

# KMHS

# Information

# Booklet



**a comprehensive  
public high school  
providing quality  
education for all  
students**

**ALL STUDENTS START TERM 1  
MONDAY 2 FEBRUARY 2026**



**KARIONG MOUNTAINS**

HIGH SCHOOL

UNITY  KNOWLEDGE  RESPECT


# Kariong Mountains High School

Established 2010




## Designed to educate for future focused learning

### Our Values



**UNITY**  
Working together; caring about our school; supporting others



**KNOWLEDGE**  
Valuing learning; applying ourselves; being curious



**RESPECT**  
Right attitude; right time; right place; right gear

### Our Purpose

*To challenge students to reach their full potential, having the skills necessary to be respected and successful citizens in an ever-changing society.*



### School information

#### PHONE

**4340 0246** Office hours 8:15am - 3:30pm

#### EMAIL

**kariongmtn-h.school@det.nsw.edu.au**

#### ADDRESS

**10 Festival Drive, Mt Penang Parklands,  
Kariong NSW 2250**

#### REGION

Kariong Mountains High School is a part of the Mooney Mooney Principal Network.

Regional North Operational Directorate,  
Tuggerah Office, 14 Pioneer Avenue, Tuggerah NSW 2259  
Phone: 02 4348 9100

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*Booklet layout & design - Annette Abolins*



## Welcome from the Principal

My name is Donna James and I proudly write this welcome as your principal; I am truly excited and grateful for being given this opportunity to welcome and work with you and your family on your school journey ahead.

**'Unity Knowledge Respect'** are our school's PBL values and our framework that we all will continue to work within as a positive and supportive school. My high expectations and vision, as an experienced deputy principal of 15 years and now principal, is to lead a dynamic, harmonious and inclusive learning environment that will achieve success for all in our school community. As a school leader, my modelling and commitment to building respectful relationships in all facets of our school community underpins all I believe in. Success does not come alone – the ability to work with each other and foster healthy, collaborative relationships has always been at the core of myself as a school leader.

**High expectations** in a school can be interpreted and seen in many ways, such as positive student attendance, credible results in NAPLAN, RoSA and the HSC, and pride in students wearing their uniform. I believe the collaborative understanding and support of the parent community in such indicators is critical to achieving learning success.

**Uniform:** From my experience as a school leader, I have a real belief that uniform is an integral part of our school culture; how students wear the uniform at school and in our school community is an indicator of the pride and respect students have for themselves and their learning environment of Kariong Mountains High School. In my experience, a consistent uniform approach also sets a positive tone in a school.

**Positive attendance:** NSW DoE expectation is that students attend 95% or more each year. Consistent attendance is integral to successful student learning and fostering positive relationships on their learning journey. I look forward to working with our families to ensure this for our students.

As your principal, and a parent myself, I am grateful and privileged to be entrusted with your child's learning. I am committed in my role to continually develop and maintain quality relationships across Kariong Mountains High School's wonderful learning community. It is my belief that I am entering a partnership with each family in our school. I look forward to meeting and building respectful relationships with you all, navigating the learning journey of our students – and to sharing the celebrations of success for your children in the times to come.

*Donna James  
Principal*



## Welcome from our 2026 School Captains

At Kariong Mountains High School, we strive to create an environment where all students feel supported and heard throughout their schooling journey. KMHS is a growing community that is focused on student wellbeing and success, aiming to help all students achieve their full potential. In our experience, we have found a positive place that is constantly evolving and adapting to the student voice, making the school environment uniquely our own. We have a strong connection to the wider community, involving families and students alike in what they are passionate about. From sports to CAPA to leadership, our school is built on the foundations of a thriving culture that encourages students to follow their dreams. We look forward to the future, where our school will be shaped by all of the students that walk through our gates and where a legacy of unity, knowledge and respect will thrive.

*Lily Bevan and Kian Samami  
2026 School Captains*

## Welcome from our P&C

The Kariong Mountains High School P&C welcomes all new families to the Kariong Mountains school community. Families play an important role in the education of their children and the P&C works to strengthen that partnership between school and community.

Our P&C has been associated with the school since before it even opened its doors and many of the facilities and opportunities that our children enjoy have been due to the dedicated work of P&C members over the years. We invite you to become a part of our P&C team.

During P&C meetings, there is an opportunity to listen to updates from the principal, discuss topics, help guide school policy and support the school with fundraising initiatives. Meetings are held once a term and membership is open to all parents and members of the community for only \$2 a year.

The P&C's main fundraising effort is through operating the school canteen. The more volunteers that we have, the more funds can be raised for the school, and coming to the school canteen is a great way to have a bird's eye view of day to day school life. Any time, be it weekly, monthly or occasionally, parent volunteers are always welcome.

Please do not hesitate to contact us if you would like more information about being a part of the KMHS P&C or come to a meeting to see what we're about. Upcoming meetings are communicated in the newsletter.

*Rebecca Garay  
P&C President*

# Staff and Organisation

All staff at Kariong Mountains High School is committed to providing a positive learning environment in which students flourish and grow.

## Key Personnel in 2026

<b>PRINCIPAL</b> Mrs Donna James		<b>DEPUTY PRINCIPAL</b> Mr Scott White	
<b>HEAD TEACHERS</b>		<b>YEAR ADVISORS</b>	
English	Miss Courtney Thompson	Year 7	Mr Simon O'Mahony
CAPA Future Focused Learning	Mr Kane Burns	Year 8	Mrs Kelly Doyle
HSIE	Mr Derryn Tagg	Year 9	Ms Jess Milne
Mathematics	Mr Alex Blyth	Year 10	Mr Ben Flakus
PDHPE	Mrs Jess Meyer	Year 11	Ms Brooke Sayal
Science	Mrs Kylie Peters	Year 12	Ms Stephanie Richmond
TAS	Mr Scott Bath	<b>VOCATIONAL EDUCATION</b>	
Wellbeing	Mrs Megan Miller	Careers Advisor	Mr Matt Hipwell
Support Unit	Mr Ricky Chamberlain	Head Teacher Careers EPP	Mrs Sara Cutting

## STUDENT WELLBEING

School Counsellor - Ms Ashley Wheeler

School Counsellor - Ms Nicki Klausen

Supervisor of Girls - Mrs Lisa Bell

Student Support Officer - Ms Sara Salman

## ADMINISTRATION

Business Manager - Mrs Jacqueline Ayres

School Administrative Managers - Mrs Michelle Bennett  
- Ms Eliza Dowse

## Bell Times

### MON, TUE, THUR & FRI

Day Loan Laptop Time	8:35 - 8:50 am
Check In	8:50 - 9:05 am
Period 1	9:05 - 10:05 am
Period 2	10:05 - 11:05 am
Break 1	11:05 - 11:35 am
Period 3	11:35 am - 12:35 pm
Period 4	12:35 - 1:35 pm
Break 2	1:35 - 2:05 pm
Period 5	2:35 - 2:05 pm
Day Loan Laptop Return	3:05 - 3:15 pm

### WEDNESDAY (ONLY)

Day Loan Laptop Time	8:35 - 8:50 am
Check In / Hub	8:50 - 9:20 am
Period 1	9:20 - 10:50 am
Assembly	10:50 - 11:05 am
Break 1	11:05 - 11:35 am
Period 2	11:35 am - 12:35 pm
Period 3	12:35 - 1:35 pm
Break 2	1:35 - 2:05 pm
Period 4	2:05 - 3:05 pm
Day Loan Laptop Return	3:05 - 3:15 pm

## TERM DATES - FIRST TO LAST DAYS FOR STUDENTS IN 2026

**Term 1** - Monday 2 February to Thursday 2 April  
School Development Days: 27 - 30 January

**Term 2** - Wednesday 22 April to Friday 3 July  
School Development Days: 20 - 21 April

**Term 3** - Tuesday 21 July to Friday 25 September  
School Development Day: 20 July

**Term 4** - Tuesday 13 October to Friday 17 December  
School Development Day: 12 Oct



# Building Life-long Learning Skills

## We are passionate and committed to:

- ▶ providing a balanced program of curricular and co-curricular learning opportunities that encourage all students to explore and develop their passions and aptitudes
- ▶ actively engaging with contemporary educational research into “what works best” in our programming and classroom practices
- ▶ developing and promoting wellbeing approaches that recognise the unique potential of each child and the importance of positive relationships between staff, students and parents/carers
- ▶ creating learning and physical experiences that foster student voice and leadership and encourage development of transferable skills, habits and dispositions that will make our students successful global citizens.

## THE KARIONG MOUNTAINS HIGH SCHOOL GRADUATE

### CAPABLE

I can determine my future and achieve my dreams

### LIFE-LONG LEARNER

I am passionate to continue learning throughout life

### POSITIVE SELF-REGARD

I value who I am  
I am positive about what I can achieve

### ADAPTABLE

I recognise change is a part of life and I see it as an opportunity to try something new



# Enrolment Essentials

## STARTING AT KARIONG MOUNTAINS HIGH SCHOOL

At Kariong Mountains High School, we understand the importance of a confident and calm start to a new school setting. Our Wellbeing Team co-ordinates a transition/welcome program that is designed to make this process a smooth and happy one for new students.



## ENROLMENTS

Children residing in the local area, as determined by the NSW Department of Education (DoE) boundaries, are entitled to accept an enrolment position. Non-local residents may also apply for enrolment if the DoE enrolment policy guidelines are met. During the enrolment process, you will be required to provide documents identifying the child's name, age, residential address and other accepted proof of residence documentation and immunisation status. A completed enrolment form will also need to be submitted.

*If non-local enrolments meet policy guidelines, priority is given to: siblings, selective class entrants, and children out of area with a relevant reason for enrolment at Kariong Mountains High School.*

## TRANSITION TO HIGH SCHOOL

### Orientation Day - 2/12/2025

**Orientation Day** provides a wonderful opportunity for students to make new friends and be introduced to key staff and their peer support leaders. Activities, on the day, are designed to familiarise students with the school grounds and routines.

*Note: Specific information about the transition to Year 7 has been emailed to parents.*

### Touching Base - Year 7, Term 1

During Term 1, Year 7 parents and families are invited to attend an information evening, where their child's learning journey will be outlined. This is an opportunity for parents to get a general overview of the class programs, view student work on display and reconnect with key personnel.

### Enrolment at Kariong Mountains High School - at other points in time

To ensure we can best support students moving to our school, at any point in their schooling, an interview with the Deputy Principal and a member of the Wellbeing team is held to generate a profile of the student's interests, achievements and requirements for success. On starting at school, students are introduced to their Year Advisor, who is there to support them, and then matched with a 'buddy student' to show them around and start new friendships.

## IMMUNISATION AND INFECTIOUS DISEASES

When enrolling your child at school, you will be required to provide an immunisation certificate (AIR Immunisation History Statement), outlining the vaccinations your child has received. Students without an approved immunisation certificate and those who are unimmunised may be excluded from school if there is an outbreak of a vaccine preventable disease at the school. You can find more information at: <https://health.nsw.gov.au/immunisation>

Throughout their schooling, your child may contract or come into contact with infectious diseases. The link below provides information on any exclusion protocols as determined by the Department of Education and Department of Health:

<https://education.nsw.gov.au/student-wellbeing/health-and-physical-care/immunisation>

# Enrolment Essentials

## BUS/RAIL PASSES (OPAL CARDS)

Students requiring an Opal Card must complete an application, which can be accessed at <https://transportnsw.info/school-students> or by phoning **13 15 00**. The completed application must then be submitted to the school office for endorsement.

## PARENT / CARER & EMERGENCY CONTACT INFORMATION

It is necessary for parents to provide their contact details to the school office. If your child is ill, an emergency arises, or there is an educational concern, it is vital that parents or the emergency contact person, can be reached.

Parents are responsible for updating their contact information. Please notify the school in writing, immediately, if any of the following details change:



Home address	Home phone number	Work phone number	Mobile phone number
Email address	Child's medical status	Emergency contact person	
Custody or access arrangements - copies of court orders must also be provided			

## CUSTODY ARRANGEMENTS

Copies of court orders related to your child's custody or access arrangements **must** be provided to the school for placing in the student's file. The school has no legal right to deny access to a parent unless these papers are on file.

## FEES AND VOLUNTARY CONTRIBUTION

STAGE 4 - YEARS 7 & 8	
Voluntary school contribution for 2026	\$30 per child (three or more children = \$75)
'STEAM' resourcing materials to support learning in Science, Technology, TAS and Art/Music	\$130
STAGE 5 - YEARS 9 & 10	
Voluntary school contribution for 2026	\$30 per child (three or more children = \$75)
Elective subject fees	Cost depends on elective choice (families will be notified in Term 1)
Technology resource fee	\$40
STAGE 6 - YEARS 11 & 12	
Voluntary school contribution for 2026	\$50 per child (three or more children = \$110)
Subject specific fees	Cost depends on subject choice (families will be notified in Term 1)
Technology resource fee	\$40

Fees can be paid by cash, cheque, credit card, EFTPOS or through the Compass Parent Portal. If you are paying by cheque, please make it payable to Kariong Mountains High School.

**NOTE:** Subject fees help cover the costs of the material used and allow the school to offer more varied experiences for students. Where fees are not paid, any products made may remain the property of the school.

# Curriculum

Students in Years 7-12 study subjects as determined by the NSW Education Standards Authority (NESA). Parents/carers can access information about the curriculum from the following websites: [educationstandards.nsw.edu.au](http://educationstandards.nsw.edu.au) | [education.nsw.gov.au](http://education.nsw.gov.au)

## IN STAGE 4 ...

**Students study the mandatory subjects**, with the Language Other Than English option being Japanese. Additionally, students undertake an integrated future-focused program of learning called 'Acquired Skills, Applied Projects' (ASAP).

## IN STAGE 5 ...

**Students choose three elective subjects**, in addition to the mandatory curriculum. We offer a wide range of subjects, with student choice being a key factor in determining final selections.

## IN STAGE 6 ...

**Students are able to choose from a wide range of courses**, with English being the only compulsory area of study. Additionally, students can undertake Vocational Education Training (VET) in Construction, Hospitality, Music Industry and/or Virtual VET programs, or participate in school-based apprenticeships and traineeships (SBATs), giving them dual qualifications at the HSC level.



## Other 'learning across the curriculum' areas:

FOCUS AREA	OUR DELIVERY DESIGN
<b>Aboriginal and Torres Strait Islander history and culture</b>	Aboriginal Studies, is embedded in the ASAP program for all Year 7 students, setting the scene for respecting the past and embracing the future
<b>Asia and Australia's engagement with Asia</b>	Japanese language study in Year 7 and Asian cultural and historical studies in other subjects, including Visual Arts and HSIE
<b>Sustainability</b>	HSIE modules; Stage 4 ASAP program
<b>Civics and Citizenship</b>	Embedded in the HSIE content and through opportunities such as 'Central Coast Future Council'
<b>Difference and Diversity</b>	Embedded into curriculum programs and through activities such as Harmony Day
<b>Work and Enterprise</b>	Year 8 students study a school-developed careers course as a unit of study in ASAP; Stage 5 students undertake a Senior Start program within 'HUB' lessons and Stage 6 students have a careers seminars program, with access to individual careers counselling.

# Learning Design for Success

## HIGH POTENTIAL AND GIFTED STUDENTS

Our support for high potential and gifted students is provided through a variety of avenues, including the KMHS **Stage 4 Academic Stream** class (*information available on the school website*), extension courses, leadership programs and a range of sporting and creative arts opportunities. These support programs are designed in accordance with the **High Potential and Gifted Education (HPGE)** framework and cater to KMHS students who:

- ▶ **demonstrate advanced learning potential and development compared to their cohort;**
- ▶ **perform strongly in particular subject areas or co-curricular domains;**
- ▶ **show high potential in one or more domains of potential, including intellectual, creative, social-emotional, or physical areas;**
- ▶ **benefit from additional challenge and extension in their learning.**

Students can engage in a variety of activities both within the school and through school-supported community programs that nurture their talent development and provide growth opportunities in the school environment and the broader community.

## GROWTH MINDSET - BUILDING SUCCESS FOR ALL STUDENTS

All students are able to engage with an inclusive curriculum, regardless of ability or interest. Our use of Dylan William's '**Learning Intentions**' and '**Success Criteria**,' sitting beside a growth mindset (*all students can grow in their learning*) philosophy, ensures that adjustments to the curriculum are developed through commitment and research into 'what works best.'

Our Wellbeing Team works with staff to develop supportive programs, provide assistance in the classroom and use an array of diagnostic tools, that in collaboration with families, are utilised to best individualise the learning to optimise success for each student.

## TECHNOLOGY FLUENCY FOR FUTURE FOCUSED LEARNERS

Technology capability involves students learning to effectively manage the digital technologies that are available to them, adapting to new ways of doing things as technologies evolve, and limiting the risks to themselves and others when using social media.

We ensure that all students have access to our specialised technology course and that there is rich and embedded use of technology across Years 7-12.

All students have access to advanced learning in cloud-based technologies, cybersafety, using a range of applications for research and presentations, as well as paying attention to skill development in the basics (word processing; spreadsheets) and typing speed and accuracy. Woven into these lessons are the future focussed ICT skills of collaboration, creativity and problem solving.

Motivated, high potential and gifted students are supported through enrichment and extension programs, including robotics, drone photography, the Stage 5 STEM elective and virtual reality programs.



# Integrated Learning

## THE GENERAL CAPABILITIES - PREPARING STUDENTS FOR LIFE

The general capabilities play a significant role in the curriculum in equipping young Australians to live and work successfully in the twenty-first century. These capabilities encompass knowledge, skills, behaviours and dispositions.

Students develop capability when they apply knowledge and skills confidently, effectively and appropriately in complex and changing circumstances, in their learning at school and in their lives outside school.



## THE KMHS SUMMIT WHEEL

Our purpose at Kariong Mountains High School is to prepare students for future careers and lifelong learning. In our everchanging society this requires not just learning curriculum outcomes, but also developing the twenty-first century competencies of character, citizenship, collaboration, communication, creativity and critical thinking (as described by Michael Fullan).

These skills are linked to our values of 'Unity Knowledge Respect' and taught explicitly during 'HUB' lessons across Years 7-10 and interwoven into the general curriculum delivery.



# Future Focused Learning

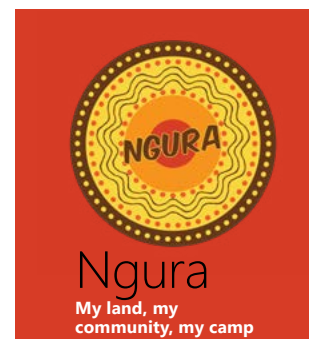
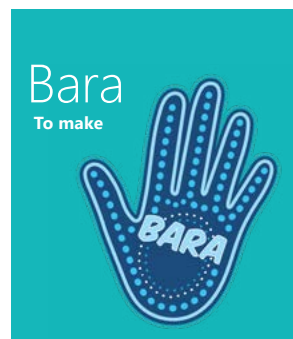
## ASAP: ACQUIRED SKILLS APPLIED PROJECTS

This course focuses on developing collaborative learning skills through **project-based learning** and is studied by all students in **Stage 4** (Years 7 and 8).

**Project-based learning** is a learning style in which students gain knowledge and skills by working for an extended period of time on projects based on real world scenarios, challenges and problems.

Assessment of learning progress is based on both the individual and collaborative skills that students develop to arrive at creative and thoughtful solutions to the project's theme.

**Learning is separated into two ASAP Streams called Bara and Ngura.**



# Learning Pathways

## GUIDED PATHWAYS

Our school has been a proud *focus school* for **Guided Pathways** and we are excited to showcase the exceptional work happening in this space. We provide our students with high-quality, personalised opportunities that support every learner to move confidently into their next steps. *At KMHS, our students have access to:*

**University Pathways** – including early entry programs, tailored academic support and guidance to help students reach their tertiary goals.

**School-Based Apprenticeships and Traineeships (SBATs)** – allowing students to earn, learn, and gain nationally recognised qualifications while completing their HSC.

**Supported Transitions to Employment** – through our established School to Work Program, offering targeted support, industry connections and real-world experience.

## EDUCATIONAL PATHWAYS PROGRAM (EPP)

KMHS is one of only five schools on the Central Coast South to be part of the **Educational Pathways Program (EPP)**, an innovative initiative that strengthens vocational pathways, career advice and employment opportunities. Through industry connections and tailored support, the program enhances careers education while giving students greater access to vocational learning, work-readiness skills and nationally recognised training.

**BUILDING BRIDGES**  
BUILDING CONNECTIONS, PARTNERSHIPS AND SUCCESS BETWEEN SCHOOLS AND INDUSTRY

**EPP** Educational Pathways Program

**NSW** GOVERNMENT

**i** **Fast Facts about EPP:**

- Innovative programs aimed at successful transition to work and/or further education.
- Aligns opportunities to the NSW Skills Plan and the plan for NSW Public Education.
- Links with industry: Real work opportunities targeting skill shortages.
- Builds work readiness skills.
- Future Focused: Career planning with success.
- Career pathway options at ALL levels.

Lead by HT Careers EPP - Central Coast South

**EPP INITIATIVES:**

- TAFE NSW Start Your Future
- Job readiness workshops
- Apprenticeship and traineeship head start
- Back in the Game
- TAFE NSW Early School Leavers
- Educational Pathways VET Ambassadors
- Innovating careers education
- Enhancing SBAT engagement

**Find out more:**

EPP Information      EPP News Hub

## CELEBRATING SUCCESS AND ACHIEVEMENT

**92% of our 2025 Year 12 Cohort have either:**

- *Transitioned directly from school into training or employment, or*
- *Completed the HSC and are moving into tertiary education, vocational training, or employment.*

# Outdoor Learning

## CAMPS

Camps provide students with experiences of teamwork, social and living skills development and an opportunity to develop rapport with their teachers and fellow students.

The Year 7 camp is held in **Term 1** and is considered an excellent opportunity to strengthen relationships, build confidence and create a cohesion within the cohort that will continue until graduation.

Year 9 students are able to apply to be Peer Support leaders and attend a training camp in Semester 2 if their nomination is successful. Some subjects in Stages 5 and 6 require attendance on mandatory field trips. Students will be informed in subject selection booklets if this applies to their studies.



Photo collage from the 2025 Year 7 camp

## EXCURSIONS

Excursions are undertaken each year by different classes. They provide educational opportunities that complement classroom learning. Parents will be notified of any excursion planned for their child's class via email, and they are required to give permission for their child's attendance by completing and signing the permission note available online through Compass. Permission notes and payments must be finalised by the due date. Late payments (*without prior consultation*) may result in a student missing out, or the excursion being cancelled if insufficient numbers are confirmed.

If you are experiencing financial difficulty, please contact the business manager or principal to confidentially discuss the matter.

## MONEY COLLECTION

**Preferred payment method is through the Compass Parent Portal, which integrates permission notes and online payments.**

**Payments can also be made by EFTPOS or Cash at the school office.**

Any money sent to school for payment of excursions or competitions etc. must be placed in a sealed envelope, labelled with your child's name, year, amount and reason for payment, and submitted to the front office by the end of the first break, **on or before the due date**. Please use separate envelopes for each child in your family. If paying by cheque, please make it payable to Kariong Mountains High School.

# Sport at KMHS

Sport is highly valued at Kariong Mountains High School and is delivered by trained specialists and integrated with the **Personal Development Health and Physical Education** curriculum. This approach ensures that students develop a range of skills that are transferable across a wide range of sports and sets the student up for a successful healthy lifelong lifestyle, engaging in team and fitness activities. A varied program is offered to the students each term, with opportunities for off-site activities in the latter years.

We support elite athletes with individualised and moderated programs of learning. Students have achieved dual success in educational settings; whilst competing at national and international level, due to this considered approach.

## SPORT CARNIVALS

Carnivals are a part of a long tradition in schools, where students participate for both individual and house success. These carnivals celebrate participation and recognise sporting behaviour of fair play and respect. They are mandatory to attend and non-participants can assist with events and/or cheer for their house. Successful students may go on to represent the school at zone, regional and/or state level. **Families are welcome to attend our carnivals.**



Photos above from KMHS sports carnivals: swimming, cross country and athletics.

## SWIMMING

The school swimming carnival is held early in Term 1 at Gosford Swimming Pool.

*Transport to the carnival is by bus and students are accompanied by teachers.*

## CROSS COUNTRY

The cross country event is held at Kariong Mountains High School each year.

## ATHLETICS

The school athletics carnival, held at Adcock Park in Term 2, is comprised of track and field events.

*Transport to the carnival is by bus and students are accompanied by teachers.*

## KNOCKOUT COMPETITIONS AND GALA DAYS

Kariong Mountains High School participates in a wide range of state knockout competitions and Gala Days throughout the year. Staff coaches volunteer each year to support students in their preparation for these events. Most sports are represented and our students have many opportunities to participate in inter-school events.

### Wolf Mascot

The WOLF is a symbol of a school that works together as a pack and approaches all extra curricular activities and each day with a positive attitude.

Our students connect with the mascot - which is used with our inter-school competitions - and are proud to be part of the pack that is Kariong Mountains High School.



# Student Wellbeing

*“By providing a supportive and nurturing environment, schooling contributes to the development of students’ sense of self-worth, enthusiasm for learning and optimism for the future.”*  
(Adelaide Declaration of National Goals for Schooling in the 21st Century)

Research carried out in The Gatehouse Project, conducted by the Victorian Health Department, shows that the three priority areas of **Safety and Security, Relationships and Positive Regard** as being fundamental to creating a school environment that meets the social, emotional and academic needs of students and in creating a positive attitude to learning. Kariong Mountains High School Welfare Policy is in response to these findings. **A summary follows.**

## PRIORITY AREAS OF WELLBEING

**Student wellbeing is essential for successful learning and we are committed to ensuring that every student’s social, emotional and academic needs are met.**

We draw on the research of The Gatehouse Project to align our programs and strategies to the three priority areas of:

**Safety and Security:** All members of our school community feel safe from others and safe to be themselves

**Relationships:** All members of our school community feel that there are others who they trust and to whom they feel connected

**Positive Regard:** All members of our school community feel that the contributions they make are recognised, valued and acknowledged

These priority areas are integrally linked to our values of UNITY KNOWLEDGE RESPECT and to our expectations of student behaviour based on individual rights and responsibilities.

## RIGHTS AND RESPONSIBILITIES

RIGHTS	RESPONSIBILITIES
<p>A right is something that belongs to you and cannot be taken away. <b>We all have the same rights.</b></p> <p>Each person can say: <b><i>I have the right -</i></b></p>	<p>A responsibility is something you should do automatically and relates to respecting the rights of others. <b>We all have the same responsibilities.</b></p> <p>Each person can say: <b><i>I have the responsibility -</i></b></p>
to be happy and safe	to behave in a way that also allows others to feel happy and safe at school, travelling to and from school and in the community. I also have the responsibility to inform a staff member of any issues
to have an opportunity to learn and achieve my best	to show commitment to my learning and behave in a way that allows others to learn, celebrating the successes achieved throughout school life
to be treated with respect and fairness	to respect others and treat them with fairness and understanding, regardless of differences
to belong to a school that enjoys a good reputation.	to behave in a way that meets the school’s expectations associated with behaviour and uniform, thereby enhancing the reputation of the school.

# P Positive Behaviour for Learning

Kariong Mountains High School is a **PBL** (*Positive Behaviour for Learning*) school. PBL provides a framework for positive recognition and discipline on a consistent basis. The school's core values of '*Unity Knowledge Respect*' are embedded into our PBL framework. Consequently, this school is committed to the provision and implementation of a broad range of systematic and individualised strategies for achieving important social and learning outcomes, while preventing problem behaviour.

We take great pride in recognising and rewarding positive behaviour, responsibility and application. We have levels of recognition, where a student can progress through the achievement of **Positive Memos** and **Accomplishment Awards**.

**PBL points** are linked to a wide range of activities that occur across the school and these are allocated to each house to determine the winning house at the end of the year. Students, who receive the most PBL points, are invited to participate in a **Rewards Day** (*provided they meet all other criteria*).

## The House System

Participation and school spirit are essential elements of the **House** system. All students and staff are placed in a school house. At school carnivals, students proudly wear their house colours to encourage teammates competing for their house.

### KMHS NEW HOUSE SYSTEM ... LAUNCHING IN 2026

Following a rigorous process of redesigning the KMHS House system, we are changing from four to two houses. Our **two brand new houses** will be launching in **2026**.



# Road Safety Information

Starting high school brings new changes and challenges, including learning to travel independently. Being an independent traveller means being responsible for following the road rules, making safe choices in the road and traffic environment, staying alert and allowing enough time to get to school safely.

## WALKING TO AND FROM SCHOOL

- ▶ Plan and practise the safest walking route to and from school. Avoid areas with heavy traffic.
- ▶ Unplug headphones and put your phone away to avoid being distracted.
- ▶ Always walk on the footpath or nature strip. If there's no footpath or nature strip, walk facing oncoming traffic and stay as far from the road edge as you can.
- ▶ Use the safest place to cross the road - even if this means walking further to a pedestrian crossing.
- ▶ Remember to **Stop! Look! Listen! Think!** every time you cross the road.
- ▶ Never start crossing when the red 'Don't Walk' signal is showing.
- ▶ Never cross between parked cars, or at the front or back of a bus as it is difficult for drivers to see you.
- ▶ Be aware of moving vehicles near driveways and carparks.

## RIDING TO AND FROM SCHOOL SAFELY

- ▶ Plan the safest route to and from school:
  - *until 16 years of age, you are allowed to ride on the footpath*
  - *use shared paths and avoid busy roads where possible.*
- ▶ Regularly maintain your bike or scooter so it is safe to ride. Bikes must have brakes and a bell that work.
- ▶ Always wear an approved helmet that is correctly fitted with the chin strap done up.
- ▶ Unplug headphones and put your phone away to avoid being distracted while riding.
- ▶ Remember to keep left on paths and give way to pedestrians.
- ▶ At pedestrian crossings, dismount your bike and walk across.
- ▶ If you need to ride on the road:
  - *keep left and follow all road rules and signs*
  - *ride in a predictable manner and use hand signals*
  - *take extra care around trucks and buses*
- ▶ E-bike riders must follow the same road rules as bicycle riders

### E-BIKES

To ride an e-bike to and from school it must:

- ▶ meet Transport for NSW legal requirements
- ▶ be primarily propelled by the rider and not able to exceed a pedal-assisted speed of 25km/h
- ▶ not have speed modifications
- ▶ only carry the number of passengers it is designed for, with all passengers wearing a correctly fitted helmet.
- ▶ be stored in the designated area, not be charged at school and have the battery remain with the e-bike.

### E-SCOOTERS

In NSW, 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.

***This means you cannot ride an e-scooter to and from school.***

# Bus and Car Travel

## SAFE CAR TRAVEL TO AND FROM SCHOOL

- ▶ Get in and out of the car using the door closest to the footpath.
- ▶ If you must get out on the roadside, check for bike riders and other vehicles before opening the door.
- ▶ Always wear your seatbelt.
- ▶ Don't distract the driver.
- ▶ Speak up if you feel unsafe.
- ▶ Make sure to check with your parents or carers before getting a lift with a friend's parents or older siblings.

## SAFE ASTP TRAVEL TO AND FROM SCHOOL

- ▶ Be ready on time for pick-up.
- ▶ Get in and out of the ASTP vehicle using the door closest to the footpath where possible.
- ▶ If you must get out on the roadside, check for bike riders and other vehicles before opening the door.
- ▶ Always wear your seatbelt correctly and stay buckled up.
- ▶ Follow instructions from the driver and/or the Assisted Travel Support Officer.
- ▶ Don't distract the driver. Sit still and speak quietly.
- ▶ Respect each other's personal space during the trip.
- ▶ Keep your belongings in your bag and store it in a safe place.

## PUBLIC TRANSPORT - WHEN TRAVELLING ON A BUS

- ▶ Stand back from the kerb and wait for the bus to come to a complete stop.
- ▶ Get on the bus in an orderly manner.
- ▶ Always tap on with your Opal Card or show your bus pass when getting on the bus.
- ▶ Follow the Student Code of Conduct and be courteous and respectful to the driver and other passengers.
- ▶ If the bus has seatbelts, always buckle up correctly.
- ▶ Place your school bag under the seat in front of you or between your feet if standing.
- ▶ Gather your belongings and get ready to get off the bus before your stop. Tap off with your Opal card.
- ▶ Get off the bus in an orderly manner. At school, the bus will stop in the bus bay outside the main gate.
- ▶ If you need to cross the road (e.g. when returning home), wait until the bus has gone, then use a safe place to cross.



## BENEFITS OF ACTIVE TRAVEL

Choosing to walk, ride, or use public transport to get to and from school offers many physical, social, and mental health benefits, including:

- ▶ keeping you fit and healthy
- ▶ providing a great opportunity to socialise with friends
- ▶ building independence and confidence
- ▶ improving concentration and readiness to learn
- ▶ supporting mental health by reducing stress and anxiety
- ▶ reducing traffic congestion around the school
- ▶ contributing to environmental sustainability.

# A - Z of K M H S

## ORGANISATION

## PARENT INFORMATION

## CURRICULUM

## STUDENT WELLBEING

### ATTENDANCE AND ABSENCE

NSW DoE expects all students to attend 95% or above for maximum success in learning. If your child is absent from school for any reason, it is necessary to notify the school on their return or during their absence. The reason for the absence must be provided, **but only legitimate reasons can be marked as justified**. Communicate absences to the school via:

- the Compass Parent Portal <https://schools.compass.education/>
- emailing, phoning or writing a note that the student brings to the office. All absence notifications must state the dates absent, the child's full name and school year and the reason for the absence.

If you know your child will be absent from school for more than three days, please telephone the school office. For extended absence, a special protocol must be followed. Please contact the office for details. **DoE Attendance Policy:**

<https://education.nsw.gov.au/policy-library/policies/pd-2005-0259>

### APPOINTMENTS

If you would like to see the **Principal or Deputy Principal**, please contact the school office to make an appointment. If you are visiting the school and would like a tour, please ask at the office as the door is always open, unless there are prior scheduled meetings.

If you would like to make an appointment to see a **Teacher, Year Advisor or School Counsellor**, please phone the school office to make an appointment and the teacher will contact you to arrange a suitable time.

### BIKES, SCOOTERS AND SKATEBOARDS

Students must obey the road rules when riding their bikes, scooters and skateboards to and from school. Bikes must be secured on the bike racks for the whole of the school day. Scooters and skateboards must be placed in the designated area for the whole of the school day. Students riding their bikes, scooters or skateboards in the school grounds will have them confiscated.

No responsibility can be taken for stolen or damaged bikes, scooters or skateboards, but the school will call the police if theft occurs.

***In NSW, 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. This means you cannot ride an e-scooter to and from school.***

### BYOD

**BYOD (Bring Your Own Device)**. The school's wifi systems are able to support a number of devices to allow students to use their own personal digital device. Please visit this link for more information: <https://kariongmt-h.schools.nsw.gov.au/about-us/policies-and-reports>

### CANTEEN

The school canteen operates before school and at morning and afternoon breaks. The school operates under the Healthy Canteen Strategy. Students are not permitted to leave the school grounds to buy food from outside outlets.

### COUNSELLOR

A school counsellor, who is a psychologist employed by the NSW Department of Education, is available to provide confidential assistance to students with learning, social, psychological and emotional difficulties. Referrals to the counsellor may be made by teachers or at the request of a family member. Students can self-refer without parental permission being required. Contact with the counsellor can be made by phoning the school office on: **4340 0246**.

### ELECTRONIC DEVICES MOBILE PHONES ETC.

**Students are not allowed to use mobile phones at school**, including during recess and lunch. This policy applies to all students in NSW public schools: **DoE Mobile Phone Policy:** <https://education.nsw.gov.au/policy-management-schools/student-use-of-mobile-phones>

If parents need to contact their child during school times, they should phone the front office rather than interrupt their child's learning. Parents should ensure that any variations to school routine go through the front office and not be organised over the phone, just between parent and child.

<b>EMERGENCY DRILLS</b>	The school has an emergency evacuation and lockdown policy, and practice drills take place periodically. Designated staff members are responsible for this process.
<b>HOMEWORK</b>	For students at Kariong Mountains High School, homework is scheduled by individual class teachers to help consolidate classroom work, provide practice opportunities and develop study skills. Homework is not meant to be a stressful time for the student or family. If your child is experiencing difficulties with homework, please notify the class teacher.
<b>INJURIES AND SICKNESS AT SCHOOL</b>	When children are injured or become sick at school, they are taken to the sick bay, first aid is administered if required, and they are monitored by the administrative staff. Parents are contacted by telephone and notified of their child's condition for all but the most minor injuries. It is essential that the school has your current contact details. <b>An ambulance will be called if the school is concerned about the health of a child and the parents cannot be contacted or are unable to come to the school in a reasonable timeframe.</b>
<b>LEADERSHIP SKILL DEVELOPMENT</b>	Leadership skill development is essential for success in life outside of school. These skills are developed through student participation in leadership activities and curriculum.  The <b>Student Leadership Team</b> ensures that student leadership and voice are key features of developing future leaders.
<b>LEAVING SCHOOL DURING SCHOOL HOURS</b>	Children are required, by law, to attend school for the whole of the school day ( <i>the exception is for Stage 6 students with timetabled early finishes</i> ). There must be compelling and unavoidable reasons for this not to occur. <b>If your child comes to school late</b> , a note explaining the reason must be given to the front office on arrival. <b>If your child needs to leave school early</b> , a note must be given to the front office on the day, stating the time of departure and the name of the adult collecting the child. If your child has permission to walk home, then this must be clearly stated on the note.  There is NO permission granted for students from any year to leave the school grounds during the school day, unless it is for an appointment that could not be scheduled at a different time and for which a note has been provided.
<b>LIBRARY</b>	The school has a library with both print and electronic resources. Introductory classes ( <i>and orientation for non-Year 7 students</i> ) are conducted for all students by the teacher librarians. Students are also encouraged to borrow from the book collection and use this resource to develop a lifelong love of reading and to improve their literacy skills. Students can speak with the teacher librarians about purchasing particular books if they are not available. The library is open during most breaktimes.  When relevant, a statement outlining any overdue books is sent home. Lost or unreturned books will incur a fee.
<b>LOCKERS</b>	Student lockers are available for hire on an annual basis. Please enquire at the school office for current pricing information.
<b>LOST PROPERTY</b>	Please label all articles of clothing and property brought to school by your child. If your child loses clothing or other property, please enquire at the front office. School clothing not labelled and unclaimed by the end of term is put into a uniform pool.
<b>MEDICATION</b>	If your child requires administration of medication during school hours, you must request this in writing, stating the child's name, the medication to be dispensed, the dosage of medication and times of administration. All medication brought to school for administration must be labelled with the child's name and given to the school office staff. If your child requires regular medication administration, please notify the Principal, in writing, outlining the medical condition and medication requirements.
<b>NEWSLETTER</b>	Our school newsletter is posted to our website and emailed to parents/carers each fortnight on a <b>Friday</b> . The newsletter provides general information on educational matters, school issues and celebrations of student achievement.  Updates from each faculty/subject area are also included on a cyclic basis.

<b>PARENT / CARER PARTNERSHIPS</b>	<p>Parent/carer partnerships are considered vital to creating a successful learning environment for students.</p> <p>There are many ways that parents/carers can support their child at school, including volunteering, being a member of the P&amp;C, participating in policy development, attending special events and attending parent evenings. We regularly survey parents/carers to both provide feedback and inform future directions, using school generated tools and statewide surveys such as 'Tell Them From Me'. We appreciate parents/carers having their voice heard through such activities.</p>
<b>PARENT TEACHER / STUDENT INTERVIEWS</b>	<p>Interviews are held with parents, the student (if desired by the parent/carer) and teachers in Term 2, after the half-yearly reports are generated. The interviews provide an opportunity to discuss the information in the report and other matters. Parents are notified of the appointment times and are asked to indicate their availability using the Compass Parent Portal.</p> <p>If you would like to make an appointment with your child's teacher at any other time, please phone the school office. The teacher will then contact you to arrange a suitable time.</p>
<b>PARENTS AND CITIZENS ASSOCIATION (P&amp;C)</b>	<p>The P&amp;C is the parent body of the school and meetings provide the forum for parental comment regarding school policies and activities. The P&amp;C also fundraises to support the resourcing of educational programs, school maintenance and improvements.</p> <p>Meetings are held in the library of Kariong Mountains High School, once per term on the 2nd Monday of the nominated month, at 7:00 pm. All parents, carers and interested community members are welcome to attend these meetings.</p> <p>P&amp;C executive officers are elected and meetings scheduled at the Annual General Meeting.</p>
<b>PHOTO ID CARDS</b>	<p>All students receive a photo ID card as part of the school photography package. Students who are absent on the school photo day, or students new to the school after this date, will be charged \$2 to receive a photo ID. The ID card is required for library borrowing and textbook hire, and can be used as a form of identification in the community.</p> <p><b>NOTE: Replacement photo IDs incur a charge of \$2.</b></p>
<b>REPORTS</b>	<p>Student reports are generated twice a year, electronically via the Compass Parent Portal, midcourse and at the end of the school year. The reports contain information about your child's academic progress, based on a number of assessment techniques.</p> <p>Parent-teacher-student interviews are held after the issuing of the midyear report, providing an opportunity for discussion and feedback.</p>
<b>SAFETY AWARENESS</b>	<p>Safety of the students is the responsibility of teachers and parents. The following is a list of the safety issues of which all students at Kariong Mountains High School must be aware:</p> <ul style="list-style-type: none"> <li>▶ <b>start and finish times of the school and the procedures for late arrivals and early leavers</b></li> <li>▶ <b>healthy food and drinks at school</b></li> <li>▶ <b>road safety: pedestrians and parents parking near the school</b></li> <li>▶ <b>safely crossing roads to and from school</b></li> <li>▶ <b>safe bus boarding and appropriate conduct whilst travelling on buses to and from school</b></li> <li>▶ <b>familiarity with, and adherence to, all school rules</b></li> <li>▶ <b>safe driving and adherence to road rules by students; driving permission notes are requested to assist with safe practices.</b></li> </ul>
<b>SCHOOL DEVELOPMENT DAYS</b>	<p>Every public school in NSW has eight days allocated for school development: on the <b>first four days of Term 1</b>, the <b>first two days of Term 2</b>, the <b>first day of Terms 3 and Term 4</b>. These days provide staff with the opportunity for professional development and exploration of curriculum and policy issues. <b>On these days, students do not attend school.</b></p> <p>Alteration to these days is rare, but can occur. Advance notification is given to parents long before the date is changed.</p>
<b>SCRIPTURE</b>	<p>Scripture classes may be offered at scheduled times throughout the year, as negotiated between the school and religious groups. Students will not attend scripture classes unless parents indicate a preference for their child to do so.</p>

## STUDENT DIARIES

Organisation of learning is essential for student success. A key element of this is having a diary at school, every day. Students in all years are strongly encouraged to purchase a diary of their choice (or opt to use an electronic version if they are utilising BYOD).

## UNIFORMS

SCAN QR CODE TO VIEW OUR UNIFORM POLICY:



We ask for your support in ensuring the students of Kariang Mountains High School wear the correct uniform with pride. The school uniform shop, located on the student side of the admin block, is open on **Tuesday** and **Friday** mornings between **8:00 - 9:00 am** during term. We will advise other dates and times as they are available.



Girls Junior shirt - white



Boys Junior shirt - white



Boys shorts - Navy



Girls Senior shirt - teal



Boys Senior shirt - teal



KMHS whale shirt - unisex



Girls skirt - teal



Girls shorts - navy



KMHS hoodie - unisex



Sport shirt - unisex



Sport jacket - unisex



Sport shorts - boys



KMHS track pants - navy



Boys trousers - navy

## Footwear - Meeting Safe Practice Requirements

Shoes that have all leather uppers are a requirement for any specialist workplace. Students are not permitted to work in these areas unless wearing the correct footwear and this can impact on their capacity to meet course requirements.



## ATTENDANCE MATTERS AT KMHS



Regular attendance has countless benefits for students' learning, wellbeing and development.

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



Every DAY Counts

NSW Department of Education

# Why attendance matters



When your child misses school they miss important opportunities to:

-  Learn
-  Build friendships
-  Develop life skills

## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life



# Policies

## DEPARTMENT OF EDUCATION POLICIES AND PROCEDURES

### Compliments and Challenges

A complaint or compliment can be lodged by any person who is a user or potential user of the Department of Education (DoE) services. This includes parents, carers, students, employers or community members.

The complaint or compliment can be about any aspect of the service provided or not provided, the behaviour or decisions of staff or about policies and procedures. We value feedback, so please contact the school if you have any issues, suggestions or congratulations.

If you need to make a formal complaint or compliment, this can be done using the downloadable form on the DoE's website:

<https://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students>

Or, visit the home page for the DoE <https://education.nsw.gov.au> and type 'complaints' in the search box. All complaints will be treated seriously and managed as quickly as possible, as per process.

### Discrimination

Discrimination of any kind is not tolerated at Kariong Mountains High School and action will be taken against students engaging in discriminatory behaviour.

### Medical Insurance

Parents, please note, there is no personal injury cover provided by the NSW Department of Education to students in relation to school sporting activities, physical education lessons or any other school activity. Parents and carers are advised to assess the level and extent of their child's involvement in the sport program offered by the school, and at zone, region and state level when deciding whether additional insurance cover, above that provided by Medicare, is required. Personal accident insurance cover is available through normal retail insurance outlets.

### School Security

Entry to a public school is not a right. School grounds are '**Inclosed Lands**' and are not public property. All visitors must report to the school office and sign in via the Service NSW school check-in. Any entry outside of school hours must have the direct permission of the Principal. If you are aware of any illegal entry to the school, or incidents of vandalism, please contact the police immediately.

More information, including links to current policies, is available on our website:

<https://kariongmtn-h.schools.nsw.gov.au/about-us/policies-and-reports>



# KMHS Information Booklet 2026



## Contact

### ADDRESS

10 Festival Drive, Mt Penang Parklands, Kariong NSW 2250

### PHONE

02 4340 0246

### EMAIL

kariongmtn-h.school@det.nsw.edu.au

### WEBSITE

kariongmtn-h.schools.nsw.gov.au

SCAN QR CODE TO VISIT  
OUR SCHOOL WEBSITE:



## Stay Connected

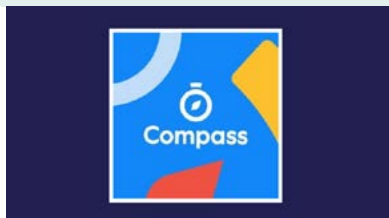
### SCHOOL NEWSLETTERS

View our fortnightly newsletters on the school website:



### PARENT PORTAL

Use the Compass app to access student attendance, permission notes, timetables, reports and more.

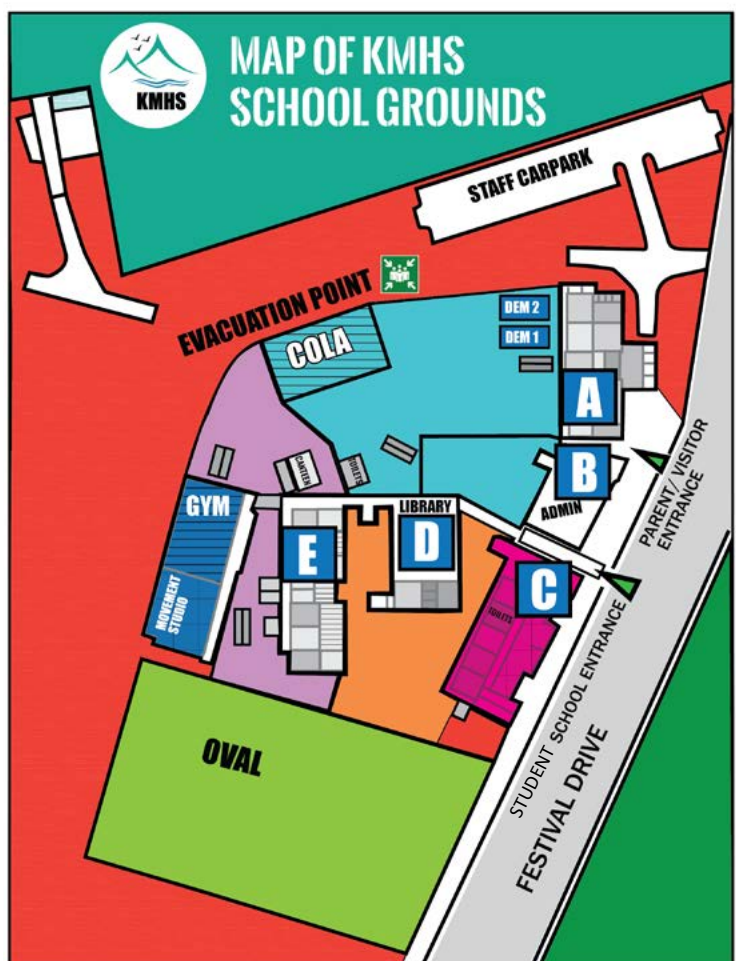


### KMHS ON FACEBOOK

Keep up to date with current events on our facebook page:



## SCHOOL MAP



UNITY



KNOWLEDGE



RESPECT