



NEWSLETTER



CENTRAL VISION EXHIBITION

IN THIS ISSUE:

FROM OUR RELIEVING PRINCIPAL	PAGE 2
DEPUTY PRINCIPAL'S REPORT	PAGE 3
HSIE NEWS	PAGE 3
CAPA HIGHLIGHTS	PAGE 4
CENTRAL VISION EXHIBITION	PAGE 5
ENGLISH FACULTY NEWS	PAGE 6
ZONE SWIMMING CARNIVAL UPDATE	PAGE 7
COMMUNITY NOTICES	PAGE 8

FIND US ONLINE:

-  <https://kariongmountains-high.com.au>
-  <https://www.facebook.com/kariongmountainshigh>
-  <https://www.instagram.com/kariongmountainshighschool>
-  <https://www.instagram.com/kmhslibrary>

Phone: 4 3 4 0 0 2 4 6



International Women's Day

"We cannot all succeed when half of us are held back."

– Malala Yousafzai





R.O.S.E.
Recognition Of School Excellence

Students who continually represent our school on extra-curricula activities and enhance our reputation.



CELEBRATING:

Levi - Year 10

Canteen vouchers sponsored by the P&C

Rewarding outstanding levels of school attendance with a \$10 Canteen Voucher

sponsored by the P&C

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 13	March 14	March 15	March 16	March 17	March 20	March 21	March 22	March 23	March 24
OSSA Snorkelling	SLR Aquatics Brace Program Open Girls Touch	NAPLAN The Grove Studio Music Industry <i>after school visit</i>	NAPLAN Stage 6 Wellbeing moments: Life Changer	NAPLAN Day Against Bullying Stage 5 Wellbeing moments: Life Changer	NAPLAN North Sydney Swimming	NAPLAN	NAPLAN The Grove Studio Music Industry <i>after school visit</i>	NAPLAN Museum of Human Disease Aboriginal Dance Workshop	NAPLAN



FROM OUR
RELIEVING
PRINCIPAL

**HELLO KARIONG
MOUNTAINS SCHOOL
COMMUNITY!**

As this term moves along at a rapid pace, I'd like to take this opportunity to thank our parents and carers for the great support you give our students every day; how our community works together is critical to student success here at Kariong Mountains High School.

SEEKING FEEDBACK YEAR 7 TRANSITION 2023

As part of our reflective practices, I am seeking feedback from our current Year 7 parents/carers, and Year 7 students, in relation to their transition experience to Kariong Mountains High School. Year 7 students will complete the survey at school, whilst parents/carers will be e-mailed a link to the survey within the next week. All replies will be anonymous, and the information gathered will be used to refine the Year 7 2024 transition processes. Your support in supplying feedback is both valued and important, as our school looks to improve experiences for our students, even further.

KARIONG MOUNTAINS LEARNING COMMUNITY

I have the privilege to work with five partner primary schools in our community: Kariong, Somersby, Central Mangrove, Kulnura and Peats Ridge. This term the schools have met and formed a **Partnership Action Plan**. This plan will be used by all the schools in the coming year to track joint initiatives between KMHS and the Primary schools. Collectively, a large amount of work is occurring in improving student outcomes in the following areas:

- ▶ Literacy and numeracy initiatives
- ▶ Transition planning for Year 6
- ▶ Student profiling
- ▶ Combined NAIDOC day celebrations
- ▶ Years 4 and 5 Taster Day
- ▶ Parent information evenings – Years 4, 5 and 6
- ▶ STEM activities.

An exciting development this year, has been the re-imaging of the KMLC logo - thanks to all the KMLC Principals for their involvement, the new logo is below:



KARIONG MOUNTAINS LEARNING COMMUNITY

NAPLAN Y7 & Y9

15 - 27 March 2023

NAPLAN Years 7 and 9

NAPLAN will be conducted online between Wednesday 15/3 and Monday 20/3.

Parents and carers can access supports and resources on the NAP (*National Assessment Program*) website: <https://www.nap.edu.au/naplan/parent-carer-support>.

In addition, as all tests are online, a public demonstration site has been established so that students can practise at home: <http://www.nap.edu.au/online-assessment/public-demonstration-site>.

Please contact the school should you have further queries.

*Mrs Donna James
Relieving Principal*

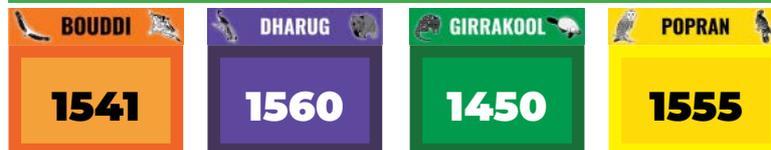
Attendance Matters:

Days missed = years lost

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



CURRENT HOUSE POINTS



IWD: KMHS acknowledged International Women's Day with a visit from the NSW Super Featherweight title holder, Pam McClelland, who shared her inspiring story with students and staff.





DEPUTY PRINCIPAL'S REPORT

Term 1, Week 6

With cooler weather approaching, it is expected that students will be prepared and have winter uniform organised. If for some reason a student cannot wear full school uniform on a particular day, they should bring a note from home and present it to myself or their check-in teacher and a pass will be issued. Students who fail to comply with our procedures will be placed on detention. Uniform is an important part of our value **Unity**. If you have any questions or concerns please feel free to contact me. **I would also like to thank the parents, who have been supporting us in this area.**

LAPTOP CHARGING

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

STUDENT WELFARE POLICY

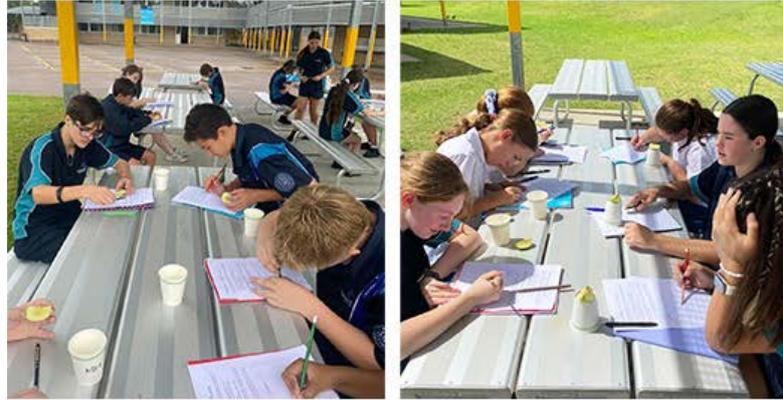
As part of our review into our **Student Welfare and Discipline Policy**, we are looking at the rights and responsibilities of students. The following statements have been developed by the students of KMHS. The **rights** of an individual must be balanced against their **responsibility** to exercise their rights without infringing upon the rights of others.

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

Mr Scott White
Deputy Principal

HSIE NEWS

Year 7 have been studying Ancient Egypt in HSIE. Students have explored the theories surrounding the construction of the Pyramids of Giza and have studied different archeological methods and techniques. They also created their own pyramids, applying design and structure. Delving deeper into Ancient Egypt, the students learnt about the process of mummification through mummifying apples!



KMHS Positive Behaviour for Learning PBL AWARD

Congratulations to our Canteen Voucher winners:

Benji - Year 8
George - Year 11

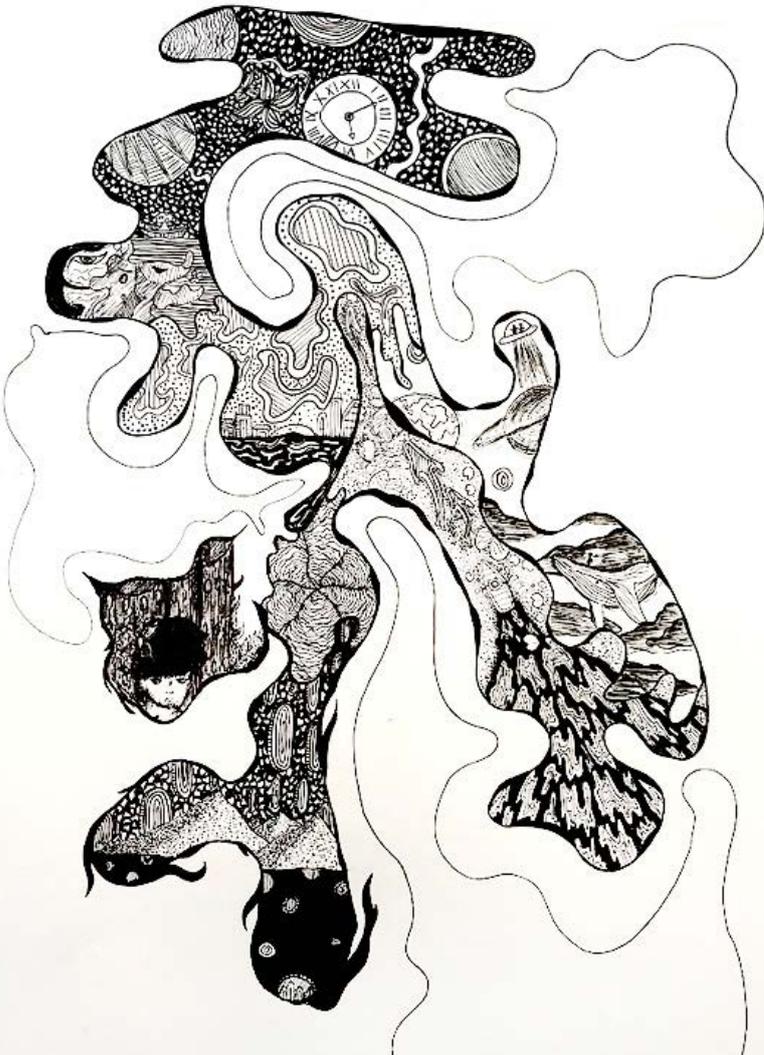
MUSIC

AMELIYA

Ameliya is in Year 9 and is studying both Music and Dance for her electives. She has only been playing guitar and singing for just over a year, and in that short time, she has already established herself as a seasoned professional. Ameliya has performed at a variety of events such as the STARS assembly, Mangrove Mountain Country Fair and the end of year Music tour in 2022.

Her influences include; Harry Styles, Niall Horan and Lizzy McAlpine.

Click on the image on the right, to see a video of Ameliya performing Niall Horan's 'Slow Hands'.



VISUAL ARTS

KIM

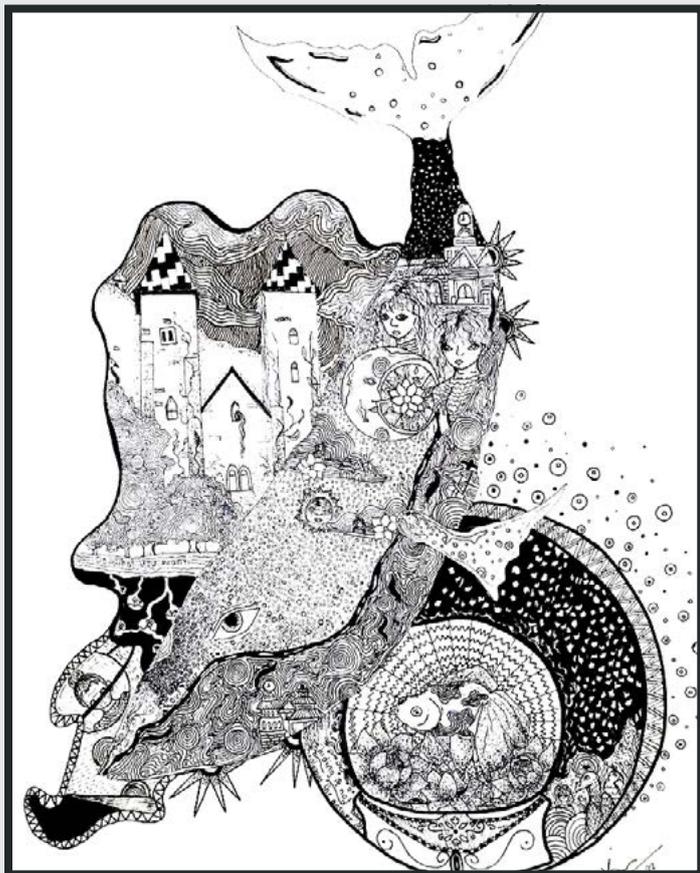
Kim is a talented Year 8 student, who loves being able to express her creativity with drawing media. Although she currently doesn't do the subject this year, she is always drawing in her breaks and in her spare time.

Kim is particularly skilled at creating art using pen. Kim's work was selected for The Central Vision Exhibition 2023 and last year her artwork was selected for the Nagoya Japanese Art exhibition. *"Art is relaxing and thought-free for me. It is what I am good at and love to do"*.

Pen drawing on the left is an example of Kim's drawing talent and eye for detail.

CENTRAL VISION EXHIBITION

Congratulations, to the following talented Visual Arts students on being selected for the 2023 Central Vision Exhibition
The artworks are on display at Gosford Regional Gallery until April 6.



Kim - Year 8: 'The Whale of Stories' - pen drawing
Winner of a Central Vision art prize!



Lera - Year 8: 'Wilbur Soot' - painting



Hannah - Year 10: 'Medusa's Suffering' - ceramics



Ella - Year 10: 'Gods and Monsters' - ceramics



Lana - Year 12 (2022): 'Strength and Unity' - drawing

Welcome back to English and Drama in 2023.

This term is flying by with plenty of great lessons happening at KMHS.

YEAR 7 are studying short stories and articles to explore differing interpretations of good and evil in the unit **"We Can Be Heroes"**. The assessment task for this unit is a persuasive writing text, which will take place in Week 9.



YEAR 8 are studying a range of Dreamtime, bush and contemporary texts about our Australian identity in **"Stories that Shape Australia"**. The assessment task will be a set of short answer questions in Week 9.



YEAR 9 are studying the poetry of poets from diverse backgrounds in **"Connecting through Culture"**. The assessment task, in Week 8, will test the students' knowledge through a set of short answer questions.



YEAR 10 are reading a novel for the unit **"Challenging Identity"** as we develop an understanding of ourselves and our place in the world. The assessment task will be an imaginative writing task in Week 9, based on the novel the students are reading.



YEAR 11 are well underway with what it means to be a senior student and navigate their school, work and personal life balance in their **Reading to Write** or **English and the Workplace** units. The assessment task is due on 28th March.

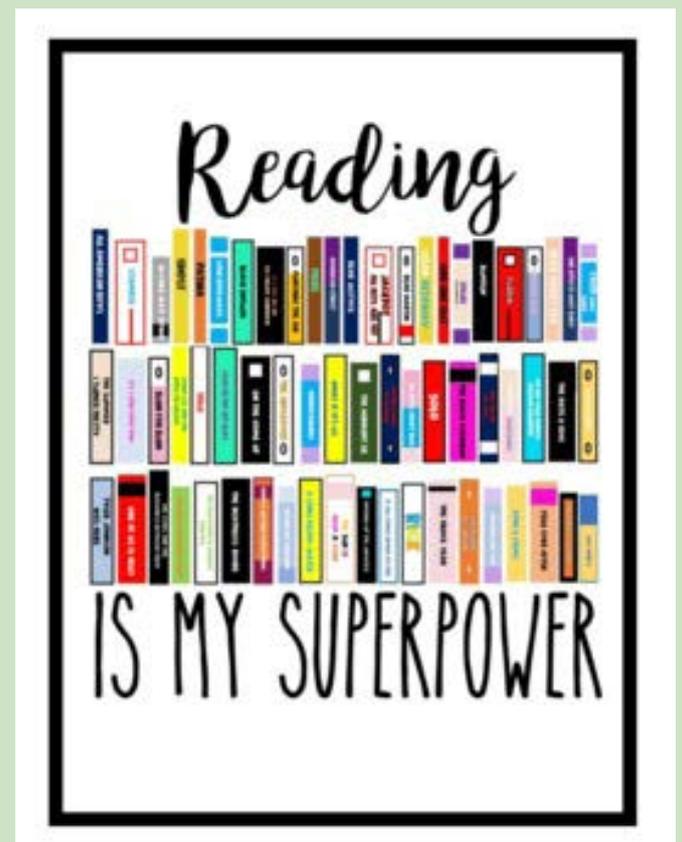
YEAR 12 (*English Advanced, English Standard and English Studies*) are into their second term of the HSC course, studying a range of texts including plays, novels, poems, films, song lyrics and visual texts in the units **Textual Conversations; Language, Identity and Culture; and MiTunes and English**. The assessment task is due on 3rd April.



DRAMA are underway with their Independent Research Project (IRP) and attended **Onstage** earlier this term. The assessment task is due in Week 10.

As always, reading is a key part of our students' success and we encourage parents to listen to and read with your children on a regular basis.

Mrs Lisa Bell
HT English (relieving)



ZONE SWIMMING CARNIVAL 2023

Zone Swimming

A huge congratulations to all our students, who, on Thursday, competed in the Zone Swimming Carnival at Woy Woy pool. We would like to say a big thank you to all the staff that volunteered on the day and helped make the carnival a huge success.

Our awesome swimmers were motivated and happy all day and tried their best in every race. **Well done!** Our relay teams worked together and competed for our school with pride. **What an outstanding achievement.** Our wonderful students were all supportive of each other and willing to help by entering extra races whenever needed. We continue to receive positive feedback and are immensely proud of the compliments from other schools as to how students at KMHS conducted themselves and supported each other throughout the day.

As well as all our swimming competitors, we had three students working tirelessly in the Data room. **Dean, Sam and Josh** were up and down the stairs, running sheets everywhere around the venue and yet the smiles didn't leave their faces all day.

It was a huge effort all round and again highlights the brilliant achievements of our school, students, staff and community. **Well done to all involved!**

KMHS Swimming Carnival Age Champions

Girls 12 Year Champion - Samatha D

Girls 13 Year Champion - Mikayla W

Girls 14 Year Champion - Jessica M

Girls 15 Year Champion - Katelyn W

Girls 16 Year Champion - Dannielle A

Girls 17 Year Champion - Mikayley F

Boys 12 Year Champion - Jacob H

Boys 13 Year Champion - Cooper M

Boys 14 Year Champion - Nate H

Boys 15 Year Champion - Braxton V

Boys 16 Year Champion - Toby M

Boys 17 Year Champion - Amir E



COMMUNITY NOTICES & EVENTS

Tips for
Parents and
Carers for
Participating
in the 2023
Premier's
Reading
Challenge

Download PDF



LISAROW PUBLIC SCHOOL

Country Fair



RIDES Live entertainment
Street food & STALLS **MARKETS RAFFLE AUCTION**

Saturday 18 March

9am - 3pm Macdonalds Rd Lisarow



Aboriginal Early Childhood Screening Clinic



Audiology

Speech Pathology

Immunisations

Milestone Education

Remember to bring
your child's
Medicare card
and
Blue Book

Who: Children aged 6 months - 6Years

Where: Nunyara Aboriginal Health Unit
2 Ward St, Gosford

When: 10:00am - 2:00pm
Thursday 02/03/2023
Thursday 06/04/2023
Thursday 04/05/2023

No Appointment necessary

Limited Parking available onsite

**Please contact Nunyara on 4320 2698
for more information**

Sleep Ninja®

Help teens prepare for a good
night's rest with Sleep Ninja®

Information for schools, parents and carers

New skate park and pump track at Kariong under construction.



Council has started construction of the new skate park and pump track at Kariong Oval which is designed for a range of ages, abilities, and wheels. Find out more on the council's website:
<https://www.centralcoast.nsw.gov.au/council/news/new-skate-park-and-pump-track-kariong-under-construction-0>



Health
Central Coast
Local Health District

