



KARIONG MOUNTAINS
HIGH SCHOOL

NEWSLETTER

Unity ✎ Knowledge ✎ Respect

Week 8
Term 3
13 September, 2024

PHONE: 4340 0246

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SCHOOL NEWS:



Thursday 26 September

Year 12 Graduation Ceremony



2024



To our Year 12 cohort, for
outstanding attendance in
Term 3!

CURRENT HOUSE POINTS

BOUDDI	DHARUG	GIRRAKOO	POPAN
13363	12432	13170	12233

WELCOMING SPRING AT KMHS



CALENDAR

MONDAY

16 September

Year 11 Exams Commence

23 September

Final Assessment Period Year 11

TUESDAY

17 September

Final Assessment Period Year 11

24 September

Final Assessment Period Year 11
Year 12 Paintball

WEDNESDAY

18 September

Final Assessment Period Year 11

P-Tech Mentoring Program

25 September

P-Tech Crossmuller
Industry Tour
Students vs Staff Sport (Year 12)
Year 12 Hired Help

THURSDAY

19 September

Final Assessment Period Year 11

HSC Performance Evening

26 September

Year 12 Graduation

FRIDAY

20 September

Final Assessment Period Year 11

KPS Dance Workshop

27 September

LAST DAY OF TERM 3



FROM OUR PRINCIPAL

SHINING BRIGHT AT KMHS! OUR DIGITAL PLATFORM SUPERSTAR!!

Congratulations, Tahmana (Year 12), school-based apprentice, currently completing a **Certificate III in Business**. We are thrilled to inform our school community that Tahmana has won an award at **The Skill Engineer Ltd. 2024 VET Awards** for *outstanding effort and dedication during Work Placement in the VET course Industrial Design and Technology*.



Thank you, to Ms Lincoln, Tahmana's teacher, for supporting Tahmana in this subject area.

YEARS 11 AND 12 ARE FULL STEAM AHEAD

As we enter the final weeks of Term 3, our students in Years 11 and 12 are extremely busy preparing for their final assessments and HSC examinations.

Year 11 examinations begin on Monday 16 September and conclude Tuesday 25 September. Students received their examination timetable via email last week.

HSC examinations begin Tuesday 15 October and conclude Friday 8 November.

As students navigate this stressful period, please know there is support available here at the school, and through the department, to assist students. Whilst the link below is targeted towards HSC support, the resources can also benefit Year 11:

<https://education.nsw.gov.au/student-wellbeing/stay-healthy-hsc>

SCHOOL SUPPORT DURING EXAM TIME

Support staff at school include our Deputy Principal, Mr White, Year Advisor (Year 12), Ms Milne, Year Advisor Mr Hipwell (Year 11) and myself, along with the students' dedicated staff. Please contact us should you have any queries or concerns in the weeks ahead.



KMHS PARALYMPIAN: DYLAN LITTLEHALES

Watching **Dylan**, former KMHS student, compete in his third paralympic games (*Rio in 2016, Tokyo in 2020 and now Paris in 2024*) was an **epic event**, with a result destined 'straight for the pool room'.



The nail-biting finish in the **Men's Kayak** had all the ingredients of a blockbuster movie, with twists and turns played out on the (*very straight*) 200-metre paddle towards the finish line. Dylan's heroic push towards the end resulted in his much deserved silver medal, with news on the grapevine suggesting he is already planning to add to his medal collection in **Los Angeles 2028**. **We are all so very proud and excited. Well done, Dylan!!**

You can click on the image or the link below to watch the race in full on NBN News Central Coast:
<https://www.nbnnews.com.au/2024/09/09/littlehales-storms-home-to-claim-paralympic-silver/>



Mrs Donna James
Principal



DEPUTY PRINCIPAL'S REPORT

Our **Compass Parent Portal** is a very useful platform to keep abreast of how your child is performing at school.



Parents can access records of positive behaviour, negative behaviour, N-warnings and attendance. If ever you have a query regarding a Compass entry, please feel free to contact me. Compass also has critical information such as parent contacts, emergency contacts and medical conditions. Please check that these are current and accurate and let the office know of any required amendments.

Events Management 101

Frequently, students from our school are asked to assist in running events for our partner schools. Invariably, they perform at the highest level demonstrating our school values **'Unity Knowledge Respect'**. The amazing assistance provided by our students at recent athletics carnivals is just one example.

On every occasion, they are praised and appreciated for their work, which makes me very proud to be the deputy principal of our school.

PBL Update

Our PBL Team are currently reviewing our awards eligibility criteria and rewards. Stay tuned for updates in the near future.

Anti-Bullying & Student Behaviour

We have reviewed our **Anti-bullying Plan and Student Behaviour Policy** and will be seeking consultation from the wider community. The school's P&C will be the medium for this and I encourage more parents to join this small but highly effective group.

Mr Scott White
Deputy Principal



Term 3 ASSESSMENT CALENDAR

DUE:	Year 10 Subjects	
Week 9	Commerce English	Food Technology
Week 10	Dance Engineering	Music
DUE:	Year 11 Subjects	
Week 9	Numeracy Construction Exploring Early Childhood	FINAL ASSESSMENT
Week 10	Music Industry Sport Coaching	FINAL ASSESSMENT

PBL FOCUS



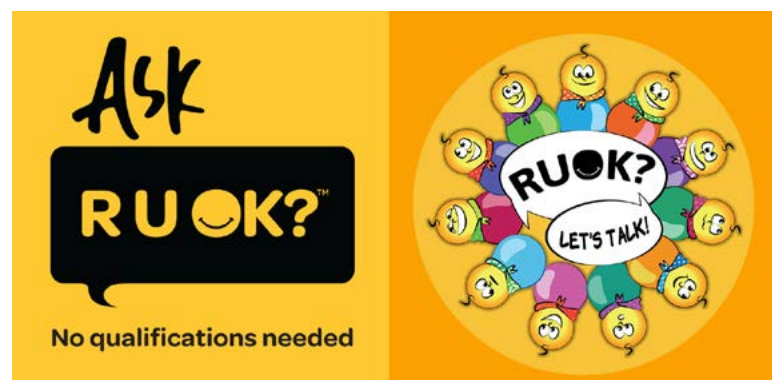
WEEKS 8&9

USE YOUR MANNERS

DESCRIPTION OF BEHAVIOUR	
	Line up at the start of class, pay attention during instructions, ask the teacher if you are stuck.
	Be kind to others' feelings and space at breaktime
	Say "please" and "thank you" at the Office and Canteen.

RATIONALE OF BEHAVIOUR

	UNITY: We all show gratitude for each other.
	KNOWLEDGE: The teacher can focus on teaching and students can concentrate on learning.
	RESPECT: Manners cost nothing and the more you give out, the more you get back.



POSITIVE PDHPE NEWS *TERM 3*

Year 9 PDHPE Dance

Throughout Term 3, our Year 9 PDHPE students have embraced the spotlight with enthusiasm and energy in our modern dance program. The program, designed to foster creativity, teamwork and physical fitness, has quickly become a highlight and talking point among staff and students.

From the very first session, it was clear that our Year 9 students were eager to embrace this new challenge. ***With a blend of rhythm and infectious enthusiasm, the students have been giving their all in every class.***



Dance classes have not only been a fantastic opportunity for students to express themselves artistically, but also to form new friendships and build stronger connections with their peers. The positive atmosphere is testament to their dedication and the supportive environment created by our teachers. ***A big thank you, to our Year 9 students for their vibrant participation!***

Snow Fun



Our school snow trip was a huge success, with students enjoying a week of skiing, snowboarding and lots of fun! From the moment they arrived, the excitement was in the air. The beautiful snowy landscape set the stage for an amazing experience. Students of all skill levels took to the slopes, from beginners learning the basics to seasoned snowboarders tackling tougher runs.

Everyone was cheering each other on and having a great time.

A special thank you to our staff for making this trip possible and ensuring everything went smoothly. Your hard work made this experience unforgettable.

We will all cherish the memories from this snowy adventure and look forward to more fun trips in the future.



Until then, let's keep the spirit of our snow trip alive with all the great stories and smiles we brought back.

Pre-School Community Support



Our Year 9 **Child Studies** class recently visited Parklands Pre-School, where they had a fantastic time working with the young children.



During the visit, students led fun activities like arts and crafts, storytelling and games. They planned everything to make sure the preschoolers had a great time. The joy and excitement on the children's faces showed just how much they enjoyed the day.

This experience allowed our students to practise their skills and learn more about early childhood education. They saw firsthand how important and rewarding working with young children can be.

A big thank you, to **Parklands Pre-School**, for welcoming us and to our Year 9 students for their enthusiasm and hard work. The visits were a great success and we look forward to more opportunities like this in the future.

Jersey Day



Last week, our school community came together for a meaningful cause on Jersey Day. Staff and students alike donned their favourite jerseys, all in support of raising awareness for organ donation.

The day was filled with vibrant displays of team spirit and unity as everyone wore their jerseys with pride. But beyond the colorful outfits, the real focus was on the importance of organ donation and the life-saving impact it can have.



Organ donation is a critical issue that affects many lives. By wearing jerseys, our school aimed to highlight the need for more organ donors and encourage everyone to consider registering as a donor. The gesture was not just about wearing a jersey, but about showing support for those in need of transplants and helping to spread the word about how easy it is to make a difference.

A big thank you to everyone who participated and supported the cause. Your enthusiasm and commitment helped make Jersey Day a success and brought much-needed attention to the importance of organ donation.

Mrs Jess Meyer
Head Teacher PDHPE

FIVE STUDY SKILLS

PREPARING FOR EXAMS

1

FIND OUT WHAT YOU NEED TO LEARN



2

MAKE YOUR STUDY NOTES



3

LEARN YOUR STUDY NOTES



4

PRACTISE THE SKILLS OF THE SUBJECT



5

REVIEW YOUR TEST-TAKING TECHNIQUES



studyskillshandbook.com.au



Enhanced Learning Educational Services
"the study skills specialist"

PREPARING FOR EXAMS

Do you have exams this semester? Follow these steps to help you achieve your personal academic best:

1. Find out what you need to learn:

Ask your teacher if you will be tested on the whole year's work or just the second half of the year. You may like to work through the PREPARING FOR EXAM BLOCKS unit to help you put together a study plan.

2. Make your study notes:

Work through the SUMMARISING unit to learn how to make brain-friendly study notes. On the THINGS TO PRINT page you will find a very useful Study Notes Checklist. You want to get your study notes finished as quickly as possible.

3. Learn your study notes:

Make sure you remember what you study by using the techniques in the ACTIVE STUDYING unit. Studying isn't just about reading—it's about remembering. If you are interested in exploring learning preferences, you can find more in this unit on this topic.

4. Practise the skills of the subject:

Do as many different questions, revision sheets, chapter reviews, sample essays or past examination papers as you can. There are suggestions on how to make sure the practise you do is effective in the ACTIVE STUDYING unit.

5. Review your test-taking techniques:

This ensures you make the most of the time in the exam. Don't let nerves trip you up! You can learn more about what to do the night before, the morning of the exam, how to approach multiple choice questions and essays in exams and much more in the TEST-TAKING unit.

And remember, don't leave your study until the last minute – get yourself organised well in advance.

Bonus Tip: When you get your exam paper back make the most of it by using the strategies in the AFTER TESTS AND EXAMS unit.

Our school's subscription details to www.studyskillshandbook.com.au are –

Username:

CLICK TO VIEW FULL-SIZE GUIDE



SEE LOGIN DETAILS ON COMPASS

COMMUNITY NEWS & EVENTS

SUSTAINABLE LIVING FESTIVAL
WOYTOPIA 2024
SUNDAY 13 OCTOBER • WOY WOY SOUTH SCHOOL • 9AM-4PM

MUSIC • ECO-MARKET • WILDLIFE SHOWS • GREEN TALKS • KIDS' FUN • WOYTOPIA.ORG

Central Coast Council PEG HEMP STORE Bendigo Bank TLP STAR 1045 CALYPSA QUEEN

NSW Department of Education

Free internet for eligible families

The Australian Government's School Student Broadband Initiative offers free home internet for eligible families.

Check your eligibility

- Call the National Referral Centre on 1800 954 610
- Visit anglicarevic.org.au/student-internet
- Email studentinternet@anglicarevic.org.au



Find out more:
Call the National Referral Centre on 1800 954 610,
visit anglicarevic.org.au/student-internet
or scan the QR code for more information



PCYC SAFER DRIVERS COURSE

- ★ IMPROVE WITH SAFE AND LOW-RISK DRIVING STRATEGIES
- ★ GET 20 HOURS OFF YOUR LOGBOOK

THE SAFER DRIVERS COURSE INVOLVES TWO MODULES

MODULE 1

A three-hour facilitated group workshop discussing risks and behaviours.

MODULE 2

A two-hour, in vehicle coaching session developing low risk driving techniques.

\$140

Concessions available
Conditions apply.

BOOK ONLINE TODAY



PCYC is an accredited provider of the Transport for NSW Safer Drivers Course

The Safer Drivers Course logo is a trade mark of Transport for NSW of 18 Lee St Chippendale NSW Australia.



Saturday 21 - Sunday 22 September 2024

Step into a world of botanical wonders at the 10th annual Plant Lovers Fair at Kariong Mountains High School!

Discover rare and collectible plants, get expert advice from Costa of Gardening Australia, indulge in delicious food and beverages, and enjoy hassle-free parking.

Ticket entry at \$15.00 each, with special group rates at just \$13.00. Plus, children under 18 enter for free! Don't miss your chance to be part of this extraordinary event and elevate your plant loving experience.

Kariong Mts High School - Central Coast
Saturday: 8am to 4pm
Sunday: 9am to 3pm

TICKETS ON SALE NOW
plantloversfair.com.au

@plantloversfair plant lovers fair

WAVES BASKETBALL

Central Coast Waves Representative trials for 2025

TRIAL 1: Sunday 15th September 2024 between 9-4pm.
TRIAL 2: Saturday 21st September 2024 between 8-4pm

Click Here
[Niagara Park Stadium Washington Ave Niagara Park](http://NiagaraParkStadium.com.au)

KMHS WORK EXPERIENCE PROGRAM GET INVOLVED!!

CALLING LOCAL BUSINESSES TO HOST A YEAR 10 STUDENT IN DECEMBER 2024

What you will do:

- Provide a safe and welcoming space
- Share Industry insights
- Offer opportunities for student to:
learn new skills
gain practical knowledge

REGISTER YOUR INTEREST TODAY!

KMHS Work Experience Program

Calling all businesses!

KMHS Year 10 students are eager to gain valuable work experience and explore different career paths. The school will be hosting a work experience program in the week of December 2nd, and is looking for businesses like yours, to open your doors to our enthusiastic learners.

What does it mean to host a student?

- Provide a safe and welcoming environment for a student to observe and participate in your daily operations.
- Offer opportunities for students to learn new skills, gain practical knowledge and network with professionals.
- Share your insights into your industry and the diverse career paths available.

Would you like to get involved?

Contact Matthew Hipwell at matthew.hipwell@det.nsw.edu.au to express your interest in hosting a student. We will connect you with a student, whose interests align with your industry.