



KARIONG MOUNTAINS
HIGH SCHOOL

NEWSLETTER

Unity ✨ Knowledge ✨ Respect

Week 8

Term 2

21 June, 2024

PHONE: 4340 0246

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SCHOOL NEWS:

Congratulations!

WINNER of a \$10 Canteen Voucher

Mya - Year 8
Cohen - Year 10

Sponsored by the P&C

STAGE 4 (YEARS 7 - 8)

Parent/Teacher Interviews

4pm **26th June**

STAGE 5 (YEARS 9 - 10)

Parent/Teacher Interviews

4pm **3rd July**

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

To Matthew Hipwell for his work with Year 10-11 transition - and to Brooke Sayal and our fantastic Star Struck performers!

CURRENT HOUSE POINTS

BOUDDI	DHARUG	GIRRAKOOL	POPTRAN
7836	7386	7631	7359

KMHS AT STAR STRUCK



CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 June Museum of Human Disease excursion	25 June KPS Visit Somersby Music Visit	26 June Mt Wondabyne Hike Outdoor Rec P&T Tech Mentoring Stage 4 Parent Teacher Interviews Central Coast Dance Festival	27 June Mathematics in Surveying	28 June RYSS - Women's Cultural Group White Card Course Year 10 Subject Selection Interviews
1 July Central Coast Dance Festival	2 July Poetry in Action	3 July University of Western Sydney - Year 12 Stage 5 Parent Teacher Interviews	4 July Small Schools Football Gala Day Science Outreach Program	5 July



FROM OUR PRINCIPAL

BETTER TOGETHER!

As recently as last week, I was fortunate to attend the 2024 Secondary Principals Conference in Sydney. The theme of the conference this year was **Better Together** focusing on the importance of **building positive relationships** and **creating a team environment** between students, staff and parents to support student learning and improved outcomes for everyone.

Reflecting on Kariong Mountains High School, we are a busy school community that is working on a culture of connection and nurturing whilst providing a positive learning environment. First-hand evidence of this was the fantastic attendance (*students and parents/carers*) at our Stage 6 subject information evening.



The hall was buzzing with questions and genuine interest demonstrated in what the school has to offer. Thank you, to all families, for making the time to attend, to faculties for their efforts in displays and to Mr Hipwell for his meticulous organisation. Subject selection interviews are being held with Year 10 on Friday 21st June.

COMMUNITY OF PRACTICE - EXPLICIT TEACHING IN LITERACY AND NUMERACY

Kariong Mountains High School is currently participating in an exciting new initiative, with a focus on pedagogical practice and improving learning outcomes in literacy and numeracy.

Aligned with the new school plan, staff will be beginning to explore what **explicit teaching** looks like, focussing on literacy strategies aligned with vocabulary. **Teaching observations, professional learning, student voice** and **work sampling** are all part of the plan ahead. I look forward to working closely with staff and students in this space, to see the positive outcomes this collaboration will result in. A great example in practising **Better Together!**

STUDENT WELLBEING

As we navigate the road out of COVID and into the new 'norm', students and families are working with schools to seek ongoing support in this important student support space. The department provides a range of support resources, offered in school and the wider school community. Please access the link below to further investigate these:

https://education.nsw.gov.au/content/dam/main-education/inside-the-department/student-mental-health-and-wellbeing/Students_parents_quick_guide_to_mental_health_and_wellbeing_resources.pdf

STAR STRUCK 2024

As this newsletter is published, we have several students preparing to perform on the big stage this weekend in the 2024 Star Struck performance 'Love it!'



Star Struck is a performing arts extravaganza hosted in Newcastle, with 3500 students from DoE schools participating from the Hunter and Central Coast region. Congratulations, to all our performing students – the school is incredibly proud of your commitment to this event. Thank you, to families for your support and to Ms Sayal, for your commitment and tireless work in preparing our performers, we are incredibly proud of you too!

WORKING TOWARDS THE END OF TERM

As we near the end of Term 2, this is a timely reminder about the importance of providing explanation for any absence from school. Our school has implemented processes, including office follow-up and communication, regarding the explanation of absences for student record.

Should you receive an email, text message or call reminder, **please follow the prompts to explain your child's absence.**

The school has demonstrated significant improvement in this area in the last six months and should continue to do so with community support.

Please remember:

Mrs Donna James
Principal





DEPUTY PRINCIPAL'S REPORT

Attendance Procedure

Regular attendance at school is obviously important for students to maximise their learning. As a major school focus this year, attendance has improved significantly and we thank you for your support. Following is a quick reference guide of our attendance procedures:

- ★ Teachers mark rolls during Check-in by 9.05am and every lesson thereafter.
- ★ All late arrivals are to sign in at the *Front Office*.
- ★ Compass notifies parents / caregivers of any absences throughout the day.
- ★ Office staff amend attendance on Compass after communication from parents / caregivers.
- ★ Unexplained whole school day absences are sent as a text message to parents / caregivers later in the school day.
- ★ Before any leave passes can be issued, the school must receive the request from a parent / caregiver via a written note, phone call, email or Compass entry.
- ★ Students who represent the school at sport, attend excursions, participate in incursions or undertake work placement are recorded as 'School Business.' These activities are not recorded as absences.
- ★ Parents can inform the school of absences and lateness via a written note, phone call, email or Compass entry. A valid explanation is required. On occasions of extended illness, a Medical Certificate will be required.
- ★ For expected absences of 10 school days or more, such as a holiday, an exemption will need to be applied for. Application forms are available from the Front Office.
- ★ Year Advisors, the Attendance Team and Deputy Principal monitor attendance rates of individual students. Contact is made home through letters and/or phone calls when absences are causing concern.
- ★ Referral to the *Home School Liaison Officer* is made for students whose absences continue to cause concern.
- ★ Students with excellent attendance are placed in a weekly draw for a \$10 canteen voucher and recognised by the Principal at year's end.

If you have any questions regarding these procedures please feel free to contact me.

Student reports will now include a record showing number of days explained and unexplained absence. In light of this, parents and carers are further encouraged to have student absences explained as outlined above.

Say No to Vaping

As I am sure you are all aware, vaping continues to be a major issue in our society. At our school, students caught with, or using e-cigarettes, are disciplined in the same way as if they were smoking tobacco and can lead to suspension.

Below are information graphics from the Central Coast Local Health District campaign '**Say No to Vaping**'.

I encourage you to view these slides with your child and reinforce the dangers and implications of vaping.

Mr Scott White
Deputy Principal

PASSIONATE PDHPE NEWS

KMHS Students Excel at Oz Tag Gala Day

Students from KMHS recently showcased their sportsmanship and skill at the Oz Tag Gala day. They demonstrated exceptional teamwork and determination throughout the event, scoring multiple winning tries. Their commitment to fair play and support for each other exemplified the values of our school community. Congratulations, to all participants, for their outstanding performance and representation of KMHS!



KMHS Students at Zone Cross Country

Students from KMHS recently competed in the Zone Cross Country event with impressive results. They showed exceptional athleticism and sportsmanship throughout their challenging races, displaying strong teamwork and support for each other.

Their performance reflects their dedication to both personal excellence and representing KMHS with pride. Congratulations, to all participants, along with special shout-out to Kiara, Jasmine, Sophie and leila, who have made it through to Regionals!



Oz Tag Boys in the finals

Special mention goes to our Open Boys Oz Tag team, who brought all their skill and determination to remain undefeated throughout their hard-fought journey to the finals. The boys' commitment and teamwork were on fine display as they faced St Edward's College in the final match. While our boys *narrowly* lost the game, they did put on a fabulous show of grit and sporting prowess, pushing the game into extra time.

Reaching the finals is testament to their talent and perseverance and they have undoubtedly earned the respect and admiration of their peers and all of us at KMHS.

PDHPE

CONTINUED...

RYDA

The Rotary Youth Driver Awareness (RYDA) course is aimed at 16-18 year old students, complementing their high school education. The programs on offer are designed to promote road safety, providing students with tools and understanding to become safe and responsible drivers.

Photos below show our Year 11 students participating in the RYDA course this week.



Mrs Jessica Meyer
Head Teacher PDHPE

TERM 2 ASSESSMENT CALENDAR

DUE:	Year 10 Subjects	
Week 9	Dance Engineering	Maths 5.1, 5.2, 5.3
Week 10	Commerce	English
DUE:	Year 11 Subjects	
Week 9	English Advanced English Standard English Studies	Expl. Early Childhood Biology Hospitality
Week 10	Maths Advanced Maths Standard Numeracy	Food Technology Inv. Science
DUE:	Year 12 Subjects	
Week 9	Ancient History Business Studies Chemistry	Physics Visual Arts
Week 10	PDHPE	

ARE YOU HIGH SCHOOL READY?



IF YOU HAVEN'T SUBMITTED YOUR ENROLMENT FOR YEAR 7 2025:

Visit Enrolment Page on KMHS Website

SCAN QR CODE TO GO STRAIGHT TO ENROLMENT FORM FOR KMHS

Complete Online Enrolment Form

ANY QUESTIONS, PLEASE CONTACT KMHS ON 4340 0246

PBL FOCUS WEEKS 7 & 8

SHARE OUR BREAKTIME SPACE



DESCRIPTION OF BEHAVIOUR



ENTER TOILETS 3 AT A TIME AND COME OUT IF A TEACHER ASKS.



ALL PHYSICAL ACTIVITY TO TAKE PLACE ON THE BASKETBALL COURT, QUAD OR THE OVAL.



AT THE CANTEEN, USE MANNERS AND GO TO THE WINDOW ONE AT A TIME.

RATIONALE OF BEHAVIOUR



UNITY = TOGETHER WE ALL MAKE THE SCHOOL AN ENJOYABLE AND SUCCESSFUL PLACE.



KNOWLEDGE = YOU MAXIMISE YOUR POTENTIAL IN CLASS BY HAVING A POSITIVE BREAK.



RESPECT = EVERYONE CAN USE OUR FACILITIES SAFELY.



AROUND THE SCHOOL



A massive congratulations to our students from Years 7-10, who performed at STAR STRUCK in Newcastle last week, alongside 3500 students from the region. Our students were part of the Aboriginal ensemble, showcasing connection to culture, which they performed in front of two crowd-packed stadiums.



Thank you, to Mrs Sayal for giving up hours of her own time to make this experience possible. Well done girls, we are all so proud of you!



Well done, KMHS, on such a great Athletics Carnival!



Stage 6 students visiting IBM in the city, where they enjoyed lunch, a presentation on generative AI and learnt about quantum technology. Thank you, P-Tech and IBM, for an amazing day!

Storyboarding samples from Year 9 English, where students have been exploring Shakespeare's 'A Midsummer Night's Dream'.

NO FILTER. JUST ME.

ClearlyMe® A mental health app to see teens through tough times.



About the App

Information for Students

What is a tough time?

For teens, going through a tough time can be more than feeling low or sad. It could mean that they are feeling stressed, worried or overwhelmed. Other times, it could be that they struggle to get out of bed in the morning, and they just don't know why.

It is normal to go through tough times, and usually, these feelings can pass on their own. But sometimes, they stay for a little while longer. It can be hard for teens to explain these feelings to others, including their friends, parents, carers or mental health professionals.

Globally, 34% of teens (aged 10-19) are at risk of developing clinical depression.¹ In Australia, approximately 1 in 10 teens (aged 11-17) meet the criteria for major depressive disorder.² It is estimated that 60% of youth who experience poor mental health are reluctant to engage in professional treatment as they face barriers related to stigma, accessibility, autonomy and negative beliefs about treatment.³



What is ClearlyMe?

ClearlyMe® is a mental health app to see teens through tough times. ClearlyMe is designed for teens aged 12-17 and can be downloaded for free from the App Store or Google Play Store.

How does it work?

ClearlyMe is based on Cognitive Behavioural Therapy (CBT), which is the gold-standard treatment for depressive symptoms in adolescents. CBT is an evidence-based approach based on the reasoning that our thoughts, emotions, and behaviours are all connected. So, by learning to recognise and challenge unhelpful thinking patterns and behaviours, young people can improve their emotional wellbeing.

What's the time commitment?

Young people can freely explore ClearlyMe Collections, Activities, and features as needed at any moment. This means young people can control when and how long they interact with ClearlyMe.

ClearlyMe consists of 37 brief CBT-based Activities based on CBT. These Activities can be accessed individually through the categories of Emotions, Thoughts or Behaviours or by choosing one of the nine curated Collections.

As a guide, individual Activities may take between 5 and 10 minutes to complete, and the curated Collections may take up to 20 minutes. Other app features such as the Mood Check, Mind Hacks and Stories only take one to three minutes to complete.

1. Shorey S, et al. Br J Clin Psychol. 2022;61(2):287-305.
2. AIHW. Australia's youth Mental illness. 2021.
3. Li SH, et al. the Cognitive Behaviour Therapist. 2022;(16):e3.

ClearlyMe can help young people to...



Think and feel better when they're going through a tough time

Our research* has shown that ClearlyMe is effective in reducing depressive symptoms in teens.



Be the best version of themselves and get the most out of school and life

Our research* has shown that ClearlyMe is effective in improving teen quality of life.



Get to know themselves, their thoughts, feelings and actions

ClearlyMe activities use evidence-based Cognitive Behavioural Therapy (CBT) elements.



Show them they are not alone and help is available if they need it

ClearlyMe incorporates real stories from other young people and how they navigated tough times.

*Black Dog Institute evaluated ClearlyMe in a large clinical randomised control trial (RCT) with 569 adolescents aged 12-17 years who were experiencing depressive symptoms. The ClearlyMe app was found to be superior to the control condition for improving depressive symptoms and health-related quality of life in this group.

What does ClearlyMe offer?



One app. Many helpful tools.

An all-in-one app with 37 different CBT Activities compiled into 9 Collections, stories from other young people, 40 different Mind Hacks for quick relief in tough moments, Mood Tracking, Mindful Meditations and a Get Help Button.



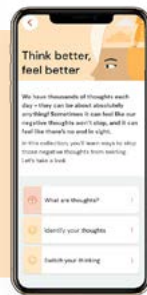
Created by teens. For teens.

We've codesigned ClearlyMe® with the help of parents, teens, and other mental health experts, and we have built it in a way that makes sense for teens.



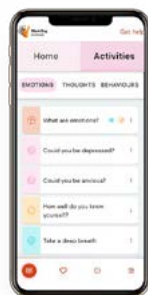
Free to use. Anywhere. Anytime.

Whether that's in private at home or on the bus to school. Teens can use ClearlyMe when they need it most.



By themselves or with help from others.

Teens can complete Collections or Activities in any order confidentially or with the help of friends, parents or mental health professionals.



Easily supports clinical care.

ClearlyMe incorporates CBT strategies commonly used by mental health professionals and can be used as an entry point into treatment, between sessions or alongside therapy.



Your trusted partner in youth mental health.

Through our research, our findings show that ClearlyMe is effective in improving depressive symptoms and health-related quality of life in teens with depressive symptoms.



For more information please email: clearlyme@blackdog.org.au

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NO FILTER. JUST ME.

ClearlyMe® A mental health app to see teens through tough times.



For Parents and Carers

Information for Parents

ClearlyMe® is a mental health app to see teens through tough times

When teenagers go through a tough time, it's more than feeling low or sad. Tough times can also leave teens feeling stressed, worried or overwhelmed. It is normal for teens to feel these emotions, which usually arise as they learn to balance their studies and relationships or grapple with concerns like climate change. When these feelings last longer than expected, it can impact their mental health.

Almost one in four teens report experiencing mental health challenges like stress, anxiety, depression and low self-esteem.¹ When it comes to depression, approximately 1 in 10 Australian teens aged 11–17 meet the criteria for a diagnosis.² Finding the best type of help at the right time can be challenging.

At this age, teens are reluctant to seek professional help.³ As parents, we recognise the difficulty in getting our teens to confide in us about their emotions or the challenges they face. Sometimes, we can be at a loss on how to initiate support or where to begin offering help.



Getting started with ClearlyMe

Overall navigation

At Black Dog Institute, we've co-designed ClearlyMe® with the help of parents, teens and other mental health experts. It's a free app built in a way that makes sense for teens and uses evidence-based activities to help them navigate their thoughts, feelings, and actions in tough times.

Young people can freely explore ClearlyMe collections, activities, and features as needed at any moment. This means young people can control when and how long they interact with ClearlyMe.

Completing ClearlyMe through themed Collections

ClearlyMe consists of 37 brief evidence-based Activities based on Cognitive Behavioural Therapy (CBT). These Activities can be accessed individually through the categories of Emotions, Thoughts or Behaviours or by choosing one of the nine Collections. Each Collection groups activities by topics that may be relevant (e.g. depression, worry).

As a guide, individual Activities may take between 5 and 10 minutes to complete, and the themed Collections may take up to 20 minutes.



Completing ClearlyMe by individual Activities

The Activities teach young people to build psychological skills and coping strategies for when they experience tough times. The activities also encourage young people to practise learned psychological skills outside of the app, and they can return at any time to reflect or access further content as needed.



Teen lived experience Stories

These showcase short videos of young peoples' experiences managing mental health symptoms and positive help-seeking experiences to provide users with additional pathways to accessing therapeutic content.



Other features

The Activities teach young people to build psychological skills and coping strategies for when they experience tough times. The activities also encourage young people to practise learned psychological skills outside of the app, and they can return at any time to reflect or access further content as needed.



Mood Check

A simple mood-tracking tool to visualise mood over time.

Mind Hack

A carousel of swipe cards that offer quick strategies to help in the moment and link to lessons.

Get Help

Contains information on when and where to access additional mental health support services.

Introducing ClearlyMe to your teen in four simple steps



STEP 1

Download and get to know ClearlyMe

Get to know the key features and how the app works. Demonstrating that you know what's in the app is a significant first step in building confidence with your teen.



STEP 2

Introduce ClearlyMe to your teen

Set aside some time to show ClearlyMe to your teen. Explain that the app's purpose is to support them if they are going through a tough time. For example, they may have expressed negative thoughts, been feeling down or low, or lacking motivation.

If you think it's helpful, highlight some of the app's benefits and help them understand that it has been scientifically tested and there's evidence that the activities are effective and help teens feel better.



STEP 3

Set realistic expectations

ClearlyMe can support your teen in the moment or over long periods. If they are learning CBT strategies for the first time, you can let them know these skills take time and practice to develop and that progress may be gradual.

It is important to remind teens that ClearlyMe is only one tool to support their mental health and that it's okay to take breaks or seek additional support if needed.



STEP 4

Offer support and encouragement (optional)

It is important to remember that some teens will find it hard to share their experiences or might not want to talk at all. Since ClearlyMe can safely and effectively be used as a self-guided tool, checking in with your teen is optional, and it may just be to let them know they are supported if needed.

Our research has shown that ClearlyMe can help teens think and feel better during tough times. If we address concerns early, we can help them feel motivated, grounded and reassured to be their best selves and thrive in school and life.

For more information please email:
clearlyme@blackdog.org.au



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1. Michale R. et al. Youth Survey Report 2023. Sydney: NSW: Mission Australia
2. AIHW Australia's youth Mental Illness 2021.
3. Li, S.H., et al. The Cognitive Behaviour Therapist. 2022;15(e13).