcasting Workshop** — students produced their own podcasts and were most entertaining!



- ▶ **Careers Expo** — career paths and accessible information available for students to explore.
- ▶ **Teaching mathematical concepts, STEM and problem-solving skills to our partner primary schools.**
- ▶ **Outdoor Recreation program** — students participated in an exhilarating hiking expedition from Kariang to Patonga. The three-day expedition combined water-based activities with safety and nutrition.



- ▶ **Planning and executing of a gym session at Central Coast Leagues Club**
- ▶ **First Aid and CPR course** — equipping students with vital life-saving skills.
- ▶ **The Fundamental Skills of Work** — the students undertook the task of designing and revamping a garden bed, skillfully incorporating a diverse range of fruits and vegetables.



- ▶ **P-TECH program for all students** — including mentoring, guest speakers, SkillsBuild and a comprehensive work experience program at Crossmuller for selected students.



CPC CONTINUED...

- ▶ **Volunteering through fundraisers** e.g. at Kariong Public School.
- ▶ **Fundraising Project** — In Term 3, the students embarked on a Hospitality project, organising and managing a school fundraiser at KMHS.



- ▶ **Attending Plant Lovers Fair** — great community spirit!
- ▶ **Entrepreneurship Excursion to the University of Newcastle** — a pragmatic approach to helping young entrepreneurs overcome barriers to developing ideas into products.
- ▶ **Guest speakers from recruitment agencies such as CCGT.** Staying in touch with the latest recruitment methods and vacancies.
- ▶ **Hayden enjoying RUOK day with the team at Mercedes-Benz Hornsby!**



FIRE SAFETY

Mrs Dwyer's group had a great day cooling off at the Kariong Fire and Rescue Centre.

Students learnt about MVA's, truck equipment, shift work and general duties of a fire fighter.

Thanks Kariong Fire and Rescue!



Jack performing 'Sandman' at the 2023 Graduation Ceremony, accompanied by John on drums, Mr Burns and Mr Klempert.



STUDENT WELLBEING RESOURCES



Central Coast NSW Community webinar: Supporting young people impacted by grief and loss

headspace National are hosting a free mental health education webinar for parents, carers and adult community members of young people on the Central Coast, NSW. headspace Gosford, Lake Haven and Wyong will also be joining the session.

The session aims to:

- Provide information regarding young people's mental health
- Increase awareness of strategies to support young people impacted by loss and change
- Introduce you to some skills and strategies to encourage and support help-seeking
- Build awareness of local, state and national support services available to young people and carers

When:
Tuesday 26 September 2023,
5-6pm

Where:
Online via Zoom

How do I register?

Click [here](#) to register via Eventbrite, or scan the QR code below or copy the URL below into your web browser:
bit.ly/3QZrKWE



All those who register will receive a digital information pack after the session that includes key messages as well as links to resources and support services.

Contact:

For more information email:
programsupport@headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

WELLBEING ACTIVITIES

| PHYSICAL WELLBEING | EMOTIONAL WELLBEING | SOCIAL WELLBEING | COGNITIVE WELLBEING | SPIRITUAL WELLBEING |
|--|---|---|--|---|
| Build an obstacle course in your backyard. | Look up R U OK? Create a poster that communicates the key messages for people your age. | Facetime a friend and catch up. | Build a project out of available materials at home (a good excuse to crack out the old lego!). | Get outside and connect with nature. Find something beautiful. |
| Take your pet for a walk. | Sing along to your favourite song or album. | Play a board game with a family member. | Practise a new skill. E.g. a magic trick, juggling or sewing. | Complete a random act of kindness for someone. |
| Participate in a virtual workout for 30 minutes. | Turn off electronic devices for three hours. | Host a remote watch-a-long party for a movie with your mates. | Complete a jigsaw puzzle. | At dinner, encourage each member of your family to say something they are grateful for. |
| Practise your favourite ball sport. | Practice a deep breathing exercise - Breathe in through your nose, count to 7, and then breathe out through your mouth as you count to 8. | Cook a meal or a new recipe and share it with your family. | Read a book uninterrupted for one hour. | Write a letter to your future self. |
| Watch and join in a yoga YouTube. | Try the '5 senses exercise' - Stop and notice what you can see, feel, hear, smell and taste. | Write a letter to someone you admire telling them how inspirational they are. | Draw/paint/collage a picture of something that brings you joy. | Complete a mindfulness meditation. You could get one from the Smiling Mind app. |

How to ask a friend if they're OK



We all have good and bad days

But did you know young people are **most likely** to talk to friends or family members as the first step in seeking support when they're struggling.

Asking a friend how they're going could be the first step in getting them the help they need.

You're not expected to fix someone's problems or know the best way to help and support. But you can listen to what your friend is saying, let them know you care and tell a trusted adult if you're worried about them.

When to ask R U OK?

These are some of the signs or changes that can indicate a friend might need some support.

You might notice that they:

- Withdraw from their friends or their family.
- Lash out at people and get angry or upset easily, including towards the people they care about.
- Cry or become emotional.
- Lose interest in activities and things they usually love.
- Have changed their sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (like in the middle of the day).
- They could be eating more than usual, or less.

The most important thing is to trust your gut. If you notice a change or just feel that something's not quite right with your mate, take the time to ask, "are you OK?"

Before you ask R U OK?

- Make sure you're in a good headspace, so you're not distracted or stressed.
- To help them feel comfortable opening up, find a time and place that works for you both.

R U OK?
A conversation could change a life.

For more tips visit ruok.org.au

1. Ask R U OK?

- Be yourself, be genuine and start the conversation in a way that feels right for you and your friendship with them. You don't need to dive into the heavy stuff straight away. You might start by talking about general stuff. When you're ready to ask them how they're going you could ask something like:

How are you?
I'm here for you if there's anything going on you want to talk about?
My week's been rough. How was yours?
How are things going at home/school/university/TAFE/work?
You seem pretty tired. What's been going on?
I haven't seen you around as much lately. How have you been?
It's not like you to react that way. Is there anything going on for you?

It can help to make an observation about a change you've noticed:

- Sometimes it takes a while for someone to feel ready to open up. If they're not ready to talk, give them some time, and if there's an opportunity that feels right then ask them again.
- If they don't want to talk let them know you're always ready to listen or ask if there's someone else they'd be more comfortable chatting to.

2. Listen

- Listening with an open mind and not judging shows your friend that you're there for them and helps them feel safe being honest with you.
- If there's silence, try and sit patiently with it. When someone's sharing for the first time it can take time for them to find the right words.
- You can show you're listening through eye contact and nodding at what they're saying.
- Asking open ended questions can help them open up. You could ask:

How are you handling all of that?
Have you been feeling this way for a while?
What's been the hardest thing for you?
How are you feeling about that?
Cool? Getting there?

3. Encourage action

- Things that could help include talking to a family member, friend or trusted adult or connecting with a health professional or support service.
- You could say:

"What do you think might help you right now?"
"What can I do to help you?"
"Have you talked to anyone else about this? It's great you've opened up to me, but it might be good to get advice and support from a health professional."
"Your doctor can actually help you with this stuff. I can go along with you, if you want?"

"Did you know that you can get free and confidential support online or over the phone from places like Kids Helpline and ReachOut.Com? These services are confidential and can help you figure out what's going on for you and where you can find the right support. If you're looking for some face-to-face support I've heard headspace is great."

4. Check in

- Remember to check in a few days later to see how your friend is doing.
- Ask how they're going and if they've found a better way to manage the situation. They may not have taken any steps yet as it can take time for someone to be ready to get help. Be positive about the role of professionals and accessing support in managing tough times.
- It's important to stay in touch and show them you've got their back. Your ongoing care and support can make a difference.

Useful contacts for someone who's not OK

Kids Helpline
1800 55 1800

24/7 private and confidential phone and online counselling service for young people aged 5-25.

headspace
headspace.org.au

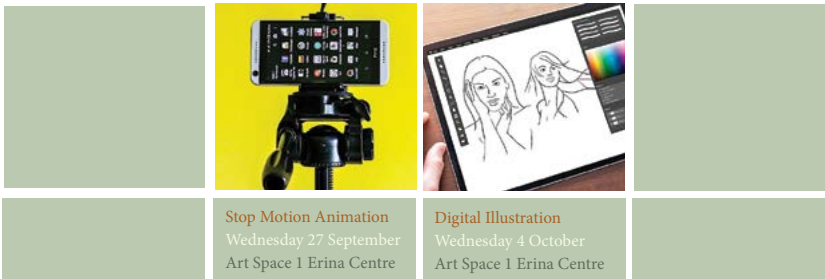
Support and information for young people 12-25 for mental health and what's going on in their life.

ReachOut.COM
au.reachout.com

Help with tough times for 14-25 year olds and their parents.

COMMUNITY NEWS & EVENTS

2023 Spring youth school holiday programs



Stop Motion Animation
Wednesday 27 September
Art Space 1 Erina Centre

Digital Illustration
Wednesday 4 October
Art Space 1 Erina Centre

Lights, camera, stop motion action! Embark on a creative holiday adventure with this hands on workshop. Limited spots available! Suitable for 13-17yr olds
Cost: \$5.50

Unlock your artistic potential! Learn the basics of digital drawing, explore different illustration styles, using Procreate. Limited spots available! Suitable for 13-17yr olds
Cost: \$5.50

@centralcoastcouncil youthservices
 @cccyouthservices
e: youthservices@centralcoast.nsw.gov.au

SCAN for more details



League Stars Skills Clinic
Thursday 5 October
Kariong Skate Park



CCS Skate Workshops
Thursday 5 October
Kariong Skate Park



Plug & Play – Jam Session
Friday 6 October
The Hub Erina, Erina Fair

Level up your skills at our exhilarating NRL non-contact skills clinic. Tap into your athletic potential in a fun, safe and supportive environment. Suitable for 5-12yr olds
Cost: FREE

Get ready for the Central Coast Series skate workshops and competition for all skill levels. Showcase your skills and win awesome prizes! Suitable for 5-18yr olds
Cost: FREE

Grab your instruments, bring your creativity for a music jam session like no other. Sing, play and collaborate with other like-minded young people. Suitable for 12-24yr olds
Cost: FREE



LEAGUE STARS

NRL Game Development have partnered with Central Coast Council Youth Services to deliver a free League Stars holiday clinic.

FREE Skills Clinic (Non-contact)
Thursday, October 5, 2023
9:00am to 10:30am
Kariong Oval

Register via the link

Partnered with

Gosford Pirates Baseball Club

Try Tee-Ball and Baseball

Ages : 4 - 15 years: girls and boys
New and returning players.
Come along and have a fun morning exploring and learning the skills of baseball.

WHEN: SUNDAY 10TH AND 17TH SEPT
WHERE: NEWCASTLE ST, SPRINGFIELD
TIME: 9.30AM TO 11.00AM
Bring a hat, sunscreen and water.

To register your details at
gofordpiratesjuniorbaseball@yahoo.com or Facebook Gosford Pirates Juniors Baseball.

A Pirates Life for Me

Learn Basic Sewing Skills these Holidays!

GOSFORD SEWING MACHINE CENTRE

372 Mann Street, Gosford NSW 2250

Shop@gosfordsewingmachinecentre.com

www.gosfordsewingmachinecentre.com

(02) 4324 6733

**KIDS
10-17
INVITED!**

1-DAY WORKSHOPS DESIGNED FOR BEGINNERS AND EXPERIENCED SEWERS

EXPRESSIONS OF INTEREST - REPLY EMAIL OR CALL TO PUT YOUR NAME DOWN

When: Tuesday 3rd October

Time: 10am - 2:30pm with a 1/2 hour lunch break
(fridge available to store your lunch)

Cost: \$65.00 includes all materials and threads

Requirements: Sewing machine (working and in good condition) and all sewing accessories.

**\$20.00 NON REFUNDABLE DEPOSIT
REQUIRED WHEN BOOKING**