

NEWS



Week 7
Term 1
14 March, 2025

KARIONG MOUNTAINS HIGH SCHOOL

Unity ✓ Knowledge ✓ Respect

4340 0246

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LET'S



Celebrating more than 8,500 positive memos issued to students this year already!

C E L E B R A T E



To our students, who continually represent our school on extra-curricula activities and enhance our reputation.

UNIFORM SHOP

OPEN DURING SCHOOL TERM

8-9AM
TUESDAYS & FRIDAYS

CURRENT HOUSE POINTS			
BOUDDI	DHARUG	GIRRAKOO	POPAN
2480	2252	2228	2356

CALENDAR

MONDAY
17 March NAPLAN
24 March Year 7 CAMP NAPLAN

TUESDAY
18 March NAPLAN First-Aid Course Open Boys Touch
25 March Year 7 CAMP Snorkelling 9/10 MS

WEDNESDAY
19 March Dream Builders NAPLAN Sydney Nth Swimming Shave for a Cure
26 March Year 7 CAMP Dream Builders

THURSDAY
20 March Life Education 7,8,9 NAPLAN
27 March Lead by Story

FRIDAY
21 March NAPLAN HARMONY Day
28 March OSSA



FROM OUR PRINCIPAL

HELLO TO OUR KARIONG MOUNTAINS HIGH SCHOOL COMMUNITY!

As we complete Week 7, I must congratulate students on their continued focus and commitment to learning. Our students have maintained a very positive approach to learning; sustained effort and strong engagement in class is the key to progress.

I would also like to thank teachers for their leadership and ongoing tireless work in ensuring students are challenged in their learning in a highly supportive environment. As the school moves into a new school planning cycle, staff are working in teams to ensure the school caters for effective teaching and learning of all students. I will discuss these directions more in the next newsletter.

NAPLAN 2025



National Assessment Program – Literacy and Numeracy

Congratulations, to our Years 7 and 9 students, on their focus and application in commencing **NAPLAN testing**. Analysis of student results are used to inform best practice to support student learning.

Thank you, to our staff and parent community, for supporting the students during the testing phase.

SCHOOL ATTENDANCE

Partial attendance has an impact:

Kariong Mountains High School has had a positive start to the year with attendance - thank you, to everyone for your efforts.

A reminder that **students need to be at school before 8:50 am**, to ensure they are in check-in/hub at the start of the school day. As shown in the graphic below, every lost minute has an impact on student learning over time.

Students who arrive late to school are still required to have their partial absence explained.

Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...



Patterns of lateness can have a serious impact on your child's education.

education.nsw.gov.au

Winter Uniform: high expectations

We have received great support from our students and families regarding our higher expectations of students wearing full school uniform every day. Thank you, to everyone for your support.

Can I request that parents and carers continue to support our **uniform high expectations**, by ensuring your child has the correct trackpants and school jumper, especially when we switch to winter uniform in the cooler months.

Our uniform has **navy blue** shorts and trackpants for juniors and seniors (*black or grey trackpants are not school uniform*). School branded trackpants are available at the schools' uniform shop. Plain navy blue trackpants are acceptable. **Clothing in other colours or with branding / logos are not allowed.**

Senior students have the option to wear their senior jacket / hoodie. School branded jumpers are available from the uniform shop. Plain, navy blue (no branding/ logo) hooded jumpers are also acceptable.

Additionally, plain black leather upper shoes, are a safety requirement of the school uniform.

The school has a uniform clothing pool, to support any student or family who needs support with school uniform when necessary. Please contact the school if you need assistance .

Uniform shop hours are as follows:

UNIFORM SHOP OPEN

DURING SCHOOL TERM

8-9AM TUESDAYS & FRIDAYS

IS YOUR SCHOOL UNIFORM WINTER READY?

Year 11 Senior Jackets 2025/26



The ordering process is underway for Year 11 to order and pay for their senior jackets. Ms Richmond will be facilitating this process during Check-in.

SEEKING FEEDBACK: YEAR 7 / TRANSITION

As a part of our reflective practices, I am seeking feedback from Year 7 parents / carers and Year 7 students, in relation to their transition experience to Kariong Mountains High School. Year 7 students will complete the survey at school, whilst parents / carers were emailed a link to the survey this week. **You can also follow the link below to access the feedback survey:**

Transition Feedback Survey

All replies will be anonymous and the information gathered will be used to refine our Year 7 2026 transition processes.

Your support in providing feedback is valued and important, as our school looks to improve experiences for our students even further.

Mrs Donna James
Principal



Congratulations to our Canteen Voucher winners:

Katarina - Year 7
Kyle - Year 10

MMHS Positive Behaviour for Learning **PBL AWARD**



DEPUTY PRINCIPAL'S REPORT



Term 1 - Week 7

With cooler weather approaching, it is expected that students will be prepared and have winter uniform organised. If for some reason a student cannot wear full school uniform on a particular day, they should bring a note from home and present it to myself or their check-in teacher and a pass will be issued. Uniform is an important part of our value of **Unity**.

If you have any questions or concerns please feel free to contact me. I would also like to thank the parents, who have been supporting us in this area.

Laptop Reminder

Students have been frequently reminded to have their **laptops fully charged** for the start of each day. Our classrooms are not equipped to have several laptops charging at any given time. This is a good example of students having to be prepared just as they would be expected to in the workplace.

Rights and Responsibilities

Included in our Student Welfare and Discipline Policy are the rights and responsibilities of students. The following have been developed by the students of KMHS. The rights of an individual must be balanced against their responsibility to exercise their rights without infringing upon the rights of others.

RIGHTS	RESPONSIBILITIES
<p>A right is something that belongs to you and cannot be taken away. We all have the same rights.</p> <p>Each person can say: I have the right to:-</p>	<p>A responsibility is something you should do automatically and relates to respecting the rights of others. We all have the same responsibilities.</p> <p>Each person can say: I have the responsibility to:-</p>
Be happy and safe	Behave in a way which also allows others to feel happy and safe at school, travelling to and from school and in the community
Have an opportunity to learn	Behave in a way which allows themselves and others to learn
Be treated fairly	Treat others fairly
To be treated with respect	Respect staff, students and visitors, regardless of differences
Have achievements celebrated	Celebrate the success of others
Belong to a school which enjoys a good reputation	Behave in a way which enhances the reputation of the school

Mr Scott White
Deputy Principal

Sporting Engagement

We are thrilled to see such a high level of student participation in sport and PE. Their energy and enthusiasm motivates everyone to join in and have a go.



Our students love to get active and it is inspiring to watch them **push their limits, develop new skills** and **cheer on their team mates**.

It is great to see many of our students committed to staying fit and healthy and how much this helps create a positive and energetic environment for learning.

We also want to acknowledge how fantastic our students look in their school uniforms!

Swimming Success



Our annual **swimming carnival** is always a big highlight of the term and 2025 was a **resounding success**. From the supportive spirit in the stands to the outstanding performances in the pool, **every student gave their best**.

We welcomed our **ngiyang** Support Unit students to their first KMHS carnival! They gave it their all, lap after lap throughout the day. We also saw many personal bests and a wonderful display of school pride as students competed.

Special mention goes to the teachers for their enthusiasm, and of course, those who triumphed in the **Staff vs Year 12 Race!** It was a hard-fought battle, but the teachers showed up to claim victory, again!

Congratulations, to all our students, who went on to represent KMHS at the **Zone Carnival** this week. Again, students have shown not only their sporting talents, but also their great sportsmanship and respect for one another. It was fantastic to see our students competing with integrity, supporting their peers, and celebrating each other's successes.

Thriving in PDHPE and Elective Subjects

We are thrilled with how our classes and elective subjects are shaping up. Students are thriving in an environment where learning is engaging, challenging and fun.



Across PDHPE, Dance, Outdoor Rec, PASS and Child Studies, our students are exploring their passions, developing new skills, and creating lasting memories.

Teachers are equally excited by the energy and creativity our students bring to the classroom. It's a real joy to watch the students enjoy their lessons while also growing and developing in their chosen subjects. learning progressions.



Thank you, all, for a fantastic start to the year!

Mrs Meyer and the PDHPE Faculty

PBL NEWS

In recent years, Kariong Mountains High School has increasingly recognised the importance of fostering a positive and supportive learning environment, not only for academic success but also for students' overall well-being. One of the most impactful initiatives that have been implemented in our school is Positive Behaviour for Learning (PBL).



What *is* Positive Behaviour for Learning?

Positive Behaviour for Learning (PBL) is a whole-school approach that focuses on promoting positive behaviour, enhancing students' social skills, and creating an environment where all students can thrive. It is based on the principle that positive reinforcement and clear expectations for behaviour can significantly improve both student conduct and academic performance.

Key components of PBL:

- ★ Clear Expectations
- ★ Explicit Teaching
- ★ Positive reinforcement
- ★ Consistency across the school
- ★ Data-driven decision making

Receiving Positive Memos on COMPASS

PBL focus areas have been created, and throughout the year, students will be receiving positive memos on COMPASS, if they have successfully demonstrated the PBL focus areas. These areas are updated fortnightly.

PBL Faculty Awards

Each faculty at our school has a designated **Whole School Assembly** where they will present PBL awards to KMHS students in Years 7-12, who have consistently followed our school values: *'Unity, Knowledge, Respect.'* Here are some photos of award recipients, which were nominated by the Mathematics and Science faculties.



THE SCIENCE SCOOP

Exciting times in the Science Classrooms! This term has been a whirlwind of hands-on learning and scientific discovery for students across all year groups!

Year 7: Our Year 7 students have been mastering lab safety and equipment use, proudly earning their Bunsen burner licenses. They have had a fantastic start to the year and are looking forward to going to Taronga Zoo early next term, as part of our studies on the classification of living things.

Year 8: Year 8 students have been exploring life at a **microscopic level**, using microscopes to uncover the hidden world of cells. Their latest challenge is to research and build 3D bacterial cell models. We can't wait to see their creativity in action!

Year 9

9L/9G: These classes have been investigating how diseases spread, even culturing bacteria from everyday surfaces—including Mr Sutton's phone, which turned out to be quite the microbial hotspot!

90: Students have been delving into the atomic world, exploring the language of chemistry and how we create innovative materials. They will finish the term with a practical assessment task, putting their refined scientific skills to the test.

Year 10

10V: Students started the year with a favourite topic—chemical reactions. They're learning about the variety and rules of how elements come together to create something new, with plenty of lab time.

100: This class is exploring the genetics of reproduction and how it contributes to the variety of differences between individuals. They've had some great discussions about how features are passed down through generations.

10M: (*accelerated*). This class has been tackling the Year 11 Investigating Science course. The students are finding their stride and developing key scientific skills.



Year 11 Biology

Students have dived into the complexity of cells, from their "organs" known as organelles to the features that allow them to perform amazing functions daily. Mrs Peters has been impressed by their enthusiasm and commitment.

HSC Physics, Biology and Investigating Science

These classes are doubling down in preparation for their upcoming Half Yearly examinations. Keep up the hard work!

Save The Date

All parents, students, and the community are invited to our **National Science Week** celebrations in **Term 3**. Please join us at the **Science Week Expo** evening.

Important Reminders:

- ▶ **Safety First:** Leather shoes are essential safety equipment in any Science Lab. Students are required to wear leather shoes for science lessons, in line with the school uniform policy. *Thank you for your support!*
- ▶ **Year 10 and 9G Parents:** All students have been issued the Independent Research Project (IRP) assessment task. An email with important information to support this major task has been sent home this week.

We are looking forward to a fantastic end of Term 1 with our students. Please see below for some important dates

Important Science Dates	
EVENT	DATE
9/10 Marine Studies snorkelling	4th April
Year 7 Taronga Zoo excursion	1st May
Science Week Expo evening	17th August
Year 11 Biology Rock Platform	19th August



Science Assessment Tasks		
Year/Class	TASK	Due DATE
7	Classification task (upcoming)	Week 2 Term 2
8	Cell research and Model	20 th March
9L	Public Health Initiative	14 th March
90	Practical Exam	Week 10 Term 1
9G / 100 / 10V	Independent Research Project	7 th May
10M (11 InvSci)	Task 1: Depth Study Research	1 st April
11 Biology	Task 1: First-Hand Investigation: Enzymes	4 th April
11 InvSci (HSC)	Task 2: Half Yearly Examination	2 nd April
12 Physics	Task 2: Half Yearly Examination	1 st April
12 Biology	Task 2: Half Yearly Examination	3 rd April



Mrs Peters
Head Teacher Science

School News & Organisation

Study Skills Handbook

Login to access Study Skills Handbook resources (*details available on Compass*). This latest issue covers tips on 'Taming Big Topics - One Step at a Time' - Key points are covered in the infographic below and you can also download the PDF via the following link:

[STUDY SKILLS - TAMING BIG TOPICS \(PDF\)](#)

FROM THE **STUDY SKILLS** HAND BOOK TAMING BIG TOPICS, ONE STEP AT A TIME

1. Understand the Big Picture

Before diving into the nitty-gritty, take a step back and ask: **What is this topic really about?**

For example, if you're studying photosynthesis, the big picture might be understanding how plants convert sunlight into energy. Write this overarching goal at the top of your notes—it'll act as a guide for everything you learn..

TIP LOOK FOR SUMMARIES IN YOUR TEXTBOOK OR ONLINE RESOURCES TO HELP YOU GRASP THE MAIN IDEA.

2. Break it Down into Sections

Once you understand the big picture, **split the topic into smaller, more manageable chunks**. Think of it like dividing a pizza into slices—it's easier to tackle one piece at a time than trying to eat the whole thing at once.

- Preparing for an essay might involve planning the introduction, body paragraphs, and conclusion separately.

TIP USE YOUR SYLLABUS, TEXTBOOK HEADINGS, OR TEACHER'S NOTES TO IDENTIFY THESE SECTIONS.

3. Create Visual Aids

Many students find it easier to remember information when they can see it laid out visually. Try these tools:

- **Diagrams:** Perfect for subjects like science or geography. Draw a labelled diagram to understand relationships between components.
- **Flowcharts:** Great for processes like historical events or problem-solving methods.
- **Mind Maps:** Ideal for summarising ideas and seeing connections between subtopics.

TIP VISUAL AIDS HELP YOU ORGANISE YOUR THOUGHTS AND MAKE REVISION MORE ENJOYABLE.

4. Learn in Layers

Think of studying like peeling an onion—learn the surface-level basics first, then delve deeper as your understanding grows. For instance:

- **First pass:** Identify the key terms and concepts.
- **Second pass:** Learn how these terms connect.
- **Third pass:** Dive into details and examples.

TIP USE MULTIPLE RESOURCES DURING THIS PROCESS: TEXTBOOKS, ONLINE RESOURCES, VIDEOS, ETC.

5. Review and Consolidate

Once you've mastered each section, it's time to fit the pieces back together. Review how the smaller parts connect to the big picture. This step helps you see the subject as a whole and prepares you for tasks like essays, exams, or projects.

TIP TRY SUMMARISING THE TOPIC IN YOUR OWN WORDS. IF YOU CAN EXPLAIN IT SIMPLY, YOU'VE TRULY UNDERSTOOD IT.

From Chaos to Clarity

Complex subjects might seem intimidating at first glance, but with the right approach, you can simplify them into manageable steps.

By understanding the **big picture**, dividing the topic into **sections**, and using tools like diagrams and mind maps, you'll gain **confidence** and **clarity**. Remember, learning is a process—take it one step at a time, and you'll find that even the most challenging topics can be conquered.

You can learn more at www.studyskillshandbook.com.au by logging in with the details available on Compass.

NAPLAN Years 7 & 9



GOOD LUCK TO OUR KMHS STUDENTS!

12 - 24
March
2025

Support
SHAVE FOR A CURE
with Mr White on 19th March



Save the dates:
KMHS Year 12 Graduation 2025
KMHS End of Year Presentation 2025:

Save the Date
Thursday 25 September
2025
Year 12
Graduation Ceremony

SAVE THE DATE
END OF YEAR PRESENTATION CEREMONY
MON 15 DEC
KARIONG MOUNTAINS HIGH SCHOOL
2025
A CELEBRATION OF STUDENT ACHIEVEMENT AND ACADEMIC EXCELLENCE

[ASSESSMENT SCHEDULES](#)

[SCHOOL POLICIES](#)

[PARENT RESOURCES](#)

HANDY LINKS
TO RESOURCES
ON THE
SCHOOL
WEBSITE: