



KARIONG MOUNTAINS
HIGH SCHOOL

NEWSLETTER

Unity ✨ Knowledge ✨ Respect

Week 4
Term 3
16 August, 2024

PHONE: 4340 0246

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SCHOOL NEWS:

Congratulations!
WINNER of a \$10 Coffee Voucher

Leela - Year 8
Tyra - Year 7

Sponsored by the P&C

P&C Meeting
Monday 19th August 2024

Time: 7:00pm
Where: KMHS Library

All parents & community members Welcome!

AECG Awards 2024

Congratulations to the following KMHS recipients:

BROOKE SAYAL
JHY KIMPTON
OLI SMITH
SARAH MORRIS
BROOKE DOBSON
KIRA FAIRLIE
TYSON PURCHASE
SIENNA ANASTASIA
CADENCE DENHAM



Congratulations, to our outstanding Public Education Award recipients: Mr Treece, Miss Thompson, Mrs Brierley and Mr Burns.

CURRENT HOUSE POINTS

BOUDDI	DHARUG	GIRRAKOOL	POPRAN
11330	10601	9918	10385

EDUCATION AWARD RECIPIENTS



CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 August Check in Assessment HSC Trial Exams Prime Workshop	20 August Check in Assessment HSC Trial Exams	21 August Check in Assessment HSC Trial Exams Better Blokes - Life Skills	22 August Check in Assessment HSC Trial Exams	23 August Check in Assessment HSC Trial Exams
26 August Year 11 Work Placement Construction	27 August Year 11 Work Placement Construction	28 August Year 11 Work Placement Construction Showcase PBL Awards Ceremony	29 August Year 11 Work Placement Construction Showcase LifeChanger Years 9-10	30 August Year 11 Work Placement Construction Zone Athletics



FROM OUR PRINCIPAL

CELEBRATING PUBLIC EDUCATION

Kariong Mountains High School has been immersed in celebrating education over the past fortnight.

Public Education Week is a time to share our pride in being part of NSW public education, highlighted in this year's theme: **Proud to belong**.

Public Education Week 2024
5-9 August
Proud to belong

Public Education Week is when we celebrate achievements of our students and staff. We also celebrate and acknowledge those who contribute to our young people's educational journeys. School staff, parents/carers, community leaders and P&C associations all play an important role in our students' education.

Let me share our celebrations with you:

CELEBRATING KMHS

Our school had the pleasure of hosting the Education Awards ceremony for the Kariong Mountains Learning Community and we congratulate all recipients from our partner schools.

I would like to formally recognise achievements of our KMHS recipients:



Mr Treece: In his role as a behavioural teacher, year advisor and boys' advisor, Mr Treece constantly displays dedication, compassion and endless support to the entire Kariong Mountains High School community.

Miss Thompson: A dedicated and inspiring teacher, year advisor and girls' advisor, whose guidance and unwavering support profoundly impacts students' growth and success.

Mrs Brierley: Mrs Brierley manages a thriving, healthy canteen supporting students and staff. She is a long-term and highly valued P&C member respected across the Kariong Mountains High School community.

CELEBRATING KMHS AND THE KARIONG MOUNTAINS LEARNING COMMUNITY:

Secretary's Award for an Outstanding School Initiative.

Another standout for Kariong Mountains HS in Public Education week was receiving the *Secretary's Award for an Outstanding School Initiative* with the Kariong Mountains Learning Community.



I had the pleasure of attending the awards ceremony with Mr Burns, HT CAPA, and principals from the public primary schools (Somersby, Central Mangrove, Kulnura, Peats Ridge, Jilliby and Wyong Creek) along with the principal of *Rumbalara Environmental Education Centre*. The award was given for the song writing initiative **'The Country's Alive - Connecting to Country'** where the students and staff of these schools collaborated with the local Aboriginal community, including Tim Selwyn, Jonathon Wright and Gavi Duncan, to write the song. Congratulations, to all the students, who were part



of creating, recording and performing the song. Special thanks to Aboriginal student, Sierra, for her acknowledgement to country. The song was a great success and was endorsed by Cooina local Aboriginal Education Consultative Group (AECG).

LET'S CELEBRATE OUR STUDENT LEADERS ELECT FOR 2024/2025.

Congratulations, to our students, who have been elected to leadership positions. Best wishes for your leadership journey ahead and I look forward to working with all of you and celebrating your induction on the 4th September:

School Captains: Kiara Garcia and Kye Feltham

Vice-captains: Hannah Northey and John Summerell

Prefects: Jacinta Eadie and Darcy Keay-Pascoe.

CELEBRATING OUR OUTGOING CAPTAIN IVANNA'S INITIATIVE:

Congratulations, Ivanna, on leading the Pink Bin initiative (which you can read more about on page 4). Ivanna is an exemplary school leader, demonstrated in her commitment to the project.

As shown in this newsletter, KMHS is embracing the theme **'Proud To Belong'** this year.

Thank you, to our school community, for fostering this wonderful culture.

Mrs Donna James
Principal



DEPUTY PRINCIPAL'S REPORT

Progress continues on our curriculum for 2025. Our timetabling team are working hard setting elective patterns for next year's **Years 9** and **11**. Students currently in **Years 8** and **10** are encouraged to check their emails regularly and respond promptly to requests of information.

Mobile Phone / Device Policy

Much to the dismay of most students, the government ban on mobile phones for students at school continues.

Following is the agreement that all students have signed and are to abide by:

Upon receipt of the mobile phone pouch, I will:

- ▶ **bring the pouch to school every day, even if I don't have my phone**
- ▶ **comply with staff requests, upon arrival to school, to present my locked pouch when being greeted at the front gate**
- ▶ **not attempt to conceal my phone or bring another phone**
- ▶ **not tamper with the pouch**
- ▶ **pay for the replacement of the pouch (\$20) if it is lost or damaged.**

I understand the following consequences will be applied if I fail to follow the policy:

- ▶ **1st offence** - submit phone to office, it can be collected at the end of the school day
- ▶ **2nd offence** - submit phone to office, the Deputy Principal will contact home, it can be collected at the end of the school day
- ▶ **3rd offence** - submit phone to office, the Deputy Principal will contact home for parent/carer to collect, 1 week ban
- ▶ **4th offence** - submit phone to office, the Deputy Principal will contact home for parent/carer to collect, 4 week ban, formal suspension caution
- ▶ **5th and subsequent offences** - suspension.

Student name and Year group: _____

Signature: _____

The school appreciates the vast majority of students, who continue to be compliant.

Mr Scott White
Deputy Principal

Term 3

ASSESSMENT CALENDAR

KEEP TRACK OF WHEN ASSIGNMENTS ARE DUE

Year 10 Subjects

Week 6	IT - Timber	Visual Arts
Week 7	Child Studies	
Week 8	Geography Forensics Mathematics (all)	Outdoor Recreation PASS Photography PDM
Week 9	Commerce English	Food Technology
Week 10	Dance Engineering	Music

Year 11 Subjects

Week 5	Hospitality English Studies	Sport Coaching
Week 6 - 7	WORK PLACEMENT	
Week 9	Numeracy Construction Exploring Early Childhood	FINAL ASSESSMENT
Week 10	Music Industry Sport Coaching	FINAL ASSESSMENT

Year 12 Subjects

Week 5	TRIAL EXAMINATIONS	
Week 6	PVDI Work Studies	



KMHS
Positive Behaviour for Learning
PBL AWARD

Congratulations to our Canteen Voucher winners:

Reagan - Year 8
Kayden - Year 11

PINK BIN INITIATIVE UPDATE

Last term, we welcomed the pink bin initiative to Kariong Mountains High School, a charity which collects toiletries for local community groups across the Central Coast.

I am pleased to announce that over the course of three months, we have collected a range of toiletries and personal hygiene products, which will be delivered to various living shelters and facilities across the Coast. I would like to thank everyone, who donated essential items, which will go to individuals in need and for supporting this initiative, as well as the founder, Keira Smith, for providing the pink bin.



Pink Bin Initiative founder, Keira Smith - Source: 9 Now news.

Your generous contributions have made a significant impact and I hope we can continue to support such meaningful initiatives in the future.

*Ivanna Maggi
School Captain*



GOOD LUCK
Year 12
in your
trial
exams!



GREETINGS

from KMHS students and staff
on the snow excursion.



2024 NSW
Premier's Reading
Challenge

CLOSING IN ONE WEEK!

**ALL STUDENT READING RECORDS
MUST BE COMPLETED BY**

23 AUGUST 11:59PM

See the library if you need help with your reading log.

MRS DWYER'S GROUP

NEWS UPDATE

Last week, Mrs Dwyer's group spent time in the kitchen baking delicious muffins, which they took to **Blue Wave Living Aged Care**. Each student paired up with a resident for a game of trivia, after which they collected tea and coffee orders from the residents to serve with their freshly baked muffins. Our students received so much praise from the residents and staff at Blue Wave - all saying how polite, respectful, chatty and smiley they were.

Mrs Ruby Dwyer



COMMUNITY NEWS & EVENTS

EquiEnergy Youth are running two **free** parent sessions: Face-to-face at Swansea and an online session.

Swansea

Swansea High School Hall

Wednesday 14th August

5.30 – 7pm

Register through the QR code in the flyer below

Online

Online session via Zoom

Wednesday 28th August

5.30 – 7pm

Register through the QR code in the flyer below

What the sessions involve:

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.

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.



COACH 2 COPE: PARENTS & CARERS
WEDNESDAY 14TH AUGUST 5.30PM - 7PM
SWANSEA HIGH SCHOOL HALL



COACH 2 COPE: PARENTS & CARERS
WEDNESDAY 28TH AUGUST 5.30PM - 7PM
ONLINE VIA ZOOM



Presented by Dr Stephen Spencer:

- ✓ 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.
- ✓ 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.

Register FREE now!

<https://events.humanitix.com/coach-2-cope-families-and-carers-by-dr-stephen-spencer-phd>



SCAN ME

- ✓ 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.
- ✓ 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.

Free: funded by HNECCPHN

Register Now:

<https://events.humanitix.com/copy-of-coach-2-cope-tar3-parents-and-carers>



SCAN ME

www.eeyouth.org.au EEY is a registered charity ABN: 13784730514



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