



KARIONG MOUNTAINS
HIGH SCHOOL

NEWSLETTER

Unity ✨ Knowledge ✨ Respect

Week 4

Term 4

8 November, 2024

PHONE: 4340 0246

IN THIS ISSUE:

FROM OUR PRINCIPAL	PAGE 2
DEPUTY PRINCIPAL'S REPORT	PAGE 3
PBL FOCUS	PAGE 3
AROUND THE SCHOOL	PAGE 4
STUDY TIPS & OFFICE INSIGHTS	PAGE 5
MRS DWYER'S GROUP	PAGE 6
FUNDRAISING EVENTS	PAGE 7
COMMUNITY NEWS	PAGE 8

SCHOOL NEWS:

Congratulations!

WINNER of a \$10 Caravan Voucher

Jake - Year 12
Adahlia - Year 7

Sponsored by the P&C

KARIONG MOUNTAINS HIGH SCHOOL
UNITY ✨ KNOWLEDGE ✨ RESPECT

Term 4

22 Nov

9 am
SCHOOL HALL

Positive Behaviour for Learning

AWARDS Ceremony

CELEBRATING STUDENT ACHIEVEMENT FOR CONSISTENTLY UPHOLDING OUR SCHOOL VALUES

CONGRATULATIONS

to all our award recipients

Please note: amended date for the ceremony!

WEAR YOUR SCHOOL UNIFORM WITH PRIDE!

UNIFORM SHOP OPEN
TUES & FRI 8-9AM



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

*To the KMHS P&C for their support of
World Teachers' Day!*

CURRENT HOUSE POINTS

BOUDDI	DHARUG	GIRRAKOOL	POPRAN
15495	14707	15331	13872

Let's Celebrate:
KMHS STUDENT FLYING HIGH



ANOTHER FUTURE PILOT FROM KMHS

Huge congratulations, to George in Year 9, who successfully completed his first solo flight last week in a Cessna 152, VH-IND.

Ms Sayal has watched George fly and is proud to say he has worked very hard and is outstanding.

Great work George!

CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 November First Nations EXPO - Wyong Gold Coast Trip	12 November Gold Coast Trip	13 November Gold Coast Trip Outdoor Rec Fishing	14 November Gold Coast Trip Food Tech excursion EC Juice	15 November Gold Coast Trip Jump Start Support Unit Transition Cultural Bridging Initiative
18 November Marine Studies Shark&Ray Ex Illuminate Challenge	19 November Outdoor Rec Fishing Illuminate Challenge	20 November Year 9 APRA Songmaker Outdoor Rec Fishing Illuminate Challenge P-Tech Mentoring Year 12 Formal - 5:30pm	21 November Year 9 APRA Songmaker Illuminate Challenge	22 November PBL Award Ceremony Support Unit Transition Prog. Illuminate Challenge



FROM OUR PRINCIPAL

HELLO, TO OUR WONDERFUL KARIONG MOUNTAINS SCHOOL COMMUNITY!

There is much to celebrate and lots of information to share, as the term progresses with our students and staff working tirelessly to achieve their learning goals for 2024.

Welcoming our Support Unit for 2025

As announced earlier in the year, our school will be welcoming a brand new **support unit** next year with three Year 7 classes. Ricky Chamberlain has been appointed the role of head teacher, with Marlie Shore, Kelly Doyle and Rebecca Stallman as support unit teachers - and Brooke Bennett, Emily Prince and Jade Devertak as the SLSO support staff.

Currently, the learning spaces are being updated, with construction for a new entry and painting of the space to be undertaken in the holidays, ready for Term 1 in 2025.

The **transition program** for our new students is already well underway, with transition days planned for each Friday in Weeks 5 to 9. Families have also been invited to a **'meet and greet'** with the new staff. As a school, we are looking forward to welcoming our newest students, families and faculty in 2025.

CELEBRATING RECOGNITION OF DELIVERY SUPPORT

Last week, Kariong Mountains High School received recognition from Tuggerah Education Office with a **Certificate of Recognition for Delivery Support**. The citation on the certificate reads:



'Recognition for exemplary school-wide practices around inclusion, support and celebrating student success. The exceptional leadership within the school drives a valuable team approach to ensuring the entire school community are valued stakeholders.'

KMHS has been identified as a shining example of best practice across the region around the implementation and maintenance of Nationally Consistent Collection of Data systems and processes. The encouraging culture across the school allows for every staff member to work at their best and therefore every student is known, valued and cared for.'

Significant recognition for the work of staff here at KMHS.

CELEBRATING WORLD TEACHERS' DAY

On behalf of all staff, we would like to thank the **P&C** for their generous donation of funds to support our **Staff Breakfast BBQ** and **World Teachers' Day cup cake** for all our staff members, which was greatly appreciated by all.

Additionally, we wish to thank the P&C for also facilitating the **Bunnings BBQ** on Sunday 27th October. It was fabulous to see so much community support for our school at Bunnings West Gosford.

HSC 2024

With the completion of the HSC this week, I would like to congratulate all students, staff and parents at KMHS, for the support and encouragement that has been given to reach this *'final hurdle'*. I wish all students well as they embark on their journey beyond KMHS. I look forward to celebrating at the Year 12 Formal on Wednesday 20th November. A special thank you to Ms Milne, the Year 12 Year Advisor, for her great support over the years, of this special group.

COMMUNICATION IS THE KEY

The support relationship between parents/carers and the school is pivotal to student success. Please ensure that you stay informed via our school social media. ***In addition, it is becoming more common practice to e-mail information home to parents/carers,*** rather than paper copies. Checking and updating your e-mail address with the school will ensure the communication channels will remain open.

NEW TEACHERS AWARD

On Monday 28th October, NSW Teachers Federation members voted on and endorsed the new award agreement for teachers. I am still receiving information on a number of conditions associated with the agreement.

Staff development days have been increased for next year, with the school year starting with four consecutive staff development days from Friday 31st January to Wednesday 5th February. I will forward further communications to families in the weeks ahead.



Thank you

Mrs Donna James
Principal

SCHOOL COUNSELLOR
RECOGNITION DAY
SCHOOL PSYCHOLOGIST
8.11.2024



LITTLE MOMENTS
LASTING CHANGE



DEPUTY PRINCIPAL'S REPORT



Celebrating Positive Behaviour for Learning.

Our **PBL Awards Ceremony** for Semester 2 is fast approaching. It will take place on **Friday 22 November**. Invitations have been sent and we look forward to celebrating the successes of our students. I had the privilege of signing all of the certificates. It reminded me of how terrific our students are in such a great school.

A **PBL Rewards Day** is also being organised for the top 30 students in Years 7 to 10. Further details from our PBL Team is communicated on this page.

Attendance continues to be an important aspect of a student's education. Put quite simply, they can't learn if they are not here.

Friendly Reminders:

- ★ students are expected to attend every day the school is open unless sick or on approved leave
- ★ absences must be explained within 7 days (note, phone call, email or Compass app)
- ★ absences for 2 weeks or more (for example, a holiday) requires a written exemption from the principal.

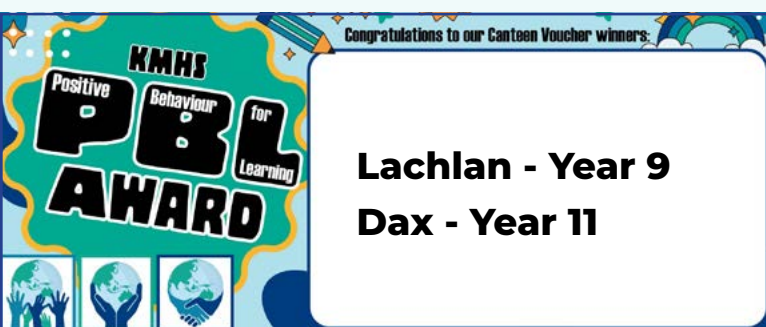
If you have any questions, please feel free to contact me.

HSC Assessment Schedule

Year 11 have now received and signed for their **HSC Policy and Assessment Schedule** booklet. It contains the mandatory policies and procedures in regards to assessment tasks. Hub teachers will go through the booklet over the coming weeks and it is the responsibility of students to clarify anything they do not understand.

Any subject changes for Year 11 will only occur after an interview with a mentor teacher. This is to ensure that a valid pattern of study remains and students do not reduce their future opportunities.

Mr Scott White
Deputy Principal



PBL REWARDS DAY

Tuesday 17 December

On Tuesday 17th December, we will be celebrating our fabulous students, who consistently display our core values **'Unity Knowledge Respect'**.

The 30 students, who have the highest **positive memo score** (*positive memos - negative memo = score*) from each year group (7-10) will be invited to join the excursion to **Erina Fair Ice Arena** for some ice skating fun.

Positive Memos to qualify for this excursion can be collected until the end of Week 5, Friday 22nd November. **Invitations will be sent via Compass in Week 6.**



PBL FOCUS



WEEKS 4 & 5

HELPFUL LANGUAGE

DESCRIPTION OF BEHAVIOUR



When you notice someone is upset, ask 'which adult are you going to talk to?'



When you notice someone is angry, say less.



When you notice someone is happy, say 'good on you'.

RATIONALE OF BEHAVIOUR



UNITY:
Together we all make the school a positive and safe place.



KNOWLEDGE:
We learn how to help others and ourselves in different situations.

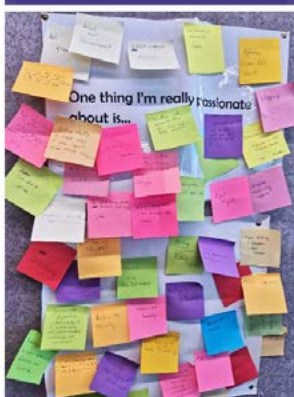


RESPECT:
Everyone is valued at our school.

AROUND THE SCHOOL



Leadership Conference



Our KMHS Leadership Team enjoyed spending the day with other leaders at the Leadership Conference run by Liesl Tesch MP. Thank you, Mrs Hunt for making it possible for our students to be part of this incredible day!



Year 9 Construction students working hard on their different projects. It has been fabulous to see the development of their skills throughout the year.

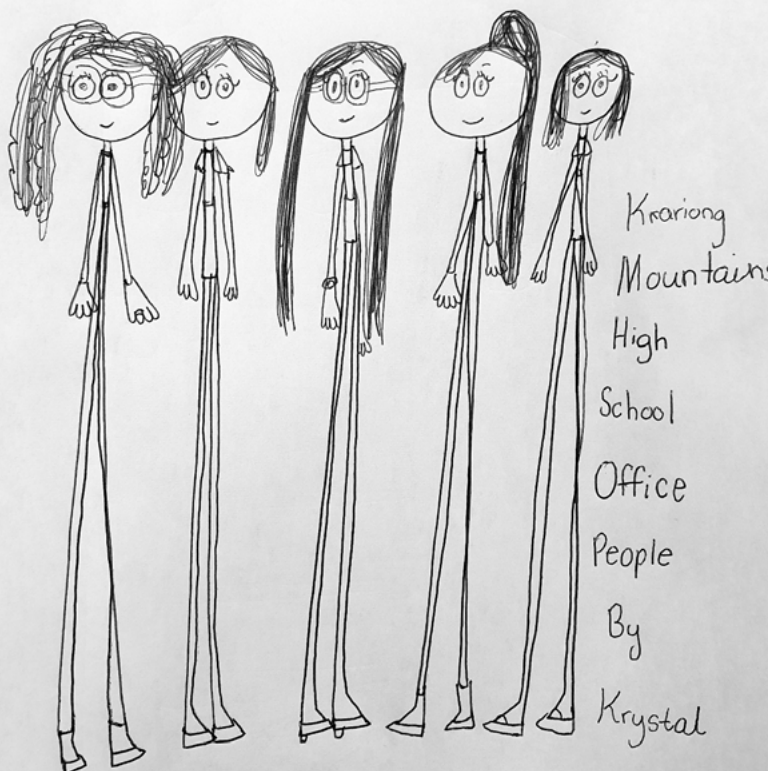


Year 8 TAS students enjoyed a busy day honing their skills in the kitchen making honey joys.

STUDY TIPS FOR SUCCESS



SCHOOL OFFICE INSIGHTS



A delightful drawing of KMHS 'office people' created by Krystal, our office duty helper last Friday 😊.

OVERCOMING ROADBLOCKS TO STUDY SUCCESS

KEY POINTS FROM: STUDYSKILLSHANDBOOK.COM.AU



studyskillshandbook.com.au



**Enhanced Learning
Educational Services**
"the study skills specialist"

OVERCOMING ROADBLOCKS TO STUDY SUCCESS

- 1. Find Your "Why":**
Search for a meaningful reason to aim higher than the minimum. Whether it's getting into your dream course, pursuing a career you're passionate about, building your neural capacity as a learner, or just proving to yourself that you can succeed—use that as motivation to stop making excuses and invest extra effort.
- 2. Tame Your Distractions:**
Distractions are everywhere—social media, friends, pets, hobbies can all pull you away from your studies. Implement strategies like turning off notifications, setting specific "study hours", or using apps designed to limit screen time so you can focus and allocate enough time to your schoolwork. A distraction-free environment helps you stay on track and makes study sessions more effective.
- 3. Turn Mistakes Into Momentum:**
Don't let mistakes discourage you; instead, see them as stepping stones to growth. Each error or setback is a chance to identify what you can improve. Reflect on what went wrong, adjust your approach, and focus on learning from your experiences. Mistakes are often the best teachers and can launch you toward greater achievements if you use them wisely.
- 4. Set Small, Achievable Goals:**
Break down big tasks into smaller, manageable goals. Rather than thinking about an entire semester's worth of material, focus on mastering one chapter or concept at a time. This makes studying less overwhelming and gives you a sense of accomplishment with each small win, motivating you to keep going.
- 5. Create a Supportive Home Study Environment:**
Surround yourself with people who encourage your success—whether it's classmates, friends, or family members who support your study efforts. Consider forming or joining a study group to share resources, discuss topics, and keep each other accountable. A positive support system can keep you motivated and make studying feel like a team effort rather than a solo challenge.
- 6. Develop a Routine That Works:**
Consistency is key to successful studying. Establish a study routine that fits your lifestyle and energy levels. Whether it's studying early in the morning, after school, or late at night, find a time that you can consistently dedicate to your work. A consistent routine helps your brain recognise study time, making it easier to focus and be productive.
- 7. Reward Your Progress:**
Motivation is easier to maintain when you celebrate your achievements, no matter how small. Set rewards for yourself when you complete a study session, finish a chapter, or achieve a good result. It could be something simple like a snack, time with friends, or a short break doing something you enjoy. Rewarding progress helps reinforce positive habits and keeps you motivated to keep pushing forward.

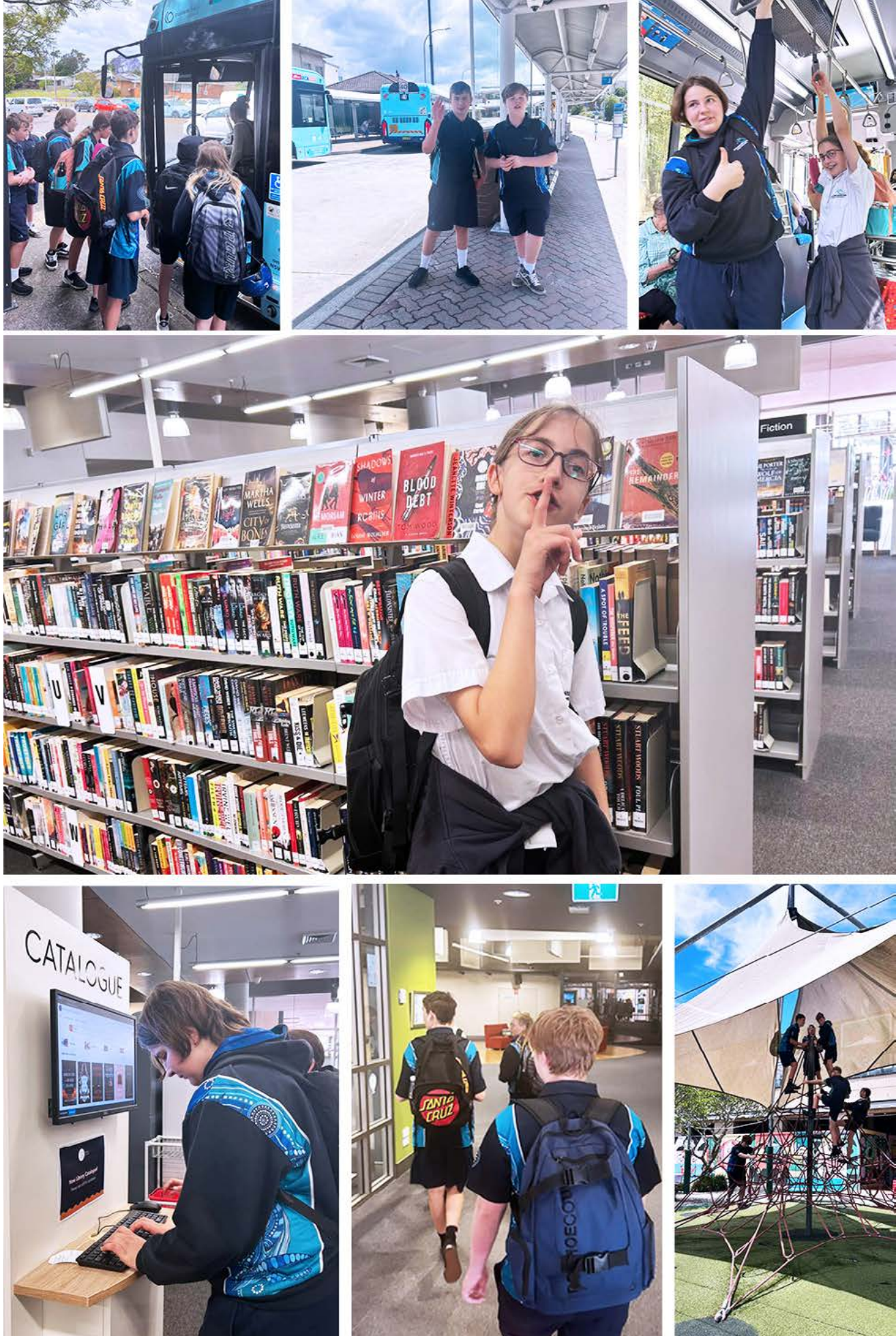
Our school's subscription details to www.studyskillshandbook.com.au are –

Username:

Password:

Login details on Compass

MRS DWYER'S GROUP



Mrs Dwyer's group had an eventful day last week, catching four public buses to and from Erina Fair, where they visited the library. The students successfully problem-solved, using a variety of methods to work out the bus routes and timetables, showing excellent behaviour and outstanding combined efforts throughout the day. ***Well done!***

FUNDRAISING EVENTS



Year 11 Bake Sale raising funds for next year.



Bunnings BBQ run with P&C and community support for KMHS!



Halloween Bake Sale
Our Year 11 students served up a collection of scary and enticingly delicious treats!



COMMUNITY NEWS & EVENTS



Term 4, 2024

Free eSafety parent and carer webinars

Join eSafety's expert education team for a free live webinar designed for parent and carers.

Term 4 topics:

- **Supporting healthy tech use as your child transitions into high school (30 minutes)**
Suitable for parents and carers of young people in upper primary school (aged 11-12) and Year 7.
- **eSafety 101: How eSafety can help (30 minutes)**
Suitable for parents and carers of children and young people in primary and secondary school. An overview of the eSafety Commissioner, and supporting programs and resources for parents and carers, children, and young people.



For more information and to register now: [eSafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



[eSafety.gov.au](https://esafety.gov.au)

Supporting healthy tech use as your child transitions into high school (30 mins)

Suitable for parents and carers of young people in upper primary school (aged 11-12) and Year 7.

Thursday, 28 November, 12.30 pm AEDT

eSafety 101: How eSafety can help (30 mins)

Suitable for parents and carers of children and young people in primary and secondary school. An overview of the eSafety Commissioner - introducing supporting programs and resources for parents and carers, children, and young people.

Wednesday, 4 December, 12.30pm AEDT

THANK YOU FOR THE LITTLE MOMENTS

RECOGNITION DAY 2024

