

NEWS



Week 2
Term 3
1 August, 2025

KARIONG MOUNTAINS HIGH SCHOOL

Unity ✓ Knowledge ✓ Respect

4340 0246

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LET'S



**C
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Let's celebrate positive
KMHS feedback in the
recent NSW Public
Schools Student
Survey!



R.O.S.E.

Recognition Of School Excellence



To our newly elected
school leaders for
2025/2026!



**POETRY
ACTION**

Thurs 7 Aug
Years

7 - 10



**KMHS
Science
EXPO**

13 August 2025

national science week
9-17 AUG 2025
scienceweek.net.au
#scienceweek



**C
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MONDAY

4 August

RAGE Program

Check-in Assessment
Catch Up

11 August

Year 12 Trial Exams

National Science Week

RAGE Program

TUESDAY

5 August

First Nations Dance

12 August

Year 12 Trial Exams

Snow Trip

National Science Week

WEDNESDAY

6 August

KPS Kindy Visit

NAIDOC Celebrations

13 August

Year 12 Trial Exams

Snow Trip

National Science Week

KMHS Science Expo

League 9's Gala Day

THURSDAY

7 August

Poetry in Action
Years 7-10

Small Schools Athletics

14 August

Year 12 Trial Exams

Snow Trip

National Science Week

FRIDAY

8 August

Student Leadership
Induction Ceremony

Netball Gala Day

Rugby 7's

15 August

Year 12 Trial Exams

National Science Week

Small Schools Athletics



FROM OUR PRINCIPAL

Week 2 Term 3

Welcome back to our students and families! We trust you had a great holiday and are well rested for the busy term ahead.

Student Leadership Executive 2025/2026



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

- ▶ School Captains: **Lily and Kian**
- ▶ School Vice Captains: **Molly and Josh**
- ▶ Prefects: **Mia and Ilia**

Congratulations, to our leaders elect. I am looking forward to celebrating their induction with the school community on Friday 8th August.

Education Week 2025

Next week, we celebrate **Public Education Week 2025**. This is an annual celebration of NSW public education and the achievements of our schools, teachers, and students. This year's theme is **Ignite your potential**.



Public Education Week is a time for all of us to come together and celebrate our commitment to **Ignite your potential**. Let's take pride in being part of NSW public education and the endless and far-reaching achievements of our students and staff.

NSW Public Schools Survey - Let's Celebrate

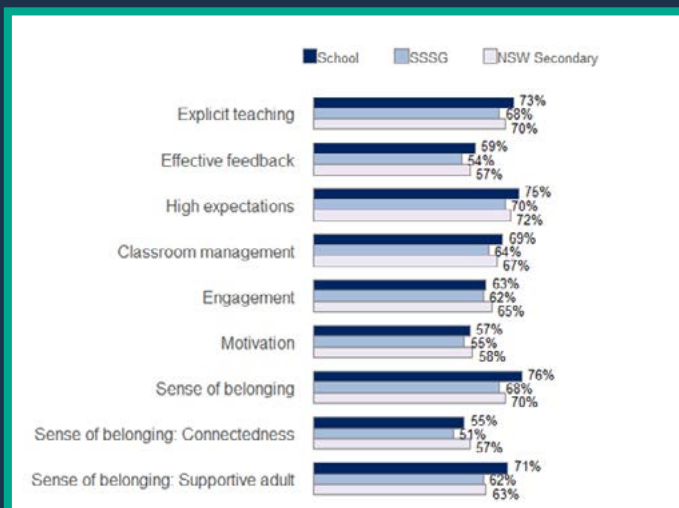
The NSW Public Schools Survey is conducted to provide schools with valuable feedback from students about their experiences at their school; this new version has replaced the **'Tell Them From Me'** survey, conducted in previous years. The survey covers a range of topics, including student engagement, learning experiences and wellbeing at school, and is one way in which students can have a **voice** about their time at school.

The data can support schools in their planning, reporting and excellence. This includes helping to identify **strengths** and **areas for improvement**, assess how current initiatives are going and inform future programs.

The survey also allows the department to observe trends and shape effective policies and programs so that each student is known, valued and cared for in line with, Our Plan for NSW Public Education.

Students were surveyed in Term 2. Last week, the results were published, and the school has many reasons to **celebrate**. Many of the themes reported on, align with the current KMHS school excellence plan. Below is a list of the themes applicable to the current work we are completing, and how our school compared with like schools (SSSG) and across NSW Secondary schools (State). For all themes listed below, KMHS outscored like schools, and in 6 of 9 themes, the school was above State average, whilst the other three themes were only 2% below the State average.

This indicates that students are reporting positive feedback in the areas of teaching and learning (*explicit teaching, effective feedback, high expectations, classroom management and engagement*) and wellbeing (*motivation, sense of belonging, connectedness and having a supportive adult*). A standout is the **Sense of Belonging** theme, where KMHS scored **76%**, 6% above the State average in 2025 and 19% above the school average in 2024:



As I always say, the success of the school is a true indicator of how the community works together. Such results are to be celebrated by the KMHS school community, as we all contribute to improving education for our students.

Parent Survey Term 3

In line with the school's commitment to continuous improvement, I am surveying our parent community for feedback in two areas:

1. Parent Teacher Interviews

I am seeking feedback as to whether the current format suits parents and carers.

2. Parent Voice Forum

How can we make KMHS a better learning environment for our community? I am seeking parent/ carers, who are willing to participate in a parent voice forum this term. The purpose of the forum is to gather community perspective on how we can improve the school.

This aligns with the student voice forum I conducted last term, and the NSW Public Schools Survey shared above. The Parent Survey has an area where parents can indicate an interest in being involved. Please scan the QR code to complete the survey by Friday 8 August. *The date for the forum will be determined once the survey is completed.*



Naplan Results

NAPLAN results were issued to students this week. Currently, staff are analysing the data to determine future work in this area. You can visit the link below, for more information about reading individual student reports or the new proficiency standards:

NAPLAN individual student report – information for parent and carers: <https://www.acara.edu.au/>

Such a positive start to the term, thankyou, everyone! I look forward to celebrating more in the weeks ahead.

Mrs Donna James
Principal

Term 3 ASSESSMENT CALENDAR

Year 10 Assessments DUE:

Week 6	Marine Studies PASS	Visual Arts
Week 7	Child Studies Food Technology	IT - Timber
Week 8	HSIE Outdoor Recreation	Photographic and Digital Media
Week 9	English	Mathematics
Week 10	PDHPE Building & Construction Commerce	Dance Engineering Music

Year 11 Assessments DUE:

Week 1	Modern History
Week 2	Biology
Week 6	Work Placement - Construction
Week 7	Work Placement - Hospitality
Week 9	FINAL ASSESSMENT
Week 10	FINAL ASSESSMENT

Year 12 Assessments DUE:

Week 4	TRIAL EXAMINATIONS	
Week 5	TRIAL EXAMINATIONS	
Week 6	PVDI Visual Arts	Work Studies Numeracy



DEPUTY PRINCIPAL'S REPORT



Term 3 - Week 2

Welcome back, to all students. I hope all of our families had a happy and safe break. I wish for all students to have a great Term 3 where our values *'Unity, Knowledge, Respect'* are on display in all classes.

Year 10 Subject Selection

Year 10 students had their subject confirmation interviews late last term and are to be commended for their thoughtful decision-making. Subject lines will be developed in the near future and students will have some more decisions to make. Unlike some schools, we have our students dictate the curriculum rather than have a curriculum dictated to them.

Year 12 ATAR Pathway

Students in Year 12, who are enrolled in **English Studies, Mathematics Standard 1, Hospitality** and/or **Construction** have the option of sitting the HSC exam in the relevant course(s). For students requiring an ATAR, these exams are compulsory.

For students not requiring an ATAR, the 'opt out' letter, distributed to students last week, needs to be returned to me, otherwise attendance at these exams is expected. If you have any questions, please feel free to contact me.

Student Survey Results

As mentioned in the Principal's article, the results of the student survey completed last term were very pleasing. As the coordinator, I would like to thank all students for their commitment and honesty in their responses to the survey.

Mr Scott White
Deputy Principal



ngiyang

SUPPORT UNIT NEWS

Green Class Community Access

Green Class recently embarked on an exciting journey to apply their mathematical skills in real-world scenarios. Our enthusiastic students took a trip to Erina Fair, where they had the opportunity to put their knowledge of money into practice.

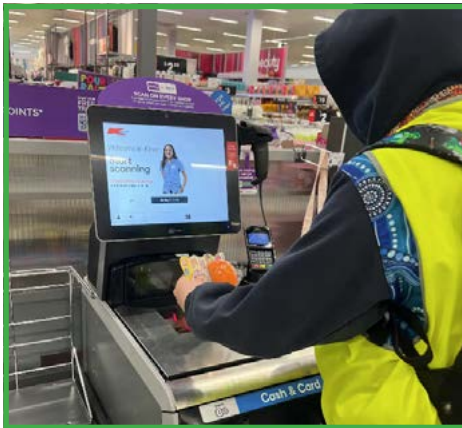


This hands-on experience, not only reinforced their understanding of mathematical concepts, but also introduced them to the practicalities of budgeting and financial decision-making.

items and understanding what they can purchase within a budget. This practical approach to learning has sparked curiosity and enthusiasm among the students, making mathematics both fun and relevant.



At Kmart, each student was tasked with selecting items, calculating the total costs and making payments, all while navigating the bustling shopping environment.



We are incredibly proud of Green Class for their dedication and the skills they have demonstrated this term. They have shown that learning can extend beyond the classroom and into the everyday world, preparing them for future financial literacy.

Keep up the fantastic work, Green Class!

*Ms Marlie Shore
ngiyang Teacher*

Throughout the term, the students have thoroughly enjoyed learning about money—discovering the value of different



CAPA MUSIC

FACULTY NEWS

Stage 4 Rock Band

Last term, Stage 4 Rockband used their Tuesday mornings before school to begin honing their skills.



They have been focusing on supporting each other in music ensembles, as well as working towards building a personal repertoire of their own songs.

This term, Rockband strive to solidify a number of songs in their own list of personal repertoire, as well as continue to build on their performer skills as young musicians.

Year 8 Music

Last term, **Year 8** focused on the fundamentals of rhythm, specifically



learning to play a variety of rhythms from popular songs on **Bucket Drums**. Students demonstrated impressive technical skills and teamwork by playing the selected songs together as a class ensemble, staying in time with one another.

Students also learnt how to play a variety of iconic drum grooves on the drum kit. Songs ranged from **"Come Together"** by The Beatles to **"Back In Black"** by AC/DC.



This term, Year 8 students will learn how to play some of the biggest Pop hits ever written on the keyboard!

Year 9 Music

Last term, **Year 9** studied the origins, characteristics and foundations of **Blues music**. In small groups, students composed a Blues song in a 12-bar structure. They wrote the lyrics, performed an improvisation, and demonstrated strong collaborative music-making skills.



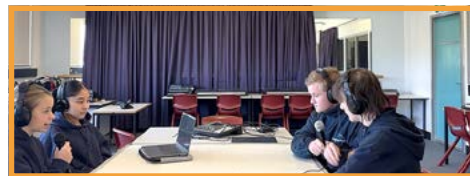
This term, Year 9 will explore the various connections made in music. The term will culminate in a group performance of a song that resonates with them.

Year 10 Music



Last term, the Year 10 Music Elective displayed maturity and strong collaborative skills while working on their **'Triple J Like a Version'** assessment task. Students were required to arrange a pre-existing Australian song into a completely

different genre. This task involved analysing the song, preparing responses for an interview, and then performing their arrangement.



This term, they will study **'Art Music'** and compose their own interpretation of **'The Four Seasons'** by Antonio Vivaldi, using traditional notation and appropriate instruments.

Year 11 Music Industry

Year 11 Music Industry students have been developing their skills in **live audio** and **live performance**.

The students have been busy creating their own show to perform at Drifters Wharf in October, which includes creating a setlist and promotional material whilst understanding how to execute the concert to entertain a live audience.



Both **Year 11 and 12 Music Industry** also had a visit from Central Coast Producer, **Cameron Taylor**, who shared his experience as a producer and gave some insights around how to make an income as a producer in the music industry.



CAPA MUSIC



Bands from our Year 11 Music Industry course have been performing in the community, with **Coastal Riot** and **Kuthula** placing 1st and 2nd at the *Wyong Milk Factory Battle of the Bands*. **Kuthula** and **The Leftovers** are also in the Semi-Finals for the *Central Coast Council's Battle of the Bands*.



Year 11 Music

Year 11 Music students have just finished creating their own compositions for **Assessment Task 2**. The students were tasked



to create a piece of music to be the feature song for one of the following five films: **Batman**, **School of Rock**, **Harry Potter**, **Interstellar** or **Barbie**.

The students were very dedicated in their approach to the task. A special shoutout to Cohen, who achieved full marks in this task with his outstanding composition based on a Batman trailer.

Year 12 Music Industry

Year 12 Music Industry students have been developing their skills in songwriting, recording, and production. They have been assigned the task of creating two songs from scratch, either individually or as a small group, using a Digital Audio Workstation (DAW) that meets specific criteria.

Additionally, each student is required to mix and master their songs and release them while adhering to specific copyright requirements.

Year 12 Music 1

Year 12 Music 1 students have been preparing their chosen electives for the upcoming trial examination. Students can select from three options: a performance piece, a *Viva Voce* discussion, or a composition.



In addition, they have been refining their listening skills and deepening their understanding of the **Concepts of Music** in preparation for their upcoming aural examination.

Mr Kane Burns, Head Teacher CAPA
Mr Ashley Hutchinson, Music Teacher
Mr Benjamin Saggus, Music Teacher

CAPA ART & PHOTOGRAPHY

FACULTY NEWS

Visual Arts & Photography in the Classroom

Our **Visual Arts** and **Photography** students have had an exceptionally productive semester, mastering a diverse range of techniques, including printmaking, clay hand-building, painting, drawing, light painting, distortion and sports photography, among others. Their work culminated in an impressive exhibition showcasing their skills and creativity.

Stage 5 (Years 9 & 10): Eco Exhibition



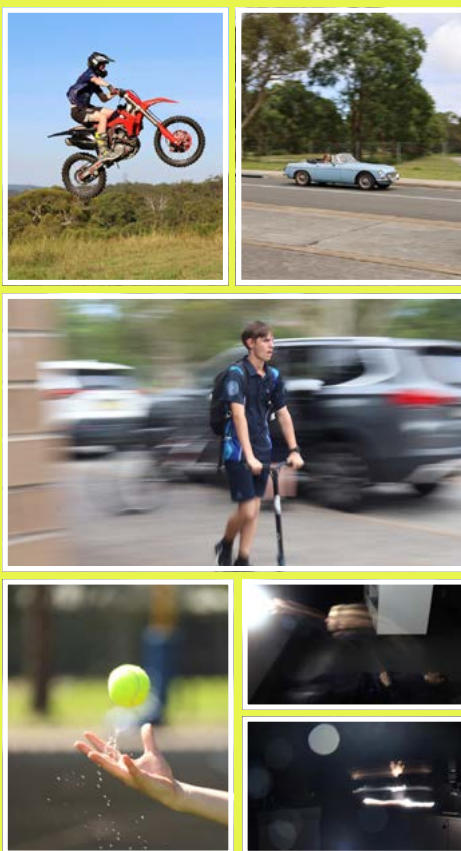
At the end of Term 2, we celebrated the artistic efforts of our Years 9 and 10 Visual Arts students at the Kariong Eco Gardens Exhibition. The theme - **Frogs, Pollinators and Birds in Our Backyard** - inspired stunning artworks that merged environmental awareness with artistic expression. The community event was a beautiful showcase of their talent and passion.

Senior Art & Photography (Years 11 & 12)

Our Year 12 students are currently delving into their **Major Projects**—a mix of conceptual depth and technical proficiency, suggesting promising results ahead.



In photography, both Year 11 and Year 12 students explored action photography and long exposure imagery, honing their manual settings to capture dynamic shots with coloured backgrounds and creative lighting effects.



Year 11 PVDI students experimented with light and long-exposure techniques, producing compelling ghost photography and lightpaintings. This term, the students have begun exploring video production, delving into filming, as well as the pre- and post-production phases, to expand their creative toolkit.

Stage 5 Visual Arts, Photographic & Digital Media

Years 9 and 10 students have developed proficiency in exhibition-level art. Currently, they're exploring ceramic hand-building techniques as lead-up work to make clay busts inspired by the theme **'Gods and Monsters'**.

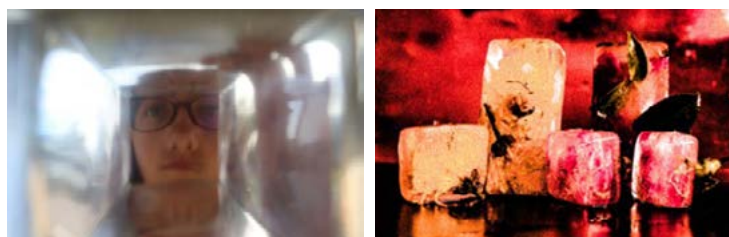


Preliminary drawings reflect strong compositional skills and imaginative concepts—excited to see these pieces take shape in 3D!



CAPA ART & PHOTOGRAPHY

Photography students in Years 9 and 10 have been experimenting with photographic distortion, manipulating shutter speed, exposure, lighting and colour.



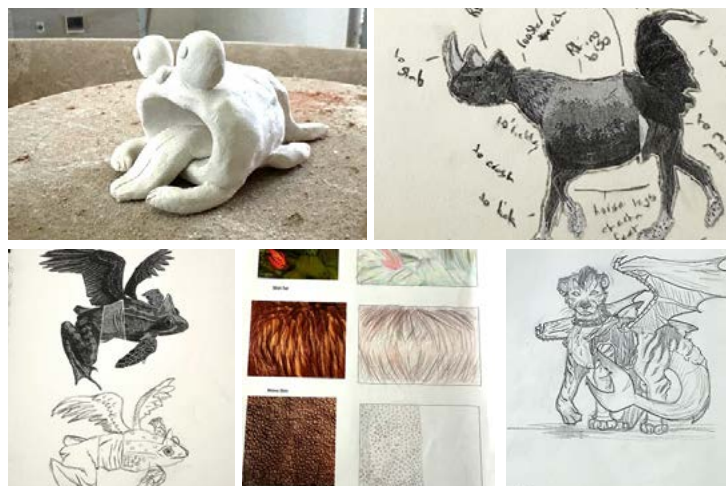
Their work with ice and flowers, as well as refraction through glass, ink, and oil in water, yielded beautifully surreal and technically sound images.



This term, Stage 5 photography is exploring stop motion animation.

Stage 4 (Year 7): Expressive Beginnings

Year 7 students explored a wide variety of expressive media. They began the semester by creating artworks of their spirit animals, using drawing, pen techniques, watercolour and printmaking to emphasise **composition** and the **elements of design**. Introduction to clay hand-building (*pinch, coil and slab*), prepared them for their next project.



Students also developed drawings of animal textures and hybrid creatures, focusing on contrast, texture, and tone to convey dimensionality. This term, they will bring those drawings to life through hybrid clay sculptures, combining multiple animal characteristics.



ARTS SPACE: Arts & Media Club

Arts and Media Club meets every **Tuesday (Break 1)** and **Friday (Break 2)** in the **Art Rooms**. All students are invited to explore new techniques, collaborate with peers, and nourish their creativity in a supportive environment. Whether you like sketching, photography, or digital art—**come hang out and get inspired!**

Ms Kim Skerritt

Visual Arts & Photography Teacher

Around the School *and beyond...*



KMHS Unity Class enjoyed their first cooking lesson, where they made delicious cheese melts with ham & tomato.



Huge Congratulations, to Kara, who came 1st in 15 years 200m and 3rd in the 100m at Sydney North Athletics. Kara will be competing at NSW State championships later this term.



Child Studies students on a visit to KPS Kindy classes; where they enjoyed mathematics activities with the students.



A cuddly visit to the **Walkabout Park Wildlife Sanctuary**, where ngiyang students learnt about iconic Australian animals, made new friends and represented our school with pride!



KMHS
NAIDOC Assembly
Wednesday 6 August
10:50 am

FAMILY AND COMMUNITY MEMBERS WELCOME!

**Be Bold. Be Kind.
Speak Up.**

BULLYING NO WAY WEEK
11TH - 15TH AUGUST 2025

**2025
OPEN DAYS**



Newcastle
16 August

Central Coast
30 August

Open Days

Newcastle on August 16th, 2025
Central Coast on August 30th, 2025

[Register to attend >](#)

Central Coast Campuses
Saturday 30 August 2025

Sessions will be running at both our Ourimbah campus, and the Central Coast Clinical School in Gosford. Make sure you take note of which campus your selected sessions are on at so that you have time to travel between locations if required.

The expo is in the Quad at the Ourimbah campus, all day. Campus tours will leave on the hour from the information tent at both Ourimbah and Gosford.

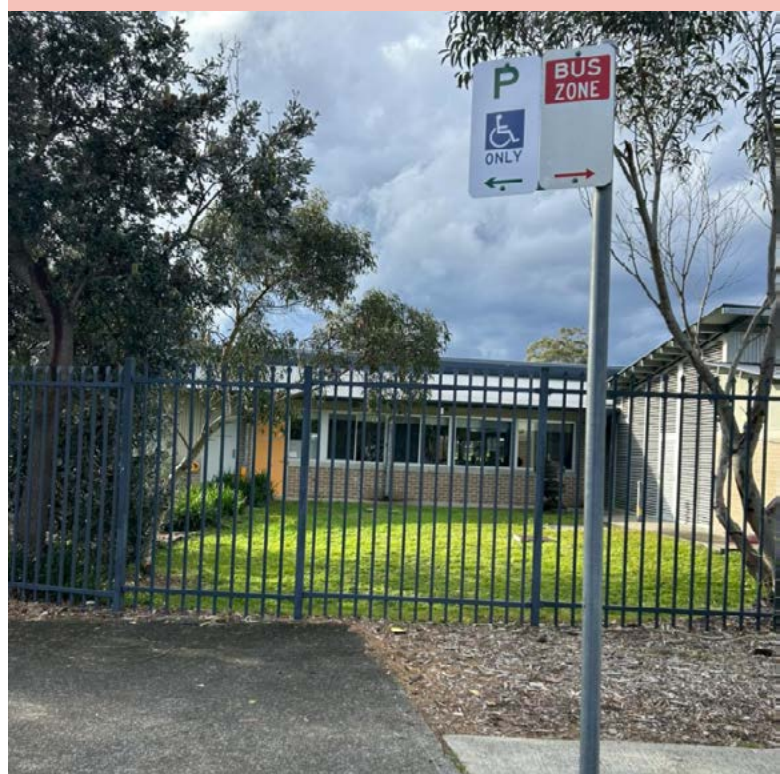
A Friendly Reminder about Disabled Parking

Please be aware of the disabled parking space (located between the two bus bays outside the school) during drop-off and pick-up times.



We have students and families at our school that rely on that parking spot for accessibility purposes.

THANK YOU 😊



Breakfast club



Don't you ... forget about me...



8:00 - 8:30 am
"The Lounge"
Student Services

How to Minimise EXAM STRESS: Handy Tips for Students & Parents

NSW Education Standards Authority

NSW Education Standards Authority

GETTING EXAM READY

TIPS FOR STUDENTS

It's normal to feel stressed when preparing for exams (especially big exams).

A bit of stress actually helps us succeed by increasing motivation. But ... when stress is too much it becomes unhelpful and can reduce academic performance.

This sheet is designed to help you get mentally ready for exams by recognising when stress is too much—and if it is, how to bring it back down.



When pre-exam stress is normal

- It's short term (like a few days or weeks around the exam, but subsides once exams are over)
- You can still distract yourself by other things
- You feel fatigued, but only until exams are over
- You feel butterflies or shaky right before an exam



When it's too much

- The shakiness and nervousness doesn't go away
- You're unable to study or sleep properly
- You feel nauseous, depressed or constantly worried about not doing well or failing
- You feel overwhelmed and panicked

REMEMBER— It's normal to feel stressed when preparing for exams, but if you're totally freaking out you should seek help.

Have you seen this in a friend?

If you notice a friend showing any of these signs, there are things you can do to help. First, try to gently bring it up with them, for example: "I can't believe our exams are already coming up ... how do you feel about them?" Listen to them and let them know you have heard them. Then share the tips on this sheet, and encourage them to talk to a teacher, year advisor, parent or other trusted adult for help.

IN A NUTSHELL

Stress is the activation of our 'fight-or-flight' response—a natural part of our sympathetic nervous system designed to prepare us to deal with threat or danger. If we suddenly feel unsafe or under attack, the flight-or-flight system increases our heart rate (which activates

blood flow to our muscles to help us either run or fight), stimulates our sweat glands (to cool the body) and heightens our senses (to increase alertness).

At first it can be hard to see how this is relevant to exams. But when people think of exams as threatening (worrying they won't do well) the flight-or-flight response is activated. Although it isn't helpful to have a racing

heart or to sweat in an exam situation, the increased mental alertness and motivation that stress brings may be helpful.

When stress is too high or goes on for too long, the symptoms actually hinder performance. If this sounds like you, it's time to check in with someone—whether it be a teacher, friend, family member or GP.

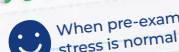


GETTING EXAM READY

TIPS FOR PARENTS

It's normal for students to feel stressed when preparing for exams (especially big exams). It's also normal for parents to share this stress. A bit of stress aids success by increasing motivation, but at high levels it becomes unhelpful and can reduce academic performance.

This sheet is designed to help parents offer support to their children in preparing for exams by recognising when stress is too much—and if it is, how to reduce it.



When pre-exam stress is normal

- It's short term (such as a few days or weeks around the exam, but subsides once exams are over)
- Students can still distract themselves by other things
- Students feel fatigued, but only until exams are over
- Students feel butterflies or shaky right before an exam



When it's too much

- The shakiness and nervousness doesn't go away
- Students are unable to study or sleep properly
- Students feel nauseous, depressed or constantly worried about not doing well or failing
- Students appear to be overwhelmed and panicked

REMEMBER— It's normal for students to feel stressed when preparing for exams, but if it gets too much they should seek help.

Have you seen this in your child?

If you notice your child showing any of these signs, there are things you can do to help. First, simply talk to them, for example: "How do you feel about your exams?" Listen to what they have to say and give them time to say it without interjecting. Also try going through the tip sheet for students together. If you still have concerns, contact your child's school or your GP for more advice.

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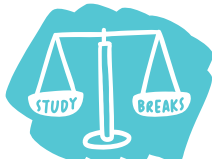
When stress is too high or goes on for too long, the symptoms actually hinder performance. If this sounds like your child, try some of the ideas and explore the websites and apps listed on the following page.



TIPS FOR STUDENTS

MANAGING STRESS LEADING UP TO EXAMS

For most students there are simple ways to manage stress. We don't want to make it go away completely, but we do want to use it to our advantage. Different things work for different people, so experiment to see what works for you.



Set up a routine that balances study with breaks

Think about when you can study effectively—perhaps before or after school, in study breaks, early evenings or weekends. Remember to build in downtime, but try to study before rewarding yourself. Be honest with yourself and set up routines that can realistically work.

Have a dedicated quiet space

In general it's better to study at a desk than on your bed or lounge. But regardless of where you study, put your phone on silent, turn off chat features and keep the music low (or off).

Get moving

Vigorous exercise uses up excess adrenaline and stress hormone (cortisol). Try running, swimming, fast walking, bike riding, aerobics or dancing (just not all at once!).

Chill out

Give yourself some downtime (preferably screen-free). Take a bath or long shower, listen to relaxing music or a guided meditation, read a book (but not a school set text), or maybe do some gentle yoga.

Sleep and eat well

Although it might feel like it helps in the short-term, relying on any sort of drug only makes things harder in the long-term. It's much more effective to make sure you get adequate sleep, drink plenty of water and keep some healthy snacks (like trail mix) on hand to keep energy levels up.



Talk to someone

Talk to people who seem to deal with exam stress easily or who have already been through it, and get their perspective. You can also access professional help by talking to your teacher, school counsellor or GP.

Study small, study often

Rather than cramming, try to study in smaller chunks, but consistently over a longer period of time—it'll help you remember more, and stress less.

Do the best YOU can

Don't worry about or compare yourself with what others know. Instead, take the time to practise and prepare as best you can, and walk into your exam confidently. The more time we spend facing a fear, the less unknown it is—it's usually not as bad as we thought.

EXTRA RESOURCES

Websites

- ReachOut.com**
Information, support and resources about mental health issues for young people
- Headspace.org.au**
A non-profit organisation for youth mental health
- BeyondBlue.org.au**
Helping with issues related to depression, suicide, anxiety and other mental illnesses

Apps

- Calm**
Soothing visual backgrounds and a range of meditations
- Stop, Breathe & Think**
Develop the skills to stop everything and just be still
- Smiling Mind**
Equipping young people with integral skills to thrive in life

Helplines

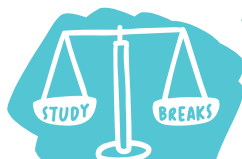
- Lifeline**
Call 13 11 14
- Kids Helpline**
Call 1800 55 1800



TIPS FOR PARENTS

MANAGING STRESS LEADING UP TO EXAMS

For most parents there are simple ways to help your children manage stress. We don't want to make it go away completely, but rather use it to their advantage. Different things work for different people, so encourage your child to experiment to see what works for them.



Encourage balance between study and breaks

Help your child build a routine around realistic study times (eg before school, early evenings or weekends). Try to encourage study before bedtime—but it's important not to nag. Be realistic when setting up routines, so that they are actually achievable.

Provide a dedicated quiet space

A desk in an undisturbed part of the house is best, but wherever your child's study space is, encourage them to put their phone on silent, turn off chat features and keep the music low (or off). Don't get into battles about technology, but rather set clear parameters around its use.

Remind them to rest

It's important for students to engage in activities that provide mental and physical rest and relaxation, like taking a bath or long shower, listening to music or a guided meditation, reading or watching a movie. Socialising is also a form of downtime. You could also plan some fun activities to enjoy as a family.

Healthy body = healthy mind

Provide health food options to help keep your child's energy levels up. Encourage regular exercise like running, swimming or walking the dog, which uses up excess adrenaline and stress hormone (cortisol).

Talk to your child

Ask what you can do to help, whether it's a pop quiz, reading drafts or just sharing your own experiences. When your child makes an effort to study, acknowledge it (even if it isn't as much as you'd like). Research tells us that one of the things that is associated with severe distress in senior students is perceived pressure from parents. So offer support and encouragement rather than becoming directly involved in their schoolwork, or pushing a 'need to achieve'.



Remember the bigger picture

It's important to acknowledge that exam results matter, but they're not 'the be all and end all'. While it's helpful for students to have academic goals to work towards, there are many pathways to post-school study options and careers.

EXTRA RESOURCES

Websites

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A non-profit organisation for youth mental health
- BeyondBlue.org.au**
Helping with issues related to depression, suicide, anxiety and other mental illnesses

Apps

- Calm**
Soothing visual backgrounds and a range of meditations
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Develop the skills to stop everything and just be still
- Smiling Mind**
Equipping young people with integral skills to thrive in life

Helplines

- Lifeline**
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- Kids Helpline**
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