

NEWS



Week 8
Term 2
20 June, 2025

KARIONG MOUNTAINS HIGH SCHOOL

Unity ✓ Knowledge ✓ Respect

4340 0246

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LET'S



CELEBRATE

To the amazing SASS staff, for organising The **Biggest Morning Tea** at KMHS! To our student **Bake Sale** heroes and to all who supported these great fundraisers!



Ms Sayal and our Aboriginal Dance Ensemble on their amazing performances at Star Struck 2025

CALENDAR

MONDAY

23 June

Museum of Human Disease Excursion

30 June

ECO Art Classes + Exhibition
BW Zone Athletics

TUESDAY

24 June

Outdoor Rec Mtn Biking

1 July

WEDNESDAY

25 June

Outdoor Rec Mtn Biking
Stage 4 Parent / Teacher Evening from 4:30pm

2 July

NAIDOC Day
Stage 5 Parent / Teacher Evening from 4:30pm

THURSDAY

26 June

3 July

FRIDAY

27 June

4 July

Luna Park PBL Rewards Day

LAST DAY OF TERM 2



FROM OUR PRINCIPAL

Week 8 Term 2

As recently as last week, I was fortunate to attend the 2025 Secondary Principals Conference in Sydney. The theme for the conference, this year, was ***Beyond The Horizon***, which emphasised the importance of ***working together*** to ensure the best outcome for our school communities.

The message was also about the work educators do to ensure that all students leave their school better equipped for a successful life journey.

Reflecting on Kariong Mountains High School, we are a busy school community that is working on a culture of ***connection and nurturing***, whilst providing a ***positive learning environment***. Evidence of this firsthand was the attendance of both students and parents/carers at our Stages 5 and 6 ***subject information evening*** this week.

Thank you, to all families, for making the time to attend, to faculties for their efforts in displays and to Mr Hipwell for his meticulous organisation. Subject selection interviews are being held with Year 10 in Week 1 Term 3.

Explicit Teaching: Literacy and Numeracy

Kariong Mountains High School is continuing participation in this positive program, with a focus on pedagogical practice and improving learning outcomes in literacy and numeracy. Aligned with the school plan, staff are exploring the pedagogy of explicit teaching, and focussing on literacy strategies aligned with vocabulary.

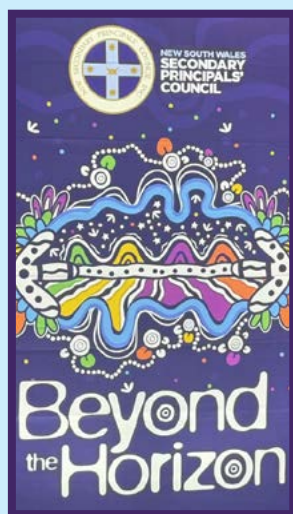
Teaching observations, professional learning, student voice and work sampling are all part of the work being completed at present. Additionally, NAPLAN data is being analysed to determine strategies required to improve student growth. I look forward to reporting the outcomes of this initiative in Term 4.

Student Wellbeing

As we navigate the road out of COVID and into the new 'norms', students and families are working with schools to seek ongoing support in this important student support space. The DoE has many supports offered in school and the wider school community.

Please access the link below to further investigate these:

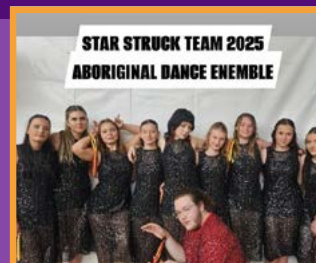
[DoE guide to mental health resources for students and parents \[pdf\]](#)



Star Struck 2025

Well done, to our talented Aboriginal Dance Ensemble, who danced with heart at pride at Star Struck 2025 '***Remixed - Volume 33***'.

A special shout-out and congratulations, to our senior dancers, ***Erin, Ella*** and ***Sienna***, for their leadership and outstanding commitment to Star Struck performances these past four years. These girls have also done great work mentoring our young dancers!



About Star Struck:

Star Struck is a NSW Department of Education annual performing arts event for Newcastle, the Hunter and Central Coast. It is a showcase of dance, drama and music performed by students from Kindergarten to Year 12 from a vast network of NSW public schools.

Star Struck provides performance and learning opportunities for students in the arts and fosters an appreciation of the performing arts. The program brings together students from very small Primary Schools to large comprehensive High Schools from diverse backgrounds. Students have the opportunity to participate as part of combined dance, drama or choir, with their school groups, or if successful at audition can participate as featured vocalists or instrumentalists. In addition to these on-stage roles, students also participate as members of the student stage management, choreographic and props design teams.

Students gain valuable experience across a range of vocational areas in the arts and the opportunity to work with industry experts whilst working towards a nationally accredited qualification in Events. Star Struck is one of the largest performance events presented in the area and, as such, enjoys immense local support from the corporate and business sectors, the media and the community.

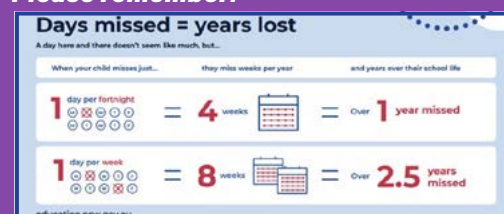
Source: <https://starstruck.schools.nsw.gov.au/>

Working Towards the End of Term

As we approach the end of term, it is a timely reminder about the importance of explained absence for school.

The school has implemented processes including office follow-up and communication re explanation of absences for student records. Should you receive an email, text message or call, please follow the prompts to explain your child's absence. The school has demonstrated significant improvement in this area in the last six months and should continue to do so with community support.

Please remember:



Mrs Donna James
Principal



DEPUTY PRINCIPAL'S REPORT



Term 2 - Week 8

Regular attendance at school is obviously important for students to maximise their learning. As a major school focus this year, attendance has improved significantly and we thank you for your support. **Following is a quick reference guide of our attendance procedures:**

- ★ Teachers **mark rolls** during check-in by 9:05am and every lesson thereafter.
- ★ All late arrivals are to sign in at the Front Office.
- ★ **Compass notifies parents /carers** of any absences throughout the day.
- ★ Office staff amend attendance records on Compass following communication from parent / carer.
- ★ Unexplained whole school day absences are texted to parents / caregivers later in the school day.
- ★ Before any leave passes can be issued, the school must receive the request from a parent / carer via a written note, phone call, email or Compass entry.
- ★ Students, who represent the school at sport, attend excursions, participate in incursions or undertake work placement are recorded as 'School Business.' **These activities are not recorded as absences.**
- ★ Parents can inform the school of absences and lateness via a written note, phone call, email or Compass entry. A **valid explanation is required.** On occasions of extended illness, a **Medical Certificate** will be required.
- ★ For expected absences of 10 school days or more, such as a holiday, an **exemption will need to be applied for.** Application forms are available from the Front Office.
- ★ Year Advisors, the Attendance Team and Deputy monitor attendance rates of individual students. Contact is made home through letters and/or phone calls when absences are causing concern.
- ★ Referral to the **Home School Liaison Officer** is made for students whose absences continue to cause concern.
- ★ Students with **excellent attendance** are placed in a weekly draw for a \$10 canteen voucher and recognised by the Principal at year's end.

If you have any questions regarding these procedures, please feel free to contact me.

Vaping Concerns

As I am sure you are all aware, vaping continues to be a major issue in our society. At our school, students caught with, or using e-cigarettes, are disciplined in the same way as if they were smoking tobacco and this can lead to suspension.

I encourage you to view these slides from the Central Coast Local Health District **'Say No to Vaping'** campaign with your child and reinforce the dangers and implications of vaping.

Mr Scott White
Deputy Principal

Term 2 ASSESSMENT CALENDAR

DUE: Year 10 Subjects

Week 9	English Dance	Building and Construction Music
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Week 10	Mathematics Engineering	Food Technology PASS
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DUE: Year 11 Subjects

Week 9	Biology Hospitality PVDI	English Advanced English Standard English Studies
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Week 10	English Extension Food Technology Mathematics Advanced Mathematics Standard Maths & Numeracy	Human Mvt. Science IT Timber Work Studies Year 10 Inv. Science SAC
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DUE: Year 12 HSC Subjects

Week 9	Food Technology Inv. Science Legal Studies	Music 1 Visual Arts
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Week 10	PDHPE Physics	Work Studies
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SAY NO

E-CIGARETTES ARE NOT GOOD FOR YOUR HEALTH.
SAY NO TO VAPING AND NO TO ITS HEALTH RISKS.

NSW
Central Coast
Local Health District



A single STIG can contain the **SAME AMOUNT OF NICOTINE** as an entire pack of cigarettes, making them **HIGHLY ADDICTIVE.**



Research shows kids who vape are much **MORE LIKELY TO START SMOKING CIGARETTES.**



Nicotine found in e-cigarettes can **AFFECT BRAIN DEVELOPMENT** in teens: impacting their learning concentration and mood, causing **ANXIETY AND DEPRESSION.**



They contain **HARMFUL CHEMICALS** that can cause serious **LUNG DAMAGE AND CANCER.**



Companies are **TARGETING YOUNG PEOPLE** to get them hooked - **DON'T BE A PUPPET!**

#SayNoToVaping

SAY NO TO ADDICTION

Most e-cigarettes contain nicotine - the same **HIGHLY-ADDICTIVE** chemical that's in regular cigarettes. This increases your risk of other types of addiction in later life.

#SayNoToVaping

SAY NO TO VAPING

SAY NO TO ADDICTION

Most e-cigarettes contain nicotine - the same **HIGHLY-ADDICTIVE** chemical that's in regular cigarettes. This increases your risk of other types of addiction in later life.

#SayNoToVaping

SAY NO TO SERIOUS HEALTH RISKS

E-cigarettes contain or produce **CHEMICALS KNOWN TO CAUSE LUNG DAMAGE AND CANCER.** There are also thousands of cases of injuries caused by their **BATTERIES EXPLODING.**

#SayNoToVaping

SAY NO TO SMOKING

Research shows kids who vape are much **MORE LIKELY TO START SMOKING CIGARETTES.** It can also lead to **OTHER DRUG USE.**

#SayNoToVaping

Following link goes to an anti-vaping program: <https://lungfoundation.com.au/lung-health/protecting-your-lungs/e-cigarettes-and-vaping/vaping-elearning/>

PDHPE NEWS

Athletics Carnival

The **KMHS Athletics Carnival** was held at **Adcock Park** this year and was a successful and well-organised event. With the sun shining, students arrived eager to compete and support their peers, creating a positive atmosphere.

We witnessed impressive athletic performances in both track and field events, with many students demonstrating **great effort** and **sportsmanship** throughout the day.



Year 12 students added spirit to the event with their themed costumes and successfully ran a **popular BBQ** and **lolly stall**, which was well-received by staff and students.



Thank you, to the Hospitality team, for providing such a delicious and well-prepared staff morning tea and lunch.

We appreciate Mr Flakus for his involvement in planning and coordinating the carnival and wish to thank all KMHS staff, who provided support and helped to make the day run smoothly.

Congratulations, POPRAN, the winning house, awarded a massive 1155 points on the day.

Team Sport

Alongside the Athletics Carnival, KMHS also participated in the **Years 7 and 8 Oz Tag Gala Day**. This event provided students with a chance to develop their skills, experience teamwork and engage in healthy competition, making it a valuable learning opportunity.

Outdoor Recreation

KMHS Outdoor Recreation students went on a camp, facing cold conditions with determination and a positive attitude. The group bushwalked over 17 km, went fishing, cooked their own meals, enjoyed campfires and participated in games and challenges. It was a great opportunity for personal growth, resilience and fun.



Thank you, to Mrs Miller, Mr Riley, Mr Flakus and Jaydon, for providing such a fantastic camp experience for our students.

Let's do it all again next year!

Star Struck






Lastly, our Aboriginal dancers participated in **Star Struck**. After a long day at Newcastle Entertainment Centre, they performed alongside thousands of other schools in front of over 5,000 audience members across two sold-out shows! What an incredible achievement and experience for Kariong Mountains High School. **Well done!**

Mrs Jess Meyer
Head Teacher PDHPE

Every day a student **attends school** enhances their **learning** and wellbeing outcomes.

Every student is known, valued and cared for in our school.



-  ABOVE 95% = EXPECTED ATTENDANCE
-  90% - 95% = MINIMUM STANDARD
-  BELOW 90% = EDUCATIONALLY AT RISK

Every DAY Counts

ATTENDANCE MATTERS AT KMHS

KMHS
STAR ATTENDER

Congratulations!

WINNER of a \$10 Canteen Voucher

Amelia - Year 7
Jack - Year 9

Sponsored by the P&C

KMHS
Positive Behaviour for PBL AWARD

Congratulations to our Canteen Voucher winners:

Xavier - Year 7



CAREER AND EDUCATIONAL PATHWAYS NEWS

Last Friday, a group of girls from Years 9 to 12 attended the **Women in Construction** event, hosted by **North Construction and Building**, where they explored the wide range of **career opportunities** available in the **construction industry**.



north
BUILDING WITH TRUST®

The event, also attended by members of the Central Coast Mariners, aimed to inspire young women to consider future pathways in a traditionally male-dominated field.



Students had the chance to engage with industry professionals, learn about roles in project management, design, engineering, and more, and take part in a hands-on challenge where they showcased their practical skills. It was an empowering and insightful experience that encouraged students to think broadly about their future careers and highlighted the growing presence and potential of women in construction.

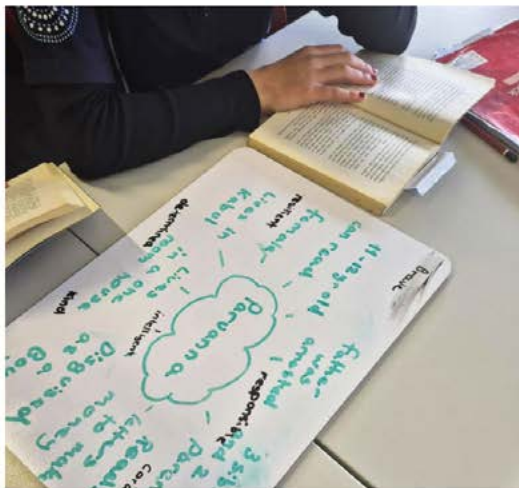
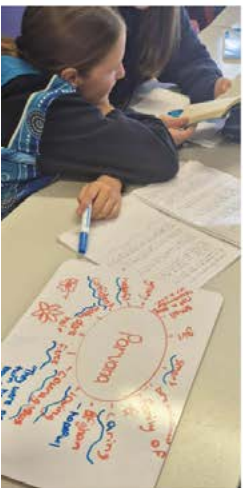
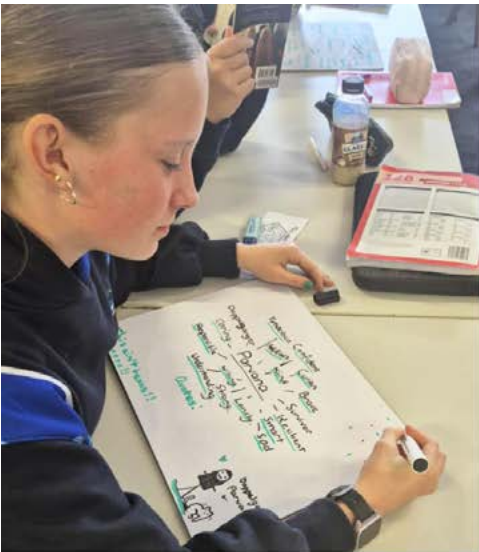
Mr Hipwell

Around the School *and beyond...*

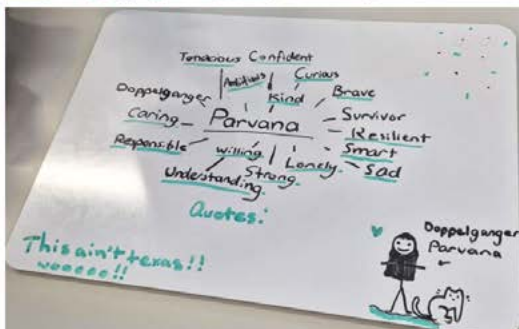


GO
KMHS
TEAM
BOCCIA!

Well done, to our KMHS team, who took part in the NSW School Sports Boccia competition, where their awesome effort and skills saw KMHS finish in 7th place of 18 schools. **Impressive!**



YEAR 7
ENGLISH



Year 7A English have been busy studying the novel 'Parvana' to learn about how characterisation is developed in a narrative.



Year 12 Advanced English students visited the Seymour Centre in Sydney, to see the **Crucible Symposium**. Thank you, to Mrs Hunt, for organising such a memorable experience!

2025
OPEN DAYS



Newcastle
16 August

Central Coast
30 August

Central Coast Campuses
Saturday 30 August 2025

Sessions will be running at both our Ourimbah campus, and the Central Coast Clinical School in Gosford. Make sure you take note of which campus your selected sessions are on at so that you have time to travel between locations if required.

The expo is in the Quad at the Ourimbah campus, all day. Campus tours will leave on the hour from the information tent at both Ourimbah and Gosford.

Open Days

Newcastle on August 16th, 2025

Central Coast on August 30th, 2025

[Register to attend >](#)

Community Notices and information...



Do you have a health care card? You could be eligible for Saver Plus.



Do you have a pensioner concession card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops



1300 610 355 saverplus.org.au

