



# NEWSLETTER



## STAR STRUCK 2023

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### 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**



*Ms Sayal, for her work with Star Struck!*

### CURRENT HOUSE POINTS

 <b>BOUDDI</b>	 <b>DHARUG</b>	 <b>GIRRAKOOL</b>	 <b>POP-RAN</b>
<b>5516</b>	<b>5903</b>	<b>5279</b>	<b>5467</b>



Rewarding outstanding levels of school attendance with a \$10 Canteen Voucher  
*sponsored by the P&C*



**TERM 3**

**ALL STUDENTS RETURN TO SCHOOL ON:**

**TUES 18<sup>th</sup> JULY**



### CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 17	July 18	July 19	July 20	July 21	July 24	July 25	July 26	July 27	July 28
<b>SCHOOL DEVELOPMENT DAY</b> (no students at school)	<b>FIRST DAY OF TERM 3</b> All students return to school	P-Tech Work Experience			Sydney North Athletics	Sydney North Athletics	P-Tech Mentoring Year 11 P-Tech Program Year 10  Parent Info Evening Year 6-7 2024 6:30pm		Outdoor Recreation Mountain Biking



## FROM OUR PRINCIPAL

### SO MUCH TO CELEBRATE THIS TERM!

Kariong Mountains High School has been one busy place throughout Term 2, as demonstrated in this newsletter and earlier issues. Along with a mountain of events there has been significant student achievement to celebrate. I want to congratulate our student body and all the staff, who help make these achievements possible – *well done!* I am, as always, extremely proud of this wonderful school.

## STUDENT LEADERSHIP EXECUTIVE FOR 2023/2024

Recently, Year 11 leader elects participated in a rigorous application process for student leaders. I am pleased to announce that the following students have been successfully appointed:



**School Captains: Pat Ainsworth and Ivanna Maggi**

**School Vice Captains: Chelsea Dixon and Caleb Smith**

**Prefects: Kynan Hudson, Justin Lin and Thomas Yang**

The school made the decision to elect this extended leadership team as a model, beginning with our 2023/2024 team and moving into the future.

Congratulations, to our leaders elect, I am looking forward to celebrating their induction with the school community on Thursday 3<sup>rd</sup> August.

## NAIDOC WEEK 2 - 9TH JULY



Kariong Mountains High School celebrated this significant week early with a celebration breakfast BBQ and cultural assembly facilitated by our Aboriginal students, Mr Bennett and community member, Uncle Stu.



See article on [Page 4](#).

## SUPPORT IN THE HOLIDAYS

As the school moves towards the school holidays, I am mindful of the welfare support our students receive throughout the school term in and out of school.

As incidences may arise in 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

*Regional Youth Support Services is a Youth Service passionate about giving young people and young people with disability opportunities to increase independence, build valuable life skills and engage in their community.*

[www.ryss.com.au](http://www.ryss.com.au)

### Headspace Gosford - 4304 7870

<https://headspace.org.au/headspace-centres/headspace-gosford/>

### Hangout on the Hill

<https://www.facebook.com/Y4YCC/>

## 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 an exciting Term 3.

*Mrs Donna James  
Principal*

Information for Parents  
Compulsory School Attendance

[Click to view PDF](#)

NSW GOVERNMENT

[https://education.nsw.gov.au/content/dam/main-education/student-wellbeing/attendance-behaviour-and-engagement/media/documents/attendance\\_parents.pdf](https://education.nsw.gov.au/content/dam/main-education/student-wellbeing/attendance-behaviour-and-engagement/media/documents/attendance_parents.pdf)





## DEPUTY PRINCIPAL'S REPORT

### Core Rules

It has been some time since I included an aspect of our Student Welfare and Discipline policy in our newsletter. Following are our **'Core Rules'**, which are based on the nine core values of NSW public schools: *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, including while travelling 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.

Our Student Welfare and Discipline policy is currently being reviewed. Once updated, this policy will also incorporate our PBL (*Positive Behaviour for Learning*) and attendance initiatives.

KMHS Positive Behaviour for Learning AWARD

Congratulations to our Canteen Voucher winners:

**Ilia - Year 9**  
**Connor L - Year 11**

### Extracurricular Activities

Throughout Term 2, there have been numerous extracurricular activities made available to our students. As always, our representatives have been impeccable with their behaviour, thereby enhancing the school's reputation. I also want to acknowledge and thank the staff involved in organising and making it possible for these events to occur.

To ensure these activities continue to run smoothly, it is important that permission and payments are made on time. In the vast majority of our excursions, school uniform is also expected to be worn. Failure to comply will mean that participation in the activity will be denied.

### A-League Champions Trophy

It was **beyond exciting** to have the A-League Champions Trophy brought to our school on Wednesday this week. Central Coast Mariners' representatives, Andy Bernal and Jaynie Wignall, visited the school with the famous trophy in tow for students and staff to admire.

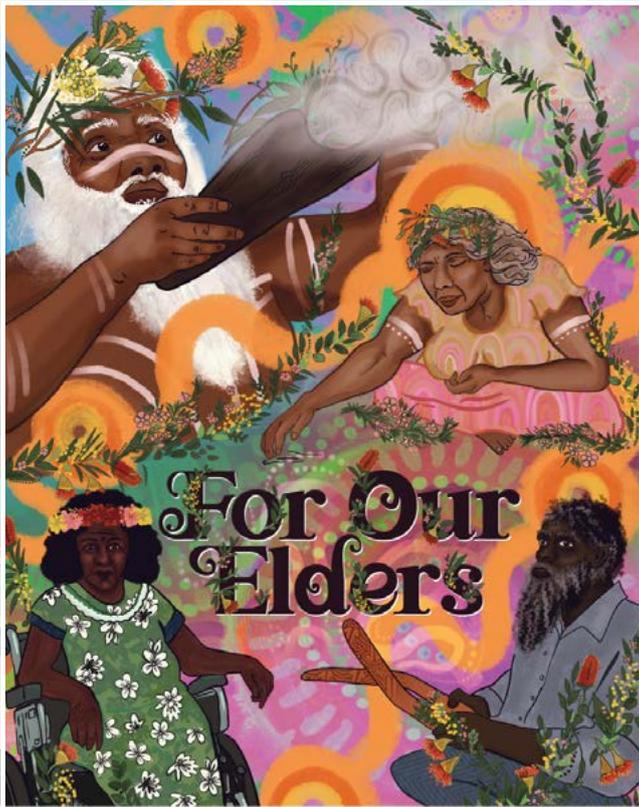
Our school is full of Central Coast Mariners tragics, students and staff included. It is fantastic that the only professional sporting team on the coast are Australian champions.



### Who do we sing for? WE SING FOR YELLOW!

*'Scott Yellow and Navy'*  
Deputy Principal

# NAIDOC WEEK



**NAIDOC Week**  
 2-9 JULY 2023  
 #NAIDOC2023 #ForOurElders  
 @naidocweek @naidocweek facebook.com/NAIDOC

**For Our Elders, Bobbi Lockyer**  
 Where there is knowledge there are our Elders. Our Elders paved the way for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.

Illustration by Bobbi Lockyer

*Across every generation, our Elders have played, and continue to play, an important role and hold a prominent place in our communities and families. They are cultural knowledge holders, trailblazers, nurturers, advocates, teachers, survivors, leaders, hard workers and our loved ones.*

*Our loved ones who pick us up in our low moments and celebrate us in our high ones. Who cook us a feed to comfort us and pull us into line, when we need them too.*

*They guide our generations and pave the way for us to take the paths we can take today. Guidance, not only through generations of advocacy and activism, but in everyday life and how to place ourselves in the world. We draw strength from their knowledge and experience, in everything from land management, cultural knowledge to justice and human rights. Across multiple sectors like health, education, the arts, politics and everything in between, they have set the many courses we follow.*

*The struggles of our Elders help to move us forward today. The equality we continue to fight for is found in their fight. Their tenacity and strength has carried the survival of our people. It is their influence and through their learnings that we must ensure that when it comes to future decision making for our people, there is nothing about us - without us.*

*We pay our respects to the Elders we've lost and to those who continue fighting for us across all our Nations and we pay homage to them.'*

Source: <https://www.naidoc.org.au/awards/current-theme>

## Nothing like a warm egg & bacon roll to kick-start our NAIDOC Day!

Our celebration BBQ breakfast and cultural assembly started off with our Aboriginal Dance group performing to choreography created by Uncle Stu. Despite the freezing temperature, the students were all painted up and performed amazingly.

Tyson, in Year 10, gave the Acknowledgement to Country. He then explained some of the meanings of the first dance. The students in the assembly all clapped to support their friends. The second dance was introduced by Uncle Stu, who also gave some insight to this year's theme "**For Our Elders**". Stu explained that our Elders are everywhere - at home, at school, in our extended families - and to take the time to thank them, as they really care and deserve our respect.

**Thank you**, to all parents, to Garry and Natalie Purchase (*Garry collaborated with our students on the Aboriginal Cultural mural*) and to all community members, who came along to support our students on the day.

*Ms Roberta von Heupt*



# MATHEMATICS

In **MATHEMATICS**, students in 8M have been busy learning about **AREA** and **VOLUME**.

A practical component of this unit involved calculating the volume of objects commonly found in the kitchen. The hands-on exercise was a great opportunity for students to both test and apply their knowledge.



Once the volume of an object was established, students were then asked to establish the connection between **VOLUME** and **CAPACITY** by converting cubic centimetres to millilitres or litres.



## 8M STUDENTS ESTABLISHED:

- 1 cubic centimetre (cm<sup>3</sup>) = 1 ml
- 1000 cubic centimetres = 1 L
- 1 cubic metre (m<sup>3</sup>) = 1000 L



# LIFE CHANGER

**Below are some insightful and inspiring reflections from our Year 7 students, after completing their Life Changer course:**

*"It was great getting to make a bucket list because then there is something to look forward to."*

*"When people were writing all of the things they liked about me, it made me feel more confident."*

*"We all have a happy self, and we all have a not-so-happy self and that's okay."*

*"It's really important to reflect on your strengths."*

*"I learnt it is important to see the value in ourselves."*

*"I loved the values activity because of the discussions I had."*

*"I have learned what I want to do in life."*

*"Everyone can have their own goals/opinions/beliefs."*



**WELL DONE!**  
KMHS ABORIGINAL DANCE CREW  
PERFORMING AT STARSTRUCK IGNITE 2023

The **COMMITMENT** our Aboriginal Ensemble Dance Crew devoted to STAR STRUCK has been absolutely outstanding.

In the past few months our dancers have engaged in:

**10 hours travel time to Newcastle**

**17 hours rehearsal time**

**4 hours performance time**

**WHAT ABSOLUTE LEGENDS!!**

Our Aboriginal Ensemble consists of two non-Aboriginal students, who have proudly learnt and shared culture. This is very unique to KMHS. We dance along side each other in 'Unity Knowledge Respect'.

Ms Brooke Sayal



**7G have been busy working on their mysterious scratch art landscapes in Ms McKeon's class:**



**Year 7A and 7L had fun setting up and displaying their artefacts for their museum in Ngura.**

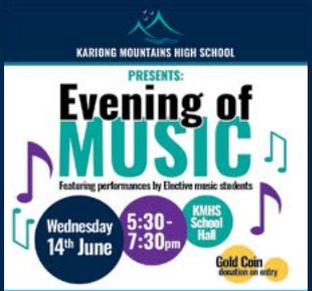
**Some fantastic artefacts and creative students. Love your work!**



The KMHS Evening of Music in Week 8 helped raise funds for our 2024 school captain Pat, who will be trekking the Kokoda Trail later in the year.

Pat was presented with \$300 worth of gift cards from Macpac and Anaconda to assist in purchasing equipment for his journey.

Thank you, to everyone who contributed on the night and supporting an exciting opportunity for Pat!



# KMHS DANCE

## KMHS Dance Elective

**CONGRATULATIONS**, to our stunning Dance Elective dancers who dared to push the envelope with a fusion of contemporary and urban dance in their performance at the Central Coast Dance Festival.



## Year 7/8 Dance Ensemble

**Well done**, to our Year 7/8 Dance Ensemble, who performed at the Central Coast Dance Festival with full heart, doing KMHS proud! Congratulations, to our Year 9 student coreographers, Elie, Kayla, Billie and Amy - on choreographing such a mature and beautiful piece for our ensemble!



# COMMUNITY NOTICES & EVENTS



Transport for NSW



Shaping a sustainable transport future together:  
**School holiday travel tips and tricks July 2023**

School holidays are typically a time of increased road congestion. Transport for NSW has put together some travel tips to help you enjoy more of your holiday and spend less time in traffic.

### Taking a road trip these holidays?



If you are planning a road trip, travel outside peak periods to avoid delays.



Check out our **holiday planning tools**, rest stop maps and resources.



Follow **@LiveTraffic** to receive real time information on traffic changes.

### Travelling to the airport?



Construction around and within Sydney Airport has changed traffic conditions.



Take a train straight to your boarding gate and avoid the congestion. Trains travel to and from Sydney Domestic and International Airports between 5am and midnight, 7 days a week.



If you must drive to the airport, plan before you leave and check **LiveTraffic.com**

### Planning a last minute holiday or day trip?



Leave the car at home and explore Sydney and NSW by taking public transport. Travel after 10am and before 3pm to receive a 30% discount on the Opal network when you use your Opal card or a **contactless payment**. Off peak fares apply on metro/train, bus and light rail services.



**Opal Travel** - Download the **Opal app** and turn on travel alerts to keep informed of any changes to your journey.



Play tourist for the day and enjoy the sites of Sydney without sitting in traffic. To plan a fun day out visit **transport.nsw.info/plan/** places to visit/Sydney. NSW TrainLink's train and coach network can take you to 365+ destination across NSW. Check out the **great value family fares**.

Transport for NSW  
transport.nsw.gov.au

School Holiday Travel Tips and Tricks July 2023

NSW Health

# Mental Health Youth Advisory Group

Applications are now open.

NSW Health is establishing its first Mental Health Youth Advisory Group to give young people a say on the child and youth mental health services we provide.

NSW Health wants to hear from a diverse range of voices aged 16-24 years old who live in NSW, particularly if you have experienced your own struggles or feel passionate about improving the mental health and wellbeing of young people!

Want to know more? Apply here!

Applications close Sunday 16 July 2023

May 2023 © NSW Health, SHPN (MH) 230350.



## VISIT WHAT'S ON (CATEGORY: SCHOOL HOLIDAYS) FOR ACTIVITIES DURING THE HOLIDAYS



**CHILDREN**  
School holiday program:  
**Learn to Knit at Umina Beach Library** →



**LIBRARIES**  
School Holiday Program:  
**Virtual Reality - Indigenous Australia** →



**SCHOOL HOLIDAYS**  
School Holiday Program: **Deck Art at Toukley Library** →



**ART AND CULTURE**  
School Holiday Program -  
**Winter Woollies** →



**ART AND CULTURE**  
School Holiday Program:  
**Stamp Making at Tuggerah Library** →



**WORKSHOP**  
**Boost your Marks: HSC 2023 at Erina Library** →