



KARIONG MOUNTAINS
HIGH SCHOOL

NEWSLETTER

Unity ✎ Knowledge ✎ Respect

Week 10
Term 2
5 July, 2024

PHONE: 4340 0246

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SCHOOL NEWS:

KMHS STAR ATTENDER

Congratulations!
WINNER of a \$10 Canteen Voucher

Justin - Year 12

Sponsored by the P&C

Wishing all our families
HAPPY & SAFE holidays

Welcome Back to KMHS for a fabulous **Term 3**

ALL STUDENTS RETURN TO SCHOOL

TUE 23 JULY

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

To Ms Sayal, for her support of students in the performing arts.

CENTRAL COAST DANCE FESTIVAL



CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 July SCHOOL DEVELOPMENT DAY NO STUDENTS AT SCHOOL	23 July All students return for start of Term 3	24 July	25 July Uncle Stu Aboriginal Dance for NAIDOC Make Bullying History	26 July NAIDOC Celebrations
29 July Secondary Athletics Olympic Park	30 July Year 12 Music Apra Songmaker	31 July Year 11 Biology Rock Platform Year 10 P-Tech Mentoring	1 August	2 August

CURRENT HOUSE POINTS

BOUDDI	DHARUG	GIRRAKOOOL	POPAN
7836	7386	7631	7359



FROM OUR PRINCIPAL

SO MUCH TO CELEBRATE THIS TERM!

Kariong Mountains High School has been one busy place during Term 2, clearly demonstrated in both this issue and in previous newsletters. Alongside a mountain of events, we are delighted to celebrate significant student achievement.

I want to congratulate our student body on their recent achievements and also recognise our staff for their work in making this possible. I am, as always, extremely proud of this wonderful school.

CELEBRATION BBQ BREAKFAST THIS WEEK

To celebrate improvement in student attendance, students with **80%** attendance (or greater), along with those who have shown **significant improvement** this term, were invited to our end of term celebration BBQ on Wednesday.

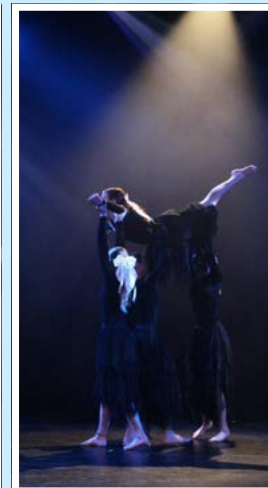
Thank you, to students, for your efforts in improvement - and to our families, for supporting attendance. I look forward to continued celebrations in the terms ahead.



CENTRAL COAST DANCE FESTIVAL

I had the exciting opportunity to watch our dancers shine at the **Central Coast Dance Festival** this week. Our students were exemplary and certainly did themselves, their families and KMHS proud.

Years 9 and 10 dancers performed **'Power'**, which they choreographed by themselves with the dedicated support of our dance teacher Ms Sayal. Our junior dance students (in Years 7 and 8) shone in their performance **'The Other Side'** choreographed by Kayla in Year 10. Congratulations, to the students and Ms Sayal, on these stellar performances!



NAIDOC WEEK 7-14 JULY

NAIDOC week is recognised during the school holidays, Kariong Mountains High School will be celebrating with the community on Friday 26th July. The message this year resonates around resilience and strength.

The 2024 National NAIDOC Week theme is **Keep The Fire Burning! Blak, Loud and Proud.**

"This year's theme celebrates the unyielding spirit of our communities and invites all to stand in solidarity, amplifying the voices that have long been silenced.

The fire represents the enduring strength and vitality of Indigenous cultures, passed down through generations despite the challenges faced. It is a symbol of connection to the land, to each other, and to the rich tapestry of traditions that define Aboriginal and Torres Strait Islander peoples. As we honour this flame, we kindle the sparks of pride and unity, igniting a renewed commitment to acknowledging, preserving, and sharing the cultural heritage that enriches our nation.



'Blak, Loud and Proud' encapsulates the unapologetic celebration of Indigenous identity, empowering us to stand tall in our heritage and assert our place in the modern world. This theme calls for a reclamation of narratives, an amplification of voices, and an unwavering commitment to justice and equality. It invites all Australians to listen, learn, and engage in meaningful dialogue, fostering a society where the wisdom and contributions of Indigenous peoples are fully valued and respected.

Through our collective efforts, we can forge a future where the stories, traditions, and achievements of Aboriginal and Torres Strait Islander communities are cherished and celebrated, enriching the fabric of the nation with the oldest living culture in the world."

SUPPORT IN THE HOLIDAYS

With the school holidays about to start, I am mindful of the welfare support our students receive throughout the school term, both during and outside of school.

In order to maintain the support framework for any incidents, which may arise in the holiday period, our school is linked with several services that can provide assistance for our students:

RYSS - Regional Youth Support Services: 4323 2374

<https://www.ryss.com.au/>

Headspace - 4304 7870

<https://headspace.org.au/headspace-centres/headspace-gosford/>

Hangout on the Hill - <https://www.facebook.com/Y4YCC/>

STAFF DEVELOPMENT DAY

Staff Development Day in Term 3 will be on Monday 22nd July. Staff will be facilitating professional learning in explicit teaching with a focus on literacy improvement. KMHS is currently participating in the Mooney Mooney Community of Practice, an initiative with ten other schools across the Mooney Mooney region. I look forward to reporting on the work the school is doing in this space.

THANK YOU

To the fantastic Kariong Mountains community, **thank you** for your ongoing support of our students, staff and this wonderful school.

I wish all students and staff a safe and relaxing holiday and look forward to an exciting Term 3 and the excitement of welcoming our families back on Tuesday 23rd July.

Mrs Donna James
Principal

KMHS

NAIDOC ASSEMBLY

Parents / Community
Welcome!

Friday
26 July
9am



KEEP THE FIRE BURNING! BLAK, LOUD AND PROUD



In Local News...

Below is a preview of an article in Community Coast News, featuring Jesse, a former KMHS student.



“The Royal Agricultural Society of NSW (RAS) Foundation has selected a record 91 students for its 2024 Rural Scholarship program with Kariong local Jesse Emery named in this year’s cohort.”

“Now in its 14th year, the RAS Foundation Rural Scholarship program offers financial support to tertiary education students who are helping shape the future of regional NSW by forging careers within rural or regional communities.”

“Jesse Emery is one such student who took on a career change from cabinet building to pursue a life on the land by studying a Certificate IV in Agriculture & Diploma in Agriculture at Tocal College.

Emery says he looks forward to being part of an industry that gives back and is grateful for the support the scholarship provides. ”

Visit link below to read the full article, published Coast Community News online.

<https://coastcommunitynews.com.au/central-coast/news/2024/06/rural-scholarship-for-kariong-local/>



DEPUTY PRINCIPAL'S REPORT

It has been some time since I included an aspect of our **Student Welfare and Discipline Policy** in a newsletter. Following are our 'Core Rules,' which are based on the nine core values of NSW public schools. These are **integrity, excellence, respect, responsibility, cooperation, participation, care, fairness and democracy.**

At KMHS students are expected to:

Attend school every day and attend all classes unless legally excused.

Arrive at lessons on time and be prepared to participate in learning.

Strive for the highest standards in learning.

Maintain a neat appearance and comply with the school's uniform policy.

Resolve conflict respectfully, calmly and fairly.

Behave in a safe, considerate and responsible manner. This includes travel to and from school.

Be respectful at all times and cooperate with teacher instructions and learning activities.

Treat all members of the school community with dignity and respect.

Take care of their own property, the school's and others.

Keep the school grounds tidy at all times.

Not be violent or bring weapons, illegal drugs, alcohol or tobacco/vapes into our school.

Not harass, bully or interfere with the safety of others or engage in any illegal or antisocial behaviour of any kind.

With all students meeting these expectations, our school will continue to be a happy, safe and effective learning environment.

Our Student Welfare and Discipline policy is currently being reviewed again. It will also incorporate our PBL (*Positive Behaviour for Learning*) and attendance initiatives.

Extra-curricula Activities

Looking back on Term 2, numerous extra-curricula activities have been made available to our students. As always, our representatives have been impeccable with their behaviour, thereby enhancing the school's reputation. Thank you also, to the staff involved in allowing these events to occur.

To ensure extra-curricula activities run smoothly, it is important that permission notes and payments are made on time. The vast majority of our excursions also require school uniform to be worn, where failure to comply, will mean that participation in the activity will be denied.

No eScooters

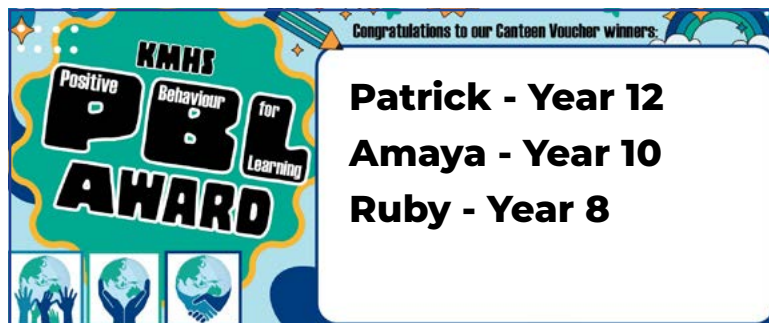
A friendly reminder was delivered to students at assembly on Wednesday. eScooters, by law, are not to be ridden in public. This, of course, includes to and from school.

Bus time amendment

Students who catch the local bus **2510** (*also known as Bus 4*) are advised that the official time of departure from our school in the afternoon has changed from 3.26pm to 3.10pm. Students are encouraged to ensure they leave their last class promptly to avoid disappointment.

I would like to wish all students and their families a happy and safe holiday. As always, next term is shaping up to be another busy one.

Mr Scott White
Deputy Principal



Term 3 ASSESSMENT Calendar

DUE: Year 10 Subjects		
Week 1	Marine Studies	
Week 2	Visual Arts	
DUE: Year 11 Subjects		
Week 1	Ancient History Engineering	Modern History
Week 2	Construction Music 1	PVDI Visual Arts
DUE: Year 12 Subjects		
Week 1	History Extension Investigating Science	
Weeks 4 & 5	TRIAL EXAMINATIONS	

SCINTILLATING SCIENCE NEWS

Science Outreach Program at Kariong Public School: A Remarkable Collaboration

Led by our fabulous Science teacher, Mrs Peters, KMHS Year 9 students Indiana, Gabriella, Jasmine, and Mikayla have been spearheading a **Science Outreach Program** at Kariong Public School. The program reached a pivotal moment last week, when the primary school's budding scientists were invited to visit Kariong Mountains High School to participate in an exciting array of science experiments.



Delving into viscosity, buoyancy and density...

Fifteen Year 6 students, all gifted in the domain of science, have spent Term 2 delving into topics like viscosity, buoyancy, and density. Through the **Science Outreach Program** they collaboratively developed hypotheses under the expert guidance of our Year 9 scientists.

The well-equipped laboratory at KMHS provided the perfect setting for testing their theories. The experiments captivated the students, fuelling their curiosity and deepening their scientific knowledge.



The level of enthusiasm and impeccable behaviour displayed by everyone involved was **truly commendable**. We extend heartfelt gratitude to Mrs Peters and Mrs Hoyle, the dedicated HPGE coordinators, for their unwavering commitment and passion.

Mrs Jacqui Matthew
HSC Teacher Mathematics & Primary Partnerships Coordinator

A DECADE ON: Revisiting KMHS' FIRST HSC Graduates

Celebrating Ten Years of Excellence

Just recently, Kariong Mountains High School reached a significant milestone: **a decade of HSC examinations**. As we reflect on this remarkable journey of quality teaching and learning, let's focus on the trailblazers - the inaugural HSC graduates.

Meet Erik and Tahlia, exceptional individuals who not only excelled academically but also left an indelible mark on our school community.

Erik and Tahlia were involved in shaping the culture of Kariong Mountains High School, as student leaders, through organising charity events and inspiring their peers.



Beyond academics, Erik and Tahlia's friendship blossomed into **love** during their time at KMHS. The high school sweethearts, now living in Canberra, have cemented their beautiful bond with a European marriage proposal and the recent birth of their son Arlo.



As they look back, Erik and Tahlia have retained their spirit of determination and flexibility. Both budding scientists, our former KMHS students have gone on to achieve fulfilling careers, where Erik now works in cyber security and Tahlia is putting her talents to use in the disability sector.

Erik and Tahlia's advice to current students? Embrace opportunities, cherish friendships, and don't stress about the HSC. Your friends will still be there when it's all said and done.



Join us in celebrating a decade of achievement, honouring Erik, Tahlia and all our remarkable graduates. KMHS remains committed to nurturing future leaders and shaping compassionate citizens.

*Mrs Jacqui Matthew
HSC Teacher Mathematics Advanced and Extension*

METICULOUS MATHEMATICS NEWS

Year 9 Spotlight

The spotlight this time around is on **Year 9**, who have been working through one of their **favourite** topics - **Trigonometry!!**

For the longest time students have been asking inquisitive questions such as **"Hmmm, I wonder how high that tree is at the back of the oval?"** or **"Wow... I wonder what the angle of depression is from where I'm standing to my friend down there?"**

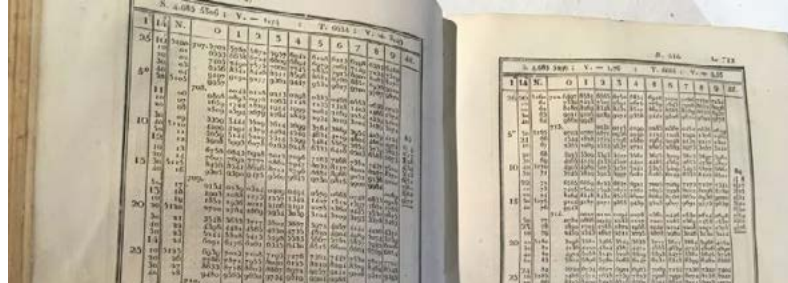
Rest assured, parents and carers, they now have all the skills needed to perform such calculations with the highest level of precision - even stating angles to the nearest **degree, minute and second!!**



Above: Ella and Gabrielle measuring the angle of elevation, while Lachlan, George, Abdullahi, Benji and Sam make light work of a complex situation.

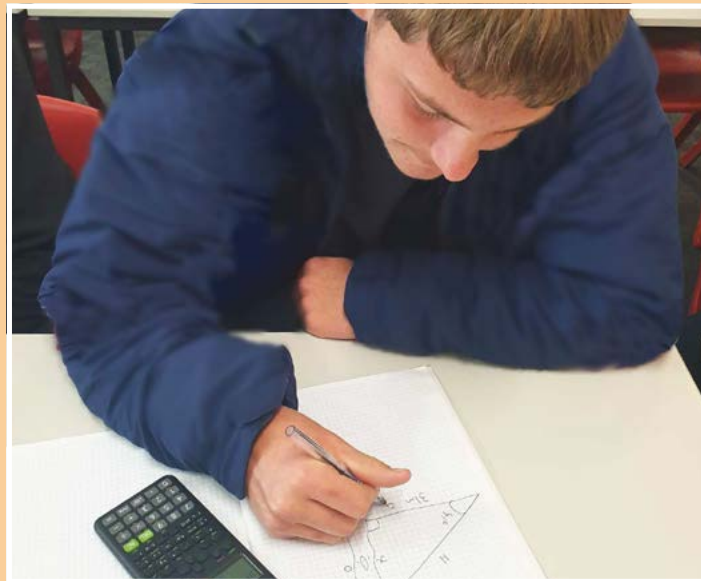


Above: Mahli and Sierra recording the finer details.



Gone are the days of the old school Trig tables that rounded **Sine, Cos** and **Tan** to three decimal places.

Students now have the luxury of using modern technology such as calculators, clinometers and measuring tapes to solve practical problems involving side lengths and angles of right-angled triangles.



Photos above show Noah working through his calculations and Mahli, Sierra and Gabrielle collaborating to find a solution.

Perhaps one of the hardest questions we as teachers have to answer is **"When am I ever going to use this?"** Let's just say they will be well equipped IF the moment ever arises!!

Mr Alex Blyth
Head Teacher Mathematics

SURVEYING DAY

Surveying Day at Newcastle University, Callaghan Campus

Four Stage 6 boys from KHMS recently attended a **Surveying Day** in Newcastle. Currently practising surveyors generously gave up their day to give students hands-on experience and insights on surveying. Our boys also spent time with undergraduate students from Newcastle University, who shared knowledge about their field of study.



Students got to see and use tools of the trade, ranging from older manual machinery to more modern digital and satellite technology used to measure distance and levels.



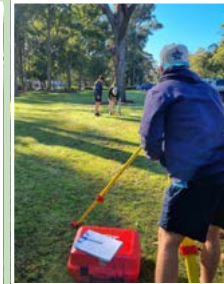
To start the day off, our boys learned about how **offside** is calculated by **'The Bunker'** in NRL. They were able to determine that Latrel Mitchell was offside through the use of **equations** relating to **linear relationships** incorporating the understanding of **vanishing points**.

To conclude the busy day of learning, the students listened to the surveyors talk about their work, where they shared stories and showed some of the exciting locations they get to work in.



The day definitely provided insight on the many different areas and applications of surveying, which **can** be studied at TAFE, however, if you want to become a **licensed surveyor**, you will need to attend university.

The **Surveying Day** showed our students how mathematics is used in the **'real world'** and that formulas and equations they learn in class **can actually** be daily tools in the field of surveying. Our boys really enjoyed the experience and were congratulated by the surveyors on the day, for their manners, knowledge and enthusiasm.



Mrs Jodie Lincoln
Mathematics Teacher



CHECK-IN ASSESSMENT

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

During Week 2 Term 3, Years 7 to 9 will complete the online Check-in Assessment for Reading and Numeracy. The results obtained will assist the school with planning for the coming year. This is externally marked.

All students in Years 7 to 9 are to bring their BYOD laptop (or borrow a school-issued laptop) along with headphones/earphones that have a jack.

Headphones are essential, as sound is part of the assessment to help students of all abilities access the questions.

Thank you,
Simone Dunn

studyskillshandbook.com.au



Mid-Year Check-up

As we approach the second semester now is a good time to do a bit of a check-up to see if students can improve their approach to their learning. Parents you may like to go through these questions with your child and together set goals for Semester 2.

1. Have you set yourself goals to strive for during this year?
2. Do you know what motivates you to learn and complete your work for school?
3. Do you try to take a positive approach to school and your studies?
4. Do you make the most of class time, listening and focusing and completing all work?
5. Have you been asking for help if you don't understand something?
6. Have you been writing all your homework into your diary or online planner and getting it done?
7. Have you been breaking down bigger tasks and scheduling the work in your diary/planner?
8. Have you been keeping track of what you complete and rescheduling unfinished work?
9. Have you organised your folders for papers and digital resources for school?
10. Do you have folders or somewhere at home to file away all your work and notes for your topics?
11. Have you been working on study notes each time you finish a topic for a subject?



12. Do you have a term planner above your desk where you can easily see when work is due?
13. Have you set up a good study environment at home, a place where you can focus and work?
14. Are you doing around an hour and a half of schoolwork most nights (2-3 hrs for seniors)?
15. Have you thought realistically about whether you have too many outside school activities?
16. Have you allocated set periods of time for school work (eg at least 3 x half hour blocks)?
17. Do you remove all distractions etc. when you are focusing on your schoolwork at home?
18. Do you prioritise each afternoon what you will work on that night?
19. When you make study notes, are you making them visual with mind maps, highlighting etc?
20. When you study for a test, do you both 'learn' the content and 'practise' the skills?
21. Do you try to do lots of the practise under examination conditions?
22. Have you reviewed the different study techniques that you should use for your learning preferences?
23. Are you doing more than 'just reading' when you study for an assessment?
24. Have you thought about how you will overcome the obstacles you face in achieving your best?
25. Have you set up some routines to try and create habits that will help you this year?

Our school's subscription details to www.studyskillshandbook.com.au are -

Username:

Password:



2024 NSW Premier's Reading Challenge

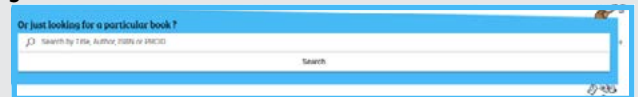
The NSW Premier's Reading Challenge closes to students in seven weeks!

We hope students have enjoyed exploring new and exciting books throughout the year.

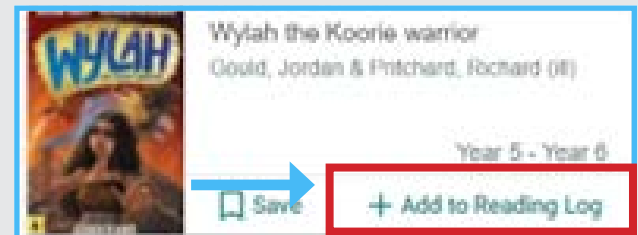
All student reading records must be completed by 11:59pm on Friday 23 August, 2024 so that validation can occur. Only students who have a completed and validated record will receive a PRC certificate.

Quick Guide for Logging Books:

1. Log into the Student experience site using your DoE student username and password.
2. Use the blue search bar to search for books you have read.



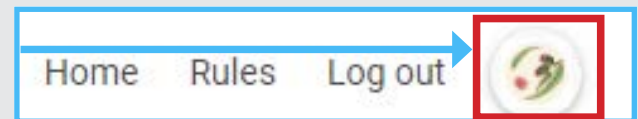
2a: If the title appears, click "Add to Reading Log" to add it as a PRC book.



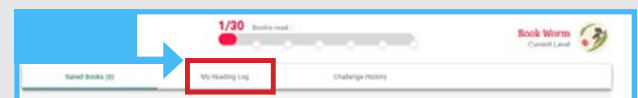
2b: If the title does not appear, you will need to enter it as a personal choice book.

How to enter a personal choice book:

1. Click on the icon in the top right hand corner:



2. Click on "My Reading Log"



3. Enter book details under the "Add a Personal Choice book" field and click "Add".



If you have any issues with logging books, please speak to Mrs Kirkland or Mrs Carraro before Friday 6 September.

COMMUNITY NEWS & EVENTS



WE'RE LOOKING FOR ON-CALL FIREFIGHTERS IN KARIONG AND WE WANT YOU TO APPLY

For more information or to apply, visit fire.nsw.gov.au/on-call or call (02) 4337 9700



INFORMATION SESSIONS

Register EOI and Attend Info Sessions on the 24th 10:00am & 7:00pm
1 Central Coast Hwy, Kariong NSW 2250



CHIME project DRUMMING WORKSHOP

JULY SCHOOL HOLIDAY ACTIVITY

PROMOTING POSITIVE MENTAL HEALTH AND PARENTING

Managing mental illness can make it difficult for families to find time to relax and enjoy time together. This family focused workshop is all about creating connections, expressing ourselves through music, and most important having fun. *

DATE Thursday 11 July 2024
TIME 10.15am to 12.45pm
LOCATION Dance Studio- The Entrance Community Centre
Battley Ave, The Entrance
REGISTER Spaces are limited for this event.
[CLICK HERE](#) to register or call us on 4340 1585.
Equipment and lunch provided. Please bring a hat and water bottle.

* This family activity is for families with children up to 12 years with a parent who experiences mental illness.



Friday 19 July

Ozobots

Where: Bateau Bay Library, 10.30-11.30am

Cost: \$5.50

9-12 years

Join us for a screen-free robotics experience using Ozobots. Ozobots are tiny robots which can identify lines, colours and codes made on physical surfaces!

Draw lines and arrange colours to get these miniature robots zigging, zagging and zooming based on your commands.

Bookings essential
Enquiries: 4350 1578



Ozobots

Friday 19 July

Lego Club Space Challenge

Where: Bateau Bay Library, 3.15-4.15pm

Cost: free

6-12 years

Lego Bay is calling all brilliant brick engineers for its space program! Design and build an awesome space craft that will get us to Mars first.

Bookings essential
Enquiries: 4350 1580



Lego Space Challenge

Sand Art

Where: Tuggerah Library, 10.30-11.30am

Cost: \$5.50

6-10 years

Use coloured sand to bring a picture to life and become yours to take home. All materials provided.

Bookings essential
Enquiries: 4350 1560



Central Coast Council Library Service



Central Coast Library Service
Monday 8 July to Friday 19 July 2024

Monday 8 July - Friday 19 July 2024

Fun and Games

Where: Kinumber Library, during branch opening hours

Cost: free

All ages

Relax on a beanbag and play through our great selection of Playstation games with up to 4 controllers; sit at one of our colouring-in stations, Lego tables and more. No bookings required, just come on in for some holiday fun!

No bookings required
Enquiries: 4304 7641

I Spy at the Library

Where: Lake Haven Library, during branch opening hours

Cost: free

All ages

Come into the library for an in person I Spy challenge.

Eagle-eyed visitors can look for a range of objects, animals, and characters with the help of fun clues.

No bookings required
Enquiries: 4350 1570

Ticket Information

Tickets are payable at time of booking via TryBooking.

Refund Information

Refunds are accepted up to 7 days before the event starts. No refunds will be accepted after this period.

One parent/carer per child, there is no charge for a parent/carer to attend, unless stated. Children under 12 years must be supervised by an adult throughout the program.



Book your place or view more events at libraries.centralcoast.nsw.gov.au/whats-on