



NEWSLETTER

LIFECHANGER AT KMHS

IN THIS ISSUE:

FROM OUR RELIEVING PRINCIPAL	PAGE 2
MUSIC INDUSTRY & LIFE CHANGER	PAGE 3
CAPA HIGHLIGHTS	PAGE 4
VISUAL ARTS & SCIENCE	PAGE 5
COMMUNITY NOTICES	PAGE 6

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**



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



To our Year 7 and 9 students, for completing NAPLAN 2023 - and to Mr Riley and Mrs Dunn, for their technical and logistical support.

CELEBRATING:
Mia - Year 9
 Canteen vouchers sponsored by the P&C

\$10 Canteen Voucher sponsored by the P&C

CELEBRATING:
Jack - Year 7
Scott - Year 10
 Congratulations to our Canteen Voucher winners.

CURRENT HOUSE POINTS

BOUDDI	DHARUG	GIRRAKOOL	POPAN
2223	2373	2129	2335

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 27	March 28	March 29	March 30	March 31	April 3	April 4	April 5	April 6	April 7
Year 7 Camp	Year 7 Camp	Year 7 Camp	Aboriginal Dance Workshop	Stage 6 Elev8: Life Ready	Vocal Song Workshop	Central Coast Careers EXPO	Cross Country KMHS	LAST DAY of Term 1	Good Friday Public Holiday
NAPLAN	NAPLAN	P-Tech Crossmuller		Open Girls U18 Football	Maths with the Mariners			Year 12 Mini Fête	
Aboriginal Talent ID Day				Open Boys U18 Football	Open Boys Football			Aboriginal Dance Workshop	
Open Girls Volleyball									





FROM OUR RELIEVING PRINCIPAL

AS WE COMPLETE WEEK 8...

I must congratulate students for their continued focus and commitment to learning. The majority of our students have maintained a very positive approach to learning and have been engaging in their lessons deeply and making sound progress. Sustained effort and strong engagement in class is the key to progress.

I would also like to thank teachers for their leadership and ongoing tireless work in ensuring students are challenged in their learning in a highly supportive environment. Term 1 is always a very busy and productive term. Students have already had opportunities to participate in a wide range of academic, sporting, and creative and performing art events.

DUX 2022

Congratulations, to Jessica Atkins, our 2022 Dux. Jessica is now studying Nursing at Newcastle University. We wish Jessica all the best with her future studies and look forward to inviting her back to our Presentation Evening in Term 4.

NAPLAN 2023

Congratulations, to all Years 7 and 9 students on your application during the NAPLAN testing. The department moved the testing forward this year, to allow schools more time for analysis of results and application of strategies for improvement. Thanks, also, to our staff and parent community for your support of our students during the testing phase.

WINTER UNIFORM - HIGH EXPECTATIONS

We have had great support from the majority of our students and families regarding our higher expectations of students wearing **full school uniform every day**. I thank you all for this. Typically, the wearing of non-school uniform rises in cooler months as students start to wear extra layers.

Can I please ask all parents and carers to continue to support our uniform high expectations by ensuring your child has the correct trackpants and school jumper. Our trackpant colour is **navy blue** - either plain or school branded (*available from the schools' uniform shop*) - for both juniors and seniors (*black or grey trackpants are not part of the school uniform*). Trackpants, jumpers or jackets with brand logos are not allowed.

Juniors and seniors can wear a **navy blue jumper, fleece jacket or sports jacket**. Seniors (Years 11 and 12) also have the option of wearing their **senior jacket**.

As with trackpants, school-branded uniform jumpers and jackets are available at the school's uniform shop, though plain navy blue jumpers and jackets (*without branding*) are also acceptable. **Hooded jumpers are not part of the KMHS uniform and are not to be worn.**

The school has a uniform clothing pool, available for any student to access, to support our families with school uniforms when necessary. Please contact the school if you need assistance. Uniform shop hours are as follows:

Uniform Shop Open:



GET
READY
FOR
WINTER

**Tuesday
& Friday
8-9am**

P&C AGM

The P&C Committee's Annual General Meeting was held last Monday 13th March. I am pleased to announce the office bearers for 2023 are:

- ▶ **President:** Rebecca Garay
- ▶ **Vice President:** Brett See
- ▶ **Vice President:** Beth Schuman
- ▶ **Treasurer:** Sara Cutting
- ▶ **Secretary:** Sharon Partridge

I look forward to working with our P&C this year, in support of our school community.

YEAR 7 TRANSITION FEEDBACK

As a part of our reflective practices, I am seeking feedback from 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 were e-mailed a link to the survey last week. The link below will provide access to the feedback survey:

<https://forms.gle/mEdLgqjxL2sCYoNA7>

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 valued and important as our school looks to improve experiences for our students even further.

Thankyou, for your ongoing support of our wonderful school.

Mrs Donna James
Relieving Principal



MUSIC INDUSTRY

Our Music Industry students visited The Grove Studios last week, where they recorded songs to mix and continue working on in class. Well done to the students, who did KMHS proud with their enthusiasm and engagement.

It was great to also see former KMHS students, Trinity and Ruby, who are currently studying at The Grove Studio Academy.



LIFE CHANGER

Thank you to the Lifechanger foundation for coming to our school and empowering our Years 9, 10, 11 and 12 students to live thriving, resilient lives by developing their social, emotional and resilience skills, and by building connections in their community. The students were engaged and shared stories throughout the day.



CAPA - ARTIST HIGHLIGHTS

DANCE

ELLA

Ella, in Year 8, is a KMHS student, who is a highly accomplished and experienced dancer. She has been dancing for seven years and has trained in a variety of different styles such as; **Tap, Jazz, Acro, Ballet, Hip-Hop** and **Lyrical**.

Ella is a current member of the **KMHS Dance Ensemble** and we look forward to her leading and choreographing the **School Dance Ensemble** in years to come.

Click on the image on the right, to see Ella performing a lyrical dance to the song 'Rise Up' by Andra Day.



PHOTOGRAPHY

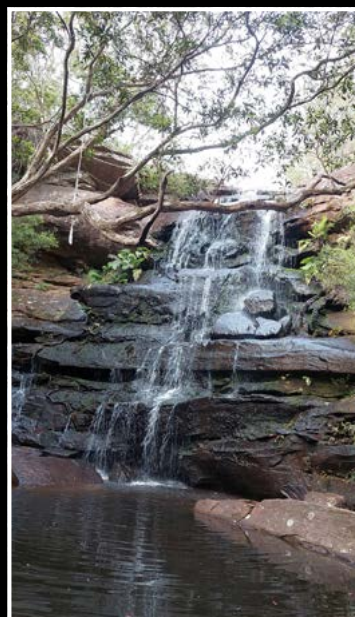
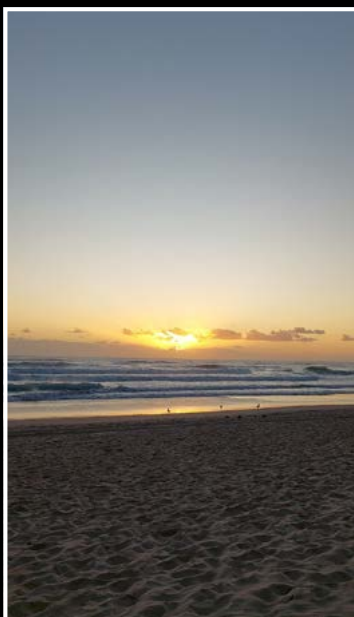
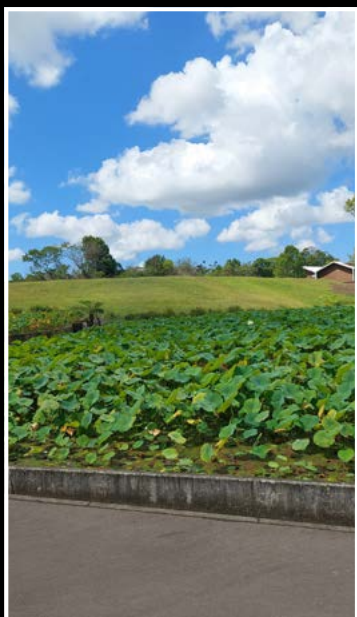
TYLER

Tyler, in Year 11, is a KMHS student, who is currently studying PVDI. His interest in photography began four years ago when he received his first phone.

Tyler immediately began taking photographs and he has maintained and continued to grow his passion for photography since starting at KMHS this year.

Tyler's favourite genre is landscape photography as he can capture his own view of the world.

Images below show a variety of Tyler's landscape photography.



VISUAL ARTS

Surrealism inspiring creative learning. The photo collage below shows exciting progress from our talented Year 9/10 Visual Arts students, who have been creating works inspired by characteristics of the Surrealism art movement, which originated in the late 1910's and early 1920's.



SCIENCE NEWS

Science students in Years 10 and 11 have been delving deeper in their learning.

Ms Peters' Year 10 class constructed fabulous (*and potentially delicious*) DNA models, while Mr White's Year 11 Investigating Science class had an enthusiastic lesson exploring Charles' Law.



COMMUNITY NOTICES & EVENTS

Mt Penang Roadworks & Infrastructure Upgrades:

[View Phase 5 Flyer \(PDF\)](#)



Coach 2 Cope: Families and Carers

Supporting the mental health and wellbeing of children & young people



Are you concerned about the impact mental health has on the young people in your life? Would you like to learn simple ways to respond to them during times of distress?

EquiEnergy Youth is a charity dedicated to reducing psychological distress, self-harm and the risk of suicide in young people. Our programs aim to connect young people with safe & effective adults with the capacity to effectively respond to them during times of distress and improve mental health outcomes.

As a result of a PhD research project and thousands of hours of clinical experience, Dr Stephen Spencer has developed a simple method to guide adults on how and when to respond to young people in distress to achieve a positive outcome. Steve will coach you on the following;

- **A 5 step evidence-based psychological first aid framework (TAR3)** for you to follow when responding 'in the moment' to episodes of distress and behavioural challenges. For example, TAR3 is the equivalent of the DR ABC process for responding to first aid.
- **Guidance on simple ways you can help young people** build coping, resilience and positive help seeking behaviour and the vital role you play in promoting this.
- **Context on why child & adolescent mental health occurs** and what you can do to improve mental health outcomes for the young people you support.
- **Coaching in the use of scripts and engagements strategies** to adopt when responding to distress using the TAR3 Psychological First Aid Method.

Live via Zoom

Tuesday 4th of April - 5.30pm to 6.30pm

(Attendance is complimentary)

Please be quick as spots are limited

Use the link below to register via Eventbrite:

www.eeyouth.org.au

REGISTER HERE



MAYBE IT'S TIME TO THINK ABOUT A SECOND JOB

Comprehensive training is provided for all on-call firefighters, covering all aspects of the work involved to keep your community safe. You'll need to:

- ✓ Hold a current NSW driver's licence.
- ✓ Be an Australian or New Zealand citizen, or a permanent resident of Australia.
- ✓ Live or work within a reasonable distance from your local fire station.
- ✓ Have daytime availability to respond to emergencies.

WE'RE LOOKING FOR ON-CALL FIREFIGHTERS IN KARIONG

For more information or to apply, visit fire.nsw.gov.au/on-call or call **02 4337 9700**



Fire and Rescue NSW employs around 3300 highly-trained, professional, on-call firefighters throughout NSW to respond to emergencies share a commitment to helping their local community. Right now, we're looking for firefighters in your area.

Our firefighters are a diverse group of men and women who balance their work, study and family commitments. They enjoy being part of a team, working with the community and other emergency services.

On-call firefighters provide a high standard of response to fire and emergency situations. All our firefighters use specialised vehicles and equipment to prevent and reduce the risk of fire and potential loss of life and property. They also work closely with the local community to increase fire safety awareness and promote fire prevention, so if this sounds like you, please get in touch with us today.

INFORMATION SESSIONS MARCH 29TH @ 10:00AM AND 7:00PM AT THE STATION CNR CC HWY & THE AVENUE KARIONG

