

NEWS



Week 10
Term 2
4 July, 2025

KARIONG MOUNTAINS HIGH SCHOOL

Unity ✓ Knowledge ✓ Respect

4340 0246

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LET'S



**C
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Let's celebrate Year 12 students fundraising at the Bunnings BBQ!



To our KMHS dancers, performing at Central Coast Dance Festival. To Scarlet, winning her race at Zone Athletics!

Tuesday
22
July

All Students Return for
Term 3



CALENDAR

MONDAY

21 July

School Development Day
Staff Only

28 July

Sydney North Athletics

TUESDAY

22 July

All Students return for the start of Term 3

29 July

WEDNESDAY

23 July

Life Changer
Year 10 ► 11 Subject Selection (Hub)
Stage 5 Parent / Teacher Evening from 4pm

30 July

THURSDAY

24 July

31 July

Showcase Rehearsal

FRIDAY

25 July

1 August



FROM OUR PRINCIPAL

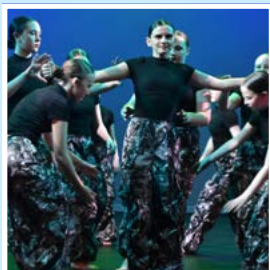
Week 10 Term 2

So much to celebrate this term!

Kariong Mountains High School has been a busy place throughout Term 2, as demonstrated in this and previous newsletters. Along with a multitude of events, there has been significant student achievement to celebrate. I would like to congratulate our student body and the dedicated staff who make these achievements possible. **Well done!** I am, as always, extremely proud of our wonderful school.

Central Coast Dance Festival

I had the exciting opportunity to watch our dancers shine at the Central Coast Dance Festival last week. They were exemplary and certainly made themselves, their families and KMHS proud. Years 9 and 10 dancers performed **'Lovely'**, which they choreographed themselves with the dedicated support of our dance teacher Ms Sayal. Additionally, Years 7 and 8 junior dance students also excelled in their performance, **'The Next Journey'**, choreographed by Year 9 elective dancers Aleira and Zali. This was the first time tap dance was included with lyrical performance. You know we like to expand our horizons at KMHS! **Congratulations, to Ms Sayal and our talented students, on their stellar performances.**

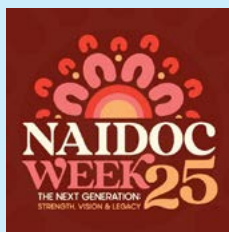


NAIDOC Week: 7 - 14 July

NAIDOC Week 2025: The Next Generation - Strength, Vision, Legacy

This week marks the beginning of NAIDOC Week, a significant time for our school communities to reflect on and celebrate the enduring strength, vision and legacy of Aboriginal and Torres Strait Islander peoples.

This year's theme - **The Next Generation: Strength, Vision and Legacy** - invites us to celebrate 50 years of honouring and elevating Aboriginal and Torres Strait Islander voices, culture and resilience. It acknowledges not only the achievements of the past, but also the bright future ahead, empowered by the strength of our young leaders, the vision of communities and the legacy of ancestors.



Due to this week's severe weather, KMHS NAIDOC celebrations have been postponed to 5th and 6th August. We look forward to celebrating with students from our partner schools and the parent community.

Stage 5 Parent/Teacher Interviews

Due to the weather conditions this week and in consideration of the safety of our school community, our Stage 5 parent - teacher interviews

have been moved to **Week 1 of Term 3, on Wednesday 23rd July**. Bookings have been transferred, though parents can use COMPASS for NEW bookings or to edit times.



Support During the Holidays

As we approach the school holidays, I am mindful of the welfare support our students receive throughout the term, both in and out of school. As incidents may arise during the holiday period, and to continue this support framework, the 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/



Central Coast Youth Support Programs

including the Y4Y Action Team
<https://www.centralcoast.nsw.gov.au/residents/support-programs/young-people>

School Development Day

School Development Day for Term 3 will be on Monday 22nd July. Staff will facilitate professional learning focused on explicit teaching and literacy improvement. KMHS is currently participating in the Mooney Mooney Community of Practice, an initiative involving 10 other schools across the Mooney Mooney region. I look forward to reporting on the work we are 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 welcoming our families back on Tuesday 22nd July.

Mrs Donna James
Principal



DEPUTY PRINCIPAL'S REPORT



Term 2 - Week 10

It has been some time since I have included an aspect of our ***Student Welfare and Discipline policy*** in a newsletter. Following are our 'Core Rules' that 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.

Organisation

As the term has come to an end, numerous extracurricular activities have been made available to our students. As always, our representatives have demonstrated impeccable behaviour, enhancing the school's reputation.

We frequently receive compliments on the respect our students show in the wider community. I would also like to thank the staff involved in making these events possible.

To ensure these activities continue to run smoothly, it is important that permission and payments are submitted on time.

For the majority of our excursions, students are expected to wear their school uniform, both at school and during the excursion. Failure to comply may result in denial of participation in the activity. Additionally, it is school policy that students who are under behaviour monitoring at the Stage Coordinator or Deputy Principal levels are ineligible to participate.

Over the past two terms, I have been reviewing and updating many of our school's policies. I particularly recommend that you review our [Anti-bullying Plan](#), [Student Behaviour Policy](#), and [Excursions Policy](#). If you have any questions regarding school policies, please feel free to contact me. All policies can be found on our website at: <https://kariongmt-n-h.schools.nsw.gov.au/about-our-school/policies.html>

Mr Scott White
Deputy Principal



Term 3 ASSESSMENT CALENDAR

Year 10 Assessments DUE:

Week 6	Marine Studies PASS	Visual Arts
Week 7	Child Studies Food Technology	IT - Timber
Week 8	HSIE Outdoor Recreation	Photographic and Digital Media
Week 9	English	Mathematics
Week 10	PDHPE Building & Construction Commerce	Dance Engineering Music

Year 11 Assessments DUE:

Week 1	Modern History
Week 2	Biology
Week 6	Work Placement - Construction
Week 7	Work Placement - Hospitality
Week 9	FINAL ASSESSMENT
Week 10	FINAL ASSESSMENT

Year 12 Assessments DUE:

Week 4	TRIAL EXAMINATIONS	
Week 5	TRIAL EXAMINATIONS	
Week 6	PVDI Visual Arts	Work Studies Numeracy

ICAS Academic Competition

Within our school community there are students who shine brightly, displaying exemplary dedication and academic talent. They deserve to be recognised and this year we are giving them the opportunity to showcase and celebrate their talents in the world-renowned ICAS competition.

What is ICAS?

ICAS is an online academic competition that gives students the opportunity to challenge their higher order thinking and problem-solving skills in **English, Mathematics, Science, Writing, Spelling Bee, and Digital Technologies** (cost \$20.95 each, except Writing is \$24.95).

ICAS results are in-depth and meaningful, and ICAS evaluates student performance against other competition entrants across the state and nation. The data reveals student strengths and weaknesses and can help you recognise and support your child's academic journey.

Learn more about ICAS at: icasassessments.com/products-icas/

How to participate in ICAS

If you wish for your child to participate in ICAS this year, please go to the parent payment section to register for your chosen subjects.

Payment Link: <https://shop.icasassessments.com/pages/parent-payment/RGJ592>

Enter student details and select subjects before proceeding to payment. **Note: registrations close on 28 July**

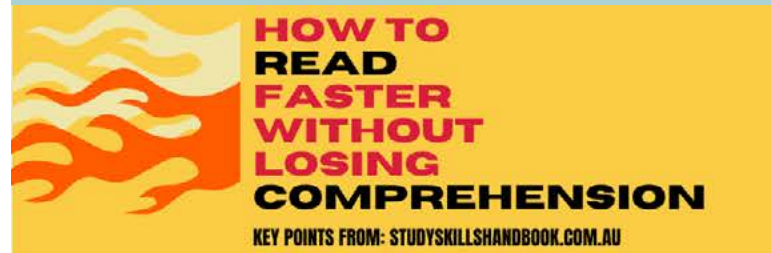
We are proud to be offering ICAS to our students this year and encourage you to consider entering your child. Please do not hesitate to contact the school office, Kylie Peters or Jess Milne if you have any questions.



Wishing all our **students** and **families**
a happy and safe **holiday break!**

Study Tips

FROM THE STUDY SKILLS HANDBOOK



Mastering the skill of speed and understanding

1



PREVIEW BEFORE DIVING IN

- Scan table of contents or chapter headings.
- Look for bold terms, keywords, or diagrams.
- Read introduction and conclusion to grasp main ideas.

Tip: Use this strategy for textbooks, research articles and reading assignments

2



MINIMISE SUBVOCALISATION

- Use your finger or pen to guide your eyes across the text.
- Practise reading larger groups of words at a time.
- Trust your brain to grasp the meaning (try to avoid re-reading sentences unless necessary).

Subvocalisation = reading words silently in your head.

3



USE THE 'CHUNKING' METHOD

- Train your eyes to move in a zig-zag pattern.
- Practise with shorter paragraphs first.
- TIP: Combine chunking with finger/pen guide to keep your eyes moving smoothly.

Chunking = grouping words together as you read, to absorb more in one go.

4



TAKE NOTES WHILE READING

- Highlight / underline key points, marking important parts as you read (without slowing down).
- Write short summaries or questions in the margins to capture the main ideas of each section.

Tip: Use mind maps or margin notes to visually organise your understanding.

5



PRACTISE WITH TIMED READING

- Start with texts you are familiar with and gradually move to more complex material.
- Keep track of your progress, measure how many words you can read and understand in a set time.

Tip: Tools like Spreeder or AccelaReader offer online exercises to train your skills.

Read Smarter, Not Harder



Reading **faster** while maintaining **comprehension** is a valuable skill you can develop with a bit of time and practise. By following the steps above, you'll soon find yourself breezing through assignments without missing the important details. Start with small changes, and you are well on your way to becoming a speed reader!

Access more Study Skills using login details available on Compass!



Infographic by Annette Abalos - content adapted from the Study Skills Handbook.

HSIE Faculty NEWS



It has been a very busy Term in the HSIE faculty. Congratulations, to all our **HSIE faculty PBL award** recipients, who received their awards at the Week 9 Assembly.



Year 9 are working on the 'World War' History unit of work and have been researching the causes and impacts of both World War I and World War II

Year 7 have been working hard on their 'Water in the World' unit of work.



Year 10 have just completed their 'Holocaust' assessment task and have been researching 'Terrorism' as a mini unit of work.



Year 8 have been studying the Geography unit of work 'Place and Liveability' and have been researching the factors that increase the liveability of an area.

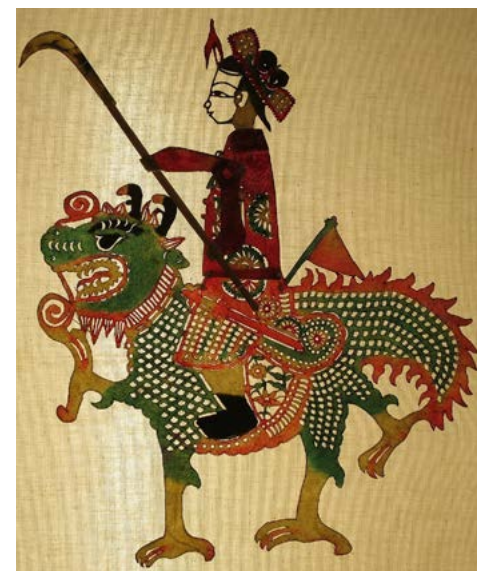
The following drawings are by Year 8 HSIEA students, designing their own town:

Year 11 Business Studies, Ancient History, Modern History and Society and Culture classes have all been working hard this term.

Year 12 students have been working hard in Business Studies, Ancient History, Modern History and Legal Studies. Next term will be an extremely busy term for our HSC students as they will be completing their Trial HSC Examinations.



Mr Derryn Tagg
Head Teacher HSIE



HSIE Faculty NEWS



Last week, Year 7 HSIEK welcomed Dylan, the Water Education Officer from Central Coast Council, for the first of four visits to KMHS. Dylan brought along a kit that allowed us to construct different molecules for water and ice, demonstrating how they change under various conditions.

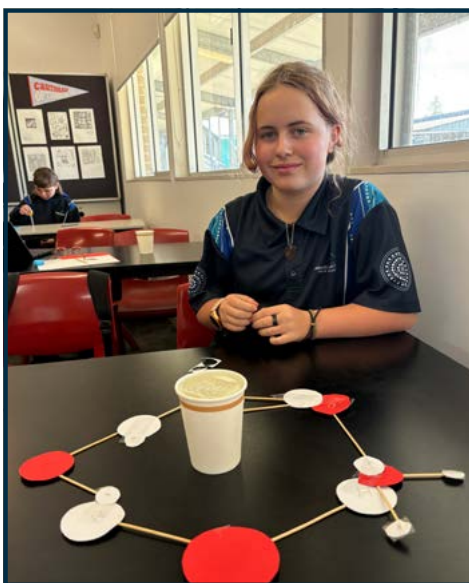


Next, we filled our plastic cups with water and attempted to float as many paper clips as possible. This experiment mirrors a natural phenomenon where a dragonfly can rest on the surface of a pond.

Finally, we tried to place the most drops of water on a 10-cent coin, with the record set at 60 drops.

Overall, we had a great visit and look forward to conducting some water testing across the road, in Mount Penang Gardens, next time Dylan visits.

Ms Roberta Von Heupt
Teacher English / HSIE / Art



Photos on this page show Year 7 students constructing models of water and ice molecules using different coloured paper. One photo shows the concentration involved in placing water drops on a 10 cent coin.

TAS Faculty NEWS



We are reaching the end of another very busy term in the **TAS** faculty, where students have been busy with: *cupcakes, wind turbines, celebration cakes, chook pens, toasties, wall cabinets, scrunchies, catering events and more...*

Engagement levels of our students have been through the roof, resulting in happy classrooms and successful students.



An Exciting chapter in our school this year, has been the the introduction of the **nygiyang** classes.



Our Year 11 '**School to Work**' crew has been working in partnership with the nygiyang students in the building of **chook pens** for the *growing agricultural area* of the school. Both teams have really enjoyed the experience and can't wait to place the chickens in their new homes next term.

"It has been great working with the nygiyang students on this; we love seeing how excited they get and having little chats with them about what they are painting."

Tyler Year 11 'School To Work' crew

It has been a great term of skill development, fun, learning and personal growth at the best high school on the Central Coast. I would like to take this opportunity to **thank** all the students for their hard work and application throughout the term, and thank Mr Hirst, Ms Johnstone, Mr Pike and Ms Pugsley.



*Mr Scott Bath
Head Teacher TAS*

ECO ART

Let's celebrate creativity!

In Term 2, our **Stage 5 Visual Arts** students participated in a community art project with *Kariong Eco Gardens*. The project culminated with an exhibition showcasing student artworks at the Eco Garden's 20-year celebrations on 30 June. Our students had the opportunity to work with local artist *Rachel Bunney*, exploring frogs, pollinators and birds in our backyard. The Eco Garden is about caring for the earth and providing habitat for wildlife, harvesting rainwater, using renewable energy and growing food naturally. Community members were inspired by the students' creative and vibrant displays, along with the Eco Garden's commitment to sustainability.



Around the School and beyond...



Our Year 11 students spent an eye-opening and impactful day with the RYDA Driver Awareness Program.



Child Studies and Exploring Early Childhood students worked on 'Under the Sea' art inspired by the Kindy classroom.



Year 8 TAS textiles learnt sewing techniques and made awesome scrunchies with Miss Johnstone.



Year 7 students busy completing their muffin assessment.

Community Notices and information...

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 >

What's on these School Holidays?

Visit Central Coast Council's [events page](#) for a range of programs and activities designed engage and inspire youth.

<p>SCHOOL HOLIDAY PROGRAM: Beginners Stop Motion Animation at Erina Library ></p> <p>Erina Library Tue Wed 10:00-11:00 Mon, 7 Jul 2025, 10:00am - 12:30pm \$8.00</p>	<p>SCHOOL HOLIDAY PROGRAM: Create your own Dreamcatcher at Tuggerah Library ></p> <p>Tuggerah Library Wed/Thu/Tue Tuggerah NSW 2256 Mon, 7 Jul 2025, 10am - 12pm \$8.00</p>	<p>SCHOOL HOLIDAY PROGRAM: Beginners Stop Motion Animation at Erina Library ></p> <p>Erina Library Tue Wed 10:00-11:00 Mon, 7 Jul 2025, 10:00am - 12:30pm \$8.00</p>
<p>SCHOOL HOLIDAY PROGRAM: NAIDOC Week Scratch coding at Lake Haven Library ></p> <p>Lake Haven Library Lake Haven Shopping Centre Lake Haven NSW 2263 Tue, 8 Jul 2025, 9:30am - 12:30pm \$8.00</p>	<p>SCHOOL HOLIDAY PROGRAM: Rubik's Cube creations at Umina Beach Library ></p> <p>Umina Beach Library Cnr Wood Street and Bullen Street Umina NSW 2257 Tue, 8 Jul 2025, 10 - 11:30am \$8.00</p>	<p>SCHOOL HOLIDAY PROGRAM: Butterfly canvas art at Kariong Library ></p> <p>Kariong Library NR Mitchell Drive Kariong NSW 2280 Tue, 8 Jul 2025, 10:30am - 12pm \$8.00</p>
<p>SCHOOL HOLIDAY PROGRAM: Fungi foray ></p> <p>NSW Wed, 9 Jul 2025, 10 - 11:30am \$8.00</p>	<p>SCHOOL HOLIDAY PROGRAM: Mod podge art upcycling at Tuggerah Library ></p> <p>Tuggerah Library NR Mying Rd Tuggerah NSW 2256 Wed, 9 Jul 2025, 10am - 12:30pm \$8.00</p>	<p>SCHOOL HOLIDAY PROGRAM: Tales at Mooniey ></p> <p>Mooniey Mooniey Race Hub The Race Hub Mooniey Mooniey NSW 2083 Wed, 9 Jul 2025, 2 - 3pm</p>
<p>SCHOOL HOLIDAY PROGRAM: Create your own Dreamcatcher at Woy Woy Library ></p> <p>Woy Woy Library Cnr Blackwell Road and Dal Avenue Woy Woy NSW 2256 Thu, 10 Jul 2025, 10 - 11:30am \$8.00</p>	<p>SCHOOL HOLIDAY PROGRAM: Fantasy RPG escape room at Lake Haven Library ></p> <p>Lake Haven Library Lake Haven Shopping Centre Lake Haven NSW 2263 Thu, 10 Jul 2025, 10:30 - 11:30am \$8.00</p>	<p>SCHOOL HOLIDAY PROGRAM: The Sussanah storytime at Umina Beach Library ></p> <p>Umina Beach Library Cnr Wood Street and Bullen Street Umina NSW 2257 Thu, 10 Jul 2025, 10:30 - 11:30am</p>
<p>SCHOOL HOLIDAY PROGRAM: Christmas in July scratch board artiers at Kincumber ></p> <p>Kincumber Library Kincumber NSW 2253 Fri, 11 Jul 2025, 10:30am - 12:30pm \$8.00</p>	<p>SCHOOL HOLIDAY PROGRAM: Fantasy RPG escape room at Lake Haven Library ></p> <p>Lake Haven Library Lake Haven Shopping Centre Lake Haven NSW 2263 Fri, 11 Jul 2025, 10:30 - 11:30am \$8.00</p>	<p>SCHOOL HOLIDAY PROGRAM: NAIDOC Week basket craft at Touidley Library ></p> <p>Touidley Library Touidley NSW 2253 Fri, 11 Jul 2025, 10:30am - 12:30pm \$8.00</p>