

# NEWS



**Week 2**  
**Term 2**  
9 May, 2025

**KARIONG MOUNTAINS HIGH SCHOOL**

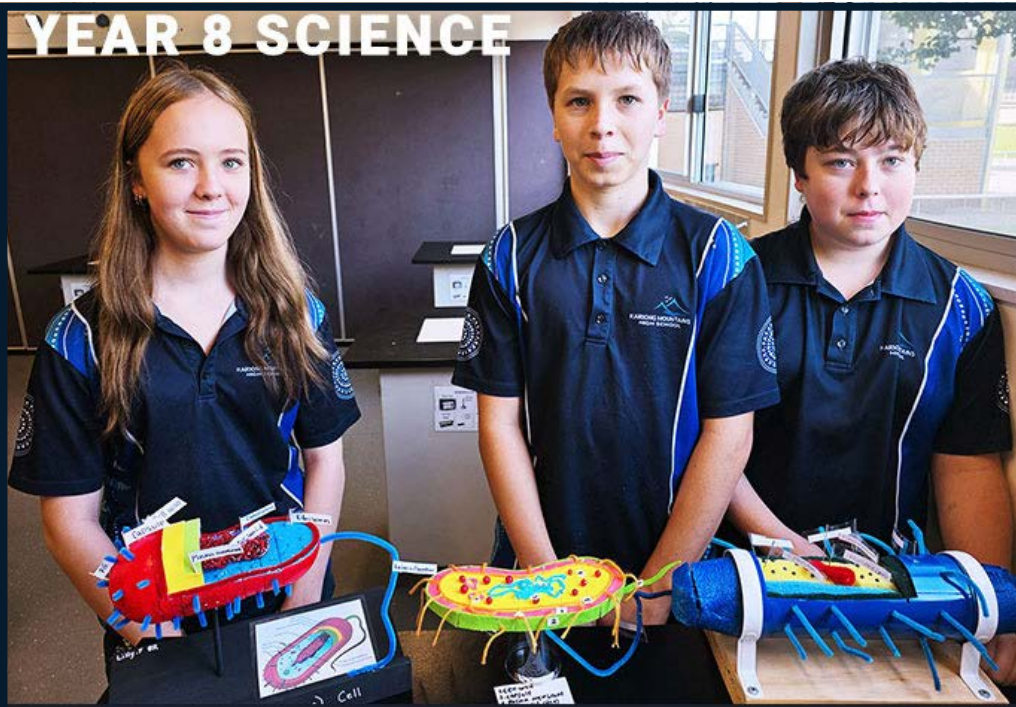
Unity ✓ Knowledge ✓ Respect

**4340 0246**

## IN THIS ISSUE:

FROM OUR PRINCIPAL	PAGE 2
DEPUTY PRINCIPAL'S REPORT	PAGE 3
ASSESSMENT CALENDAR	PAGE 3
ANZAC CEREMONY AT KMHS	PAGE 4
E-SCOOTERS & BICYCLE SAFETY	PAGE 5
SCIENCE FACULTY NEWS	PAGE 6
STUDY SKILLS - HANDY TIPS	PAGE 8
CAREERS & PATHWAYS NEWS	PAGE 8

## YEAR 8 SCIENCE



A positive start  
to Term 2 :)

Well done  
everyone!



**AWESOME CAR  
DRAWING BY OUR  
YEAR 7 OFFICE  
HELPER, ANDY :)**



**LET'S**

**C  
E  
L  
E  
B  
R  
A  
T  
E**



To Mrs Dunn, for her supportive  
work on attendance.

## CURRENT HOUSE POINTS

	Congratulations! <b>WINNER of a \$10</b> <small>Coffee Voucher</small> Baylii - Year 9 <small>Sponsored by the PSC</small>	<b>BOUDDI</b> <b>4068</b>	<b>DHARUG</b> <b>3849</b>	<b>GIRRAKOOL</b> <b>3719</b>	<b>POPAN</b> <b>3849</b>
--	---	------------------------------	------------------------------	---------------------------------	-----------------------------

## CALENDAR

### MONDAY

12 May

Year 7 Immunisation  
Eco Art Exhibition

19 May

### TUESDAY

13 May

Open Boys Touch  
Football  
Better Blokes - Year 8

20 May

Just Like You  
Excursion - Year 7  
Outdoor Rec Mountain  
Biking - Year 10

### WEDNESDAY

14 May

Life Changer Year 7  
First Nations Dance  
KPS Kindy Visit  
Grove Studio Visit

21 May

Outdoor Rec Mountain  
Biking - Year 9  
Thrive in Your First 5  
Better Blokes - Life Skills  
First Nations Dance  
Grove Studio Visit

### THURSDAY

15 May

Model United Nations  
ngiyang TenPin Bowling

22 May

Parklands Pre-school  
Visits

### FRIDAY

16 May

The Tempest Hagseed  
Symposium

23 May

Macbeth Excursion  
Year 10  
Brisbane Water Zone  
Cross Country  
Aboriginal Dance  
Auditions



## FROM OUR PRINCIPAL

**Week 2 Term 2**

### Welcome back to our students and families

**Term 2** promises to be a busy term, with Kariong Mountains offering many opportunities for our school community to enter our gates and experience our great school.

### ANZAC Day Commemorations

Kariong Mountains High School proudly marched at the Gosford March on ANZAC Day and held an ANZAC service at school on the last Wednesday of Term 1 for all students and staff. This is such an important day of recognition, and I personally would like to thank Mr Hipwell, and school leaders Kiara, Kye and Jacinta who marched proudly representing our school.

### School Development Days Term 2

Term 2 began with staff participating in two staff development days. The focus of the professional learning was implementing High Potential and Gifted Education for our students. All NSW public schools must implement the high potential and gifted education policy standards.

Equity, excellence and high expectations for all students are fundamental principles of these standards. These standards provide a framework for implementing and evaluating evidence-informed talent development so high potential and gifted students can aspire to and achieve personal excellence. Engagement and challenge across creative, intellectual, physical and social-emotional domains of potential are included in these standards.

I look forward to reporting, this year, on the work Kariong Mountains will be doing with students in this space. For further information, please visit:

<https://education.nsw.gov.au/teaching-and-learning/high-potential-and-gifted-education>

### Positive Behaviour for Learning (PBL)

Recognising student achievement is an integral part of our school's high expectations and success.

The school introduced the PBL framework in 2024 to provide consistency and facilitate a positive learning environment for students and staff.

In 2025, review of the program implemented a change to the rewards system that aligns to PBL, and students are now recognised fortnightly on the school assembly with faculty PBL awards. Additionally, a rewards event is held at the end of each term and the top 30 students from each year group (7/8/9/10) will be invited to the event, based on the following criteria:

★ Highest positive memo score (positive memos - negative memos = score) recorded over the term on COMPASS

★ Attendance 90% or above

The first rewards event was a sausage sizzle held in week 11 for successful students. This term, students meeting this criteria will be invited to a subsidised rewards day, details to come.



### Let's celebrate Positive community feedback

As a positive start to the term, I received this wonderful email acknowledgement of some of our students from a member of the public at the end of last term. This is a wonderful reminder of the calibre of students we have here at school and is also testament to the guidance they have from their parents and carers:

**Subject:** Student behaviour Mt Penang Parklands  
**To:** The Principal at Kariong Mountains High School

**Message:**

I was visiting Mt Penang Parklands this afternoon as part of a seniors trip and came across many students from your school. I would like to commend them on their behaviour, politeness and willingness to engage in conversation with many members of our group.

They are a credit to themselves and the school. Please pass on my congratulations at the start of next term.

**From:** a member of Blacktown Workers Travel Club

### Thank You

Thank you, KMHS school community, for your ongoing support - I look forward to a wonderful term ahead.

Mrs Donna James  
Principal





# DEPUTY PRINCIPAL'S REPORT



## Term 2 - Week 2

Welcome back to all students. I hope everyone had a safe and relaxing break.

I am looking at building on our expectations from Term 1, with our continued emphases on **uniform compliance** and **respect**. Thank you, to our supportive parents, previously and in the future, in addressing these important aspects of our school.

I would like to thank students for such a positive first term this year. The number of students who required behaviour monitoring was at an all-time low. More importantly, the number of positive mentions increased dramatically. There were literally thousands recorded last term including from students who consistently followed our PBL foci. Many thanks to the PBL team and our Stage Coordinators, Mr Treece and Mr Tagg, for their work in this area. I am hopeful Term 2 will be even better.

One of my main roles is **policy development** and their regular review for our school. Applicable policies can be found on our [website](#) and I encourage our community to view these when required.

*If ever an explanation is required, or you feel something is missing, please feel free to contact me.*

Mr Scott White  
Deputy Principal

Congratulations to our Canteen Voucher winners:

**Eliza - Year 7**  
**Chante-Lee - Year 11**



## PBL Rewards Day Criteria

In Week 10, we will celebrate our outstanding students, who consistently demonstrate our core values 'Unity, Knowledge, Respect'.

This recognition will be based on combined semester scores from Terms 1 and 2.

# Term 2 ASSESSMENT CALENDAR

DUE:	Year 10 Subjects	
Week 3	HSIE	Photographic and Digital Media
Week 4	Science Commerce	Visual Arts
Week 6	Outdoor Recreation	
Week 7	Marine Studies	
Week 8	Child Studies	IT - Timber
Week 9	English Dance	Building and Construction Music
Week 10	Mathematics Engineering	Food Technology PASS

DUE:	Year 11 Subjects	
Week 8	Business Studies Construction Exploring Early Childhood Music	Ancient History CaFS Engineering SLR
Week 9	Biology Hospitality PVDI	English Advanced English Standard English Studies
Week 10	Mathematics Advanced Mathematics Standard Maths & Numeracy SAC	English Extension Food Technology Human Mvt. Science IT Timber Work Studies Year 10 Inv. Science

DUE:	Year 12 HSC Subjects	
Week 6	English Advanced English Standard English Studies	Engineering Modern History
Week 7	Mathematics Advanced Mathematics Standard Maths & Numeracy	Ancient History CaFS SLR
Week 8	Biology	Business Studies
Week 9	Food Technology Inv. Science Legal Studies	Music 1 Visual Arts
Week 10	PDHPE Physics	Work Studies

The top 30 students from each year group (7, 8, 9, and 10), who have the highest positive memo scores (calculated as positive memos minus negative memos) and maintain an attendance rate above 90%, will have the opportunity to attend the excursion.

The cut-off date to collect Positive memos is at the end of Week 6, with invites to the excursion being sent in Week 7.

Mr Hutchinson - CAPA teacher and PBL coordinator

# ANZAC

## ASSEMBLY AT KMHS

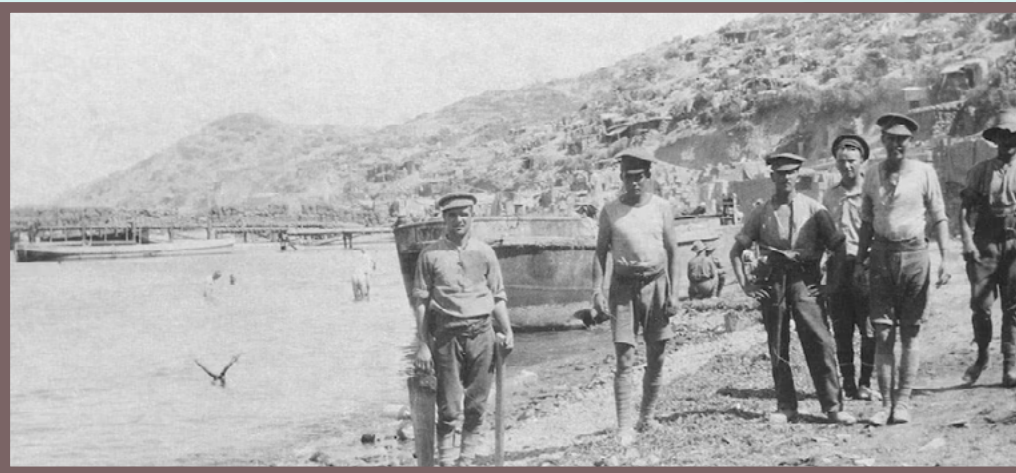


A special assembly was held at Kariong Mountains High School on Thursday 10<sup>th</sup> April (at the end of Term 1) to commemorate ANZAC Day.

2025 marks 110 years since the landing of the ANZAC troops at Gallipoli, Turkey.

Special thanks to Kiara, Kye and Tyson for chairing the assembly.

*Mr Tagg*  
Head Teacher HSIE



*The black and white photos above are from the Gallipoli landing in 1915. On the left is a photo from this year's Anzac Day march in Gosford, with KMHS students holding a wreath.*

# E-SCOOTERS & BICYCLE SAFETY

## IMPORTANT INFORMATION FOR FAMILIES

### Dear Parents / Carers,

As our students increasingly choose e-scooters and bicycles for their journeys, it's crucial for families to understand the laws and safety guidelines that govern their use. Here's what you need to know to help keep our young riders safe and compliant with the law.

### E-Scooters: What Families Need to Know

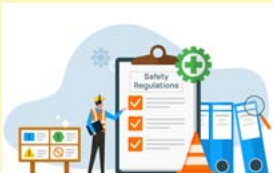


An e-scooter is an electric scooter powered by a rechargeable battery. In New South Wales, it is **illegal** to ride a privately owned e-scooter on roads or road-related areas, including footpaths, shared paths, cycle ways, and cycle paths.

**If you allow your child to ride a privately owned e-scooter, they can only do so on private property.**

### E-Scooter Offences and Fines

Below are some common offences related to e-scooter riding and their associated fines:



OFFENCE	FINE
Ride a privately owned e-scooter on road or related area	Penalties may apply for being an unregistered, uninsured, and unlicensed motor vehicle.
Ride an e-scooter hired through a share scheme outside the trial area	\$136
Ride on a road with a speed limit over 50 km/h	\$136
Ride on a footpath	\$136
Ride an e-scooter not in single file on roads	\$136
Ride an e-scooter whilst under the minimum age of 16 years	\$136
Exceed the maximum operating speed limit of 20 km/h	\$136
Carry passengers	\$136
Use a mobile phone whilst riding	\$410
Fail to wear a helmet	\$410
Ride at night without appropriate lights and reflectors	\$136 per light or reflector

### Bicycle Safety: Essential Rules for Riders

Bicycles are considered vehicles in NSW and must follow the same road rules as other vehicles, along with some special rules for cyclists. Here are key rules for bicycle riders:

- ▶ You can ride side-by-side with another bike, but no more than 1.5 metres apart.
- ▶ Use the marked bike lane in your direction if available, unless it's impractical.
- ▶ Give a hand signal when turning right or merging to the right lane.
- ▶ You may overtake two bicycles riding side by side and can overtake on the left of stopped and slow-moving vehicles.
- ▶ You can ride to the left of a continuous white edge line and turn right from the left lane of a roundabout, giving way to vehicles exiting the roundabout.
- ▶ Walk your bike across pedestrian crossings; however, you can ride across if there's a bicycle crossing signal.
- ▶ Do not hold onto or be towed by another moving vehicle.
- ▶ Keep left of oncoming bicycle riders or pedestrians on shared paths.
- ▶ Only carry as many people as the bike is designed for, and ensure any passenger wears an approved helmet.
- ▶ Face forward on the rider's seat with one leg on each side and at least one hand on the handlebars.



Cyclists caught riding without a helmet, or using an unapproved helmet, can face **on-the-spot fines of \$344**. For helmet safety standards, you can check the information available on the Transport for NSW Centre for Road Safety website.

### Promoting Safe Riding Practices

**As parents, you play a vital role in promoting safe riding habits.**

Encourage your children to wear helmets, adhere to traffic rules, and be aware of their surroundings. Together, we can foster a culture of safety and responsibility among our young riders.

If you have any questions or need further information, please follow the link below:

<https://www.transport.nsw.gov.au/roadsafety/bicycle-riders/road-rules-for-bicycle-riders>

*Mr Marshall Wilkinson  
Rel. Deputy Principal*

# 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:** Year 7 have been exploring the classification of living things, with some hands-on learning to create some delicious classification keys. Unfortunately, due to the uncertain weather, the Taronga Zoo excursion was postponed to 26<sup>th</sup> November.



**Year 8:** Last term, for their assessment task, Year 8 got their hands all over some bacteria. Some of the models that they produced are some of the best we've had at Kariong Mountains High School. It was awesome to see the level of innovation and creativity displayed by our young scientists.

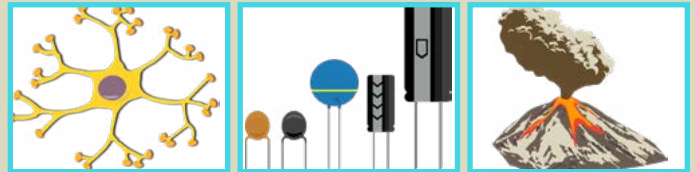


## Year 9:

**9L:** Have explored the range of human senses, how each functions and then how they coordinate with the nervous system to allow humans to interact with our world. This term they will be exploring motion and can look forward to some exciting practical activities.

**9G:** The class delved into the world of electrical circuits. They enjoyed exploring voltage, current and resistance, developing some very interesting circuits! This term the class has started exploring chemical reactions. They're learning about the variety and rules of how elements come together to create something new, with plenty of lab time.

**9O:** Students have commenced investigating the properties and structures of our Earth and how they interact to create earthquakes, volcanoes and tsunamis.



## Year 10:

**10V:** The class are delving into the world of electrical circuits. They will enjoy exploring voltage, current and resistance in circuits. They will use their knowledge to explore why we design circuits differently for our homes compared to the simplest Christmas lights.

**10O:** Students are exploring the universe from the Big Bang Theory, the features of the universe and the amazing technologies we have developed to broaden our understanding.

**We look forward to seeing the amazing scientific investigations that 9G, 10V and 10O have been working on!**

**10M (accelerated):** This class has been tackling the Year 11 Investigating Science course, completing their first assessment task successfully.



## Year 11 Biology:

Students are now diving into the structures and functions of organs and tissues in the plants and animals that allow for oxygen and carbon dioxide exchange, absorption of nutrients and the transport of these throughout the body. The whole class is to be commended on their commitment to the successful completion of their first assessment task.



**HSC Physics, Biology and Investigating Science:** Well done, to these students, on completing the *Half Yearly* examinations. They have been given some great feedback from their teachers and we look forward to supporting them as they continue to develop their knowledge and skills.

**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 on Wednesday 13<sup>th</sup> August 2025.



**Important Reminder: 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!

**We're looking forward to a fantastic Term 2 with our students.**

Mrs Peters  
Head Teacher Science

Please see below for some important Science dates:

EVENT	DATE
Science Week EXPO Evening	17 August
Year 11 Biology Rock Platform Excursion	19 August
Year 7 Taronga Zoo Excursion - rescheduled	26 November

**Science Assessment Tasks Due:**

Year	Task	DUE DATE
9/10 Marine Studies	Antarctica Assessment Task	11 June
10 AM (11) Inv. Science	Task 2: Practical Skills Examination	2 July
11 Biology	Task 2: Depth Study Assessment Task	27 June
11 (HSC) Inv. Science	Task 3: Fact or Fallacy Investigation	26 June
12 Biology	Task 3: Modelling a Genetic Process Task	19 June
12 Physics	Task 3: Processing / Modelling Task	3 July



## did you know...?

**headspace provides free, early intervention mental health services to young people between the ages of 12 to 25.**

headspace can also provide support with physical health (including sexual health), alcohol and other drugs, and work and study supports.

To get in touch with headspace Lake Haven or Wyong, reach out below:

### headspace Lake Haven

Monday, Thursday | 8:30am - 8:00pm  
Tuesday, Wednesday, Friday | 8:30am - 5:00pm

Call: **02 4394 9100**

Find us at 70 Chelmsford Road  
Lake Haven NSW, 2263

### headspace Wyong

Tuesday to Thursday | 8:30am - 5:00pm

Call: **02 4394 9180**

Find us at Ground Floor, 28 Hely Street  
Wyong NSW, 2259

**headspace is not a crisis service. If urgent care is required, please call the Mental Health Line on 1800 011 511 or '000' in an emergency.**

# Study Skills Handbook

The infographic below (a repeat inclusion from end of Term 1) includes tips for studying with music. Use the login details available on Compass to access more great tips from the Study Skills Handbook.

## From the Study Skills Handbook CREATE A STUDY PLAYLIST

### 1. Choose the Right Genre for the Task

Different types of music work better for different study activities.

The absence of lyrics ensures you won't get distracted while reading or writing. For brainstorming sessions or creative work, try upbeat instrumental tracks or even light jazz. These genres can spark ideas and keep you energised.

**TIP** TRY NATURE SOUNDS LIKE RAIN OR WAVES IF YOU PREFER A DISTRACTION-FREE ENVIRONMENT.

### 2. Keep the Volume Low

While music can be motivating, it's important to remember that too much stimulation can have the opposite effect. A loud, fast-paced song might be great for a workout but can be distracting when studying. Keep your playlist at a low volume, allowing it to serve as background noise that enhances focus rather than competing for your attention.

**TIP** USE NOISE-CANCELLING HEADPHONES TO BLOCK OUT DISTRACTIONS AND STAY IN YOUR STUDY ZONE.

### 3. Avoid Lyrics when Reading or Writing

Songs with lyrics are notorious for disrupting focus during tasks that involve reading or writing. It's hard to analyse Shakespeare or draft an essay when your brain is processing the words in a pop song.

**TIP** IF YOU'RE DRAWN TO LYRICAL MUSIC, CONSIDER SONGS IN A LANGUAGE YOU DON'T SPEAK FLUENTLY.

### 4. Build a Custom Playlist

Creating a dedicated study playlist is key to avoiding distractions. Instead of spending time skipping tracks, curate a list of songs that fit your study style.

Apps like Spotify offer pre-made playlists for studying, such as 'Focus', 'Deep Focus', and 'Lo-Fi Beats', which can serve as inspiration.

**TIP** START WITH CALMING TRACKS FOR FOCUS, ENERGETIC SONGS FOR MOTIVATION AND SLOWER TRACKS TO END.



Music is more than just entertainment—it can be a powerful ally in your study routine. By selecting the right genres, controlling the volume, and tailoring your playlist to your tasks, you can create an environment that keeps you motivated and focused.

Experiment with your playlist, refine it over time, and discover the tunes that turn studying into a more enjoyable and effective experience. So, grab your headphones, press play, and let the music work its magic.

Learn more at [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au)  
Username and password available on Compass.



# CAREER AND EDUCATIONAL PATHWAYS NEWS

## Congratulations to Stephen, a KMHS School to Work Success!

We are proud to congratulate Stephen, a participant in our **School to Work** program, on securing a full-time apprenticeship towards a **Parks and Gardens Certificate III** with **Out Of Time Services** on the Central Coast.



This is a fantastic achievement and a testament to Stephen's dedication, enthusiasm, and commitment to learning practical skills.

A big thank you to Out Of Time Services for supporting our students by providing this valuable opportunity.

Mr Hipwell  
Careers Advisor

