

# NEWS



**Week 4**  
**Term 3**  
15 August, 2025

**KARIONG MOUNTAINS HIGH SCHOOL**

Unity ✓ Knowledge ✓ Respect

**4340 0246**

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**LET'S**



**CELEBRATE**

**Outstanding NAPLAN results for our Years 7 and 9 students - Congratulations!**

**Welcome, Ms Maule, our new Mathematics teacher!**



*To students and staff, for amazing effort in hosting the awesomely successful and engaging Science EXPO!*

**Good luck!**

You've prepared well, now go do your best!



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

BULLYING NO WAY WEEK  
11th - 15th AUGUST 2025



**CALENDAR**

### MONDAY

**18 August**

Year 12 Trial Exams  
RAGE Program

**25 August**

Construction Workplacement  
RAGE Program

### TUESDAY

**19 August**

Year 12 Trial Exams  
Year 11 Rock Platform

**26 August**

Construction Workplacement

### WEDNESDAY

**20 August**

Year 12 Trial Exams  
KPS Kindy Visit

**27 August**

Construction Workplacement  
Rock Platform

### THURSDAY

**21 August**

Year 12 Trial Exams  
Showcase Dance Performance  
Max Potential

**28 August**

Construction Workplacement

### FRIDAY

**22 August**

Year 12 Trial Exams  
Netball Gala Day  
Rugby 7's  
Book Week  
Dress-Up Day

**29 August**

Construction Workplacement  
BW PSSA Athletics



## FROM OUR PRINCIPAL

Week 4 Term 3

**Celebrating Education Week 2025 has been a highlight for both Kariong Mountains High School and myself over the past fortnight.**



**'Ignite Your Potential'** is the Education Week theme for 2025. At KMHS, our **High Potential and Gifted Education (HPGE)** initiatives continue to thrive; celebrating academic excellence, creativity, leadership and future-focused learning.

Last term, a number of our students were selected to attend the **Surveying Unleashed** event, run by the University of Newcastle. Our amazing dancers participated in **Starstruck** to much acclaim, while selected Year 9 accelerated Science students ran the **Science Outreach Program** with the Year 6 Science enrichment groups from Kariong Public School. Additionally, some of our future leaders participated in the **Model UN Leadership Conference**.

Our **Academic Stream** and identified **HPGE students** are currently reviewing the personal learning goals they set at the start of the year, eager to reflect on their growth and set new challenges. In addition, students from across the school are engaging in **ICAS assessments** this term.

Two of our Year 11 leaders are in the final stages of completing the **Max Potential scholarship program**. Later this month, our musically talented students will represent the school at **Central Coast Schools Showcase**. A Year 8 student has made it to the finals of the **Yarning Arts Competition**, which includes an all-expenses-paid trip to Parliament House!

Science remains a strong focus, including the successful **Science Expo** held on Wednesday, which showcased innovative projects from our Academic Stream students as well as projects generated through the Science Outreach program.

## Mathematics Initiative

Looking ahead, we are launching a new **Mathematics HPGE initiative** with our partner primary schools. We are also excited to participate in the **Illuminate Challenge** in Term 4, and planning is underway for a Stage 4 HPGE Enrichment Day in 2026, ensuring our students continue to be inspired, challenged, and celebrated.

## NAIDOC Celebrations

Last week, our school hosted our annual NAIDOC assembly. The NAIDOC theme for 2025 **"The Next Generation: Strength, Vision & Legacy"** celebrates the 50<sup>th</sup> anniversary of NAIDOC Week and focuses on the achievements of the past, while looking towards the future, highlighting the strength of young Indigenous leaders, the vision of their communities, and the legacy of their ancestors.



We welcomed students, parents, and staff from the Kariong Mountains Learning Community, to celebrate and learn about culture with KMHS students and Uncle Stu.



Additionally, our students and staff were recognised for their contributions and efforts at the Coinda AECG awards last Monday.

## NAPLAN - Let's Celebrate Success!

Analysis of the school's NAPLAN results in Years 7 and 9 is currently underway. I'm thrilled to report that students in Year 9 have excelled in the following areas:

- ▶ **Numeracy:**  
*Achieved above like schools and the State average.*
- ▶ **Writing:**  
*Achieved above like schools and the State average.*
- ▶ **Reading:**  
*Achieved above like schools and equal to the State average.*
- ▶ **Spelling:** *Achieved above like schools and State in the strong proficiency level.*

The literacy and numeracy teams are currently analysing data for Years 7 and 9 and reviewing strategies to improve growth. An area of development for both year groups will be grammar and punctuation.

# Let's Celebrate our Student Leaders!

Congratulations, to the following students, on being elected to KMHS student leadership positions. We wish them all the best on their leadership journey.

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

The induction of our new leadership team was celebrated with the community at the ceremony on Friday 8<sup>th</sup> August.



As we embark on this new journey, let us take a moment to reflect on the importance of teamwork and support demonstrated by our outgoing leadership team. To our outgoing school leaders, **Kye, Kiara, John, Hannah, Darcy** and **Jacinta**, thank you, from all of us at Kariong Mountains High School.



During your time as leaders, we have watched you grow into responsible leaders and wonderful young adults, who model integrity and respect. On behalf of our school, thank you, for your support and efforts in your leadership roles. We wish you every success in your journey ahead. ***We are sure you will shine bright.***

*Mrs Donna James  
Principal*



# DEPUTY PRINCIPAL'S REPORT



## Week 4 - Term 3

Progress continues on our curriculum for 2026. Our timetabling team is working hard to set elective patterns for Years 9 and 11 next year. Students currently in Years 8 and 10 are encouraged to check their emails regularly and respond promptly to requests for information.

## Mobile Phone Ban - Student Agreement

A friendly reminder that the government ban on mobile phones for students at school remains in place. Following is the **agreement** that **all students** have signed and are required to abide by:

*Upon receipt of the mobile phone pouch, I will:*

- ★ Bring the pouch to school every day, even if I do not have my phone/device.
- ★ Comply with staff requests, upon arrival at school, to present my locked pouch when being greeted at the front gate.
- ★ Not attempt to conceal my phone/device or bring another phone/device.
- ★ 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 apply if I fail to follow the policy:*

- 1<sup>st</sup> offence** - Submit device to the office; collect at the end of the school day.
- 2<sup>nd</sup> offence** - Submit device to the office; Deputy Principal will contact home; device can be collected at the end of the school day.
- 3<sup>rd</sup> offence** - Submit device to the office; the Deputy Principal will contact home for a parent/carer to collect the device; **one-week ban**.
- 4<sup>th</sup> offence** - Submit device to the office; Deputy Principal will contact home for a parent/carer to collect the device; **four-week ban**; formal suspension caution.
- 5<sup>th</sup> and subsequent offences** - Suspension.

The school appreciates that the vast majority of our students continue to comply with this policy.

Mr Scott White  
Deputy Principal

Congratulations to our Canteen Voucher winners:

**Harry - Year 7**

**Jayla - Year 12**

Congratulations!

**WINNER of a \$10 Canteen Voucher**

**Cooper - Year 11**

*Sponsored by the P&C*

**KMHS Positive Behaviour for PBL AWARD**

**KMHS STAR ATTENDER**

# Term 3 ASSESSMENT CALENDAR

## Year 10 Assessments DUE:

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

## Year 11 Assessments DUE:

|                |                               |
|----------------|-------------------------------|
| <b>Week 6</b>  | Work Placement - Construction |
| <b>Week 7</b>  | Work Placement - Hospitality  |
| <b>Week 9</b>  | FINAL ASSESSMENT              |
| <b>Week 10</b> | FINAL ASSESSMENT              |

## Year 12 Assessments DUE:

|               |                     |                          |
|---------------|---------------------|--------------------------|
| <b>Week 5</b> | TRIAL EXAMINATIONS  |                          |
| <b>Week 6</b> | PVDI<br>Visual Arts | Work Studies<br>Numeracy |

## HOW TO HANDLE DIGITAL OVERLOAD

KEY POINTS FROM: [STUDYSKILLSHANDBOOK.COM.AU](https://studyskills handbook.com.au)

**How to stay focused in a world full of distractions.**

## 1

### SET DIGITAL BOUNDARIES

- Turn Off Notifications to avoid interruptions.
- Create a Study-Only Space
- Set Screen Time Limits

*Tip: Apps like Focus Keeper or Forest can help limit screen-time.*

## 2

### SCHEDULE REGULAR SCREEN BREAKS

Staring at screens for long periods isn't just distracting - it's also tiring for your eyes and mind. Breaks help you refresh and refocus. Try the 20-20-20 rule:

- Every 20 minutes, look at something 20 feet away for 20 seconds.

*Tip: Use break time to stretch, hydrate, or grab a healthy snack.*

## 3

### USE TECHNOLOGY TO YOUR ADVANTAGE

- Google Keep or Notion: For organising tasks and notes.
- Quizlet: For studying with digital flashcards.
- StayFocusd or Freedom: Block distracting websites during study time.

*Tip: Keep only one tab open on your laptop to avoid the temptation of multi-tasking.*

## 4

### UNPLUG BEFORE BEDTIME

- Turn off devices an hour before bedtime.
- Use night mode to reduce blue light exposure

*Tip: Create a bedtime ritual that signals your body that it is time to wind down.*

## Balance Is Key

Digital devices are an essential part of life, **but they shouldn't dominate your time or attention.** By setting boundaries, taking regular breaks, and using technology intentionally, you can stay focused and productive while maintaining balance. **Remember, you control your screens - they don't control you.** Start making these changes today and enjoy the benefits of a healthier relationship with technology.

# ENGLISH FACULTY NEWS

**Year 7** were busy last term reading and analysing their novel study for the **'New Places, New Experiences'** unit. We have some great creative writers in Year 7. Below are a couple of extracts from Year 7 responses:

*I see the worry welling in my kids' eyes, but all I can do is lie. I have to save my wife, but I don't want to scare them. It's time to go, yet I need to come up with an excuse. What do I say? My head floods with possibilities, but I settle on the simple half-truth of going to the stadium.*

*My cheeks flush red with worry for my children, but I have to save their mother. I pull the last of our savings from my ragged pocket and hand the wad of cash to my son.*

*"I have to get going now. Take care of your sister," I say.*

*My body shakes, but time is ticking; every minute I waste is another minute of my wife's life at risk. I hug them tightly, then walk to the taxi.*

Aaliya, 7R - *'Boy Overboard'*

*We threaded our way through the bustling market, its stalls bursting with colour and clamour, the air thick with the scent of spices and the hum of haggling voices. Side by side, the four of us moved with determined purpose, eyes scanning each weathered doorway until Mohammed spotted the household. He pressed his hand against the cool glass of the front window, peering inside to find the family gathered around a low table, their faces alight with joy as they shared stories and laughter.*

*In that moment, the mother's gentle chuckle rang out above the others, the children's bright smiles glowed in the lantern light, and even the young infant leaned forward, eyes sparkling with delight.*

Havanna, 7A - *'Parvanna'*

**This term**, Year 7 students will be getting their drama on with the unit **'Don't Be So Dramatic'**. They will explore the power

of the spoken word and learn how to use the art of persuasion to inform, convince, and entertain. Students will also dive into the world of drama by developing skills in scriptwriting and exploring key dramatic elements. Their understanding will be demonstrated through classroom activities and the Term 3 assessment task at the end of the term.

## Year 10

This term, Year 10 students are engaging in a poetry unit titled **'Romantic Antics'**. Through this study, they are exploring the lasting influence of the *Romantic Era* on later literary movements, including modern poets and songwriters.



By comparing a range of texts, students are gaining insight into how Romantic ideals continue to shape creative expression in today's world. Their understanding will be assessed through an in-class exam this term, which also supports their preparation for the Yearly Exam in early Term 4.

## Year 11

Our Standard English students are currently exploring the unit **'Contemporary Possibilities'**, which focuses on how digital and multimedia texts reflect the role of technology in our lives.



Through a range of engaging texts, students are developing their critical

thinking skills as they examine both the benefits and challenges of technology in today's world and how these might shape the future. This unit will conclude with the Yearly Exam at the end of the term, as students prepare to begin their HSC studies next term.

## Year 12

Good Luck to all of Year 12, who began their Trial HSC Exam this week!

## Poetry in Action Brings Words to Life at KMHS

Last week, our English faculty was delighted to welcome **Poetry in Action**, a dynamic live performance group, to KMHS. Their visit provided an exciting and interactive way to enrich students' learning of poetry and persuasive texts, both compulsory texts in the English curriculum.



Students in **Years 7 and 8** enjoyed ***Muse It or Lose It***, a lively and imaginative performance that explored poetry, creativity, and self-expression. Set on Mount Helicon, the show followed the mythological Muses as they battled to prove the power of human creativity in the age of Artificial Intelligence. Through humour, music, and live performance, students saw poetry brought to life, from traditional sonnets to modern slam poetry.

# ENGLISH NEWS



**Years 9 and 10** experienced ***Riots & Revolutions***, a compelling performance that showcased some of history's most powerful speeches. This show focused on the art of persuasion and featured famous words from influential figures like *Greta Thunberg*, *Malala Yousafzai*, and *Charlie Chaplin*. Students were shown Aristotle's persuasive appeals of ethos, pathos, logos, and how powerful our words can be in driving real change.

These engaging shows are a fantastic way to help students connect with poetry and speeches in a fresh and meaningful way, while being exposed to live theatre, live actors and sets with limited props that still convey significant ideas. *Well done, to all the students who embraced this opportunity.*



## Poetry Competition

*Poetry in Action* is also running a Poetry Competition – a great opportunity for students to showcase their creativity and talent.

### Poetry Competition Rules:

1. Poets must be enrolled in Primary School or High School.
2. The submitted poem cannot be more than 500 words.  
*We want to see your finest work, so keep your submission to one poem!*
3. Writing must be appropriate for school-aged audiences.
4. Works must be original and written by the applicant.  
*All entries will be disqualified immediately, and the school of the entrant notified.*
5. We are open to audio submissions, please email directly to [info@poetryinaction.com.au](mailto:info@poetryinaction.com.au)
6. By entering the competition you agree to our [terms and conditions](#).

So, if you are a budding poet, click the link on the website below to enter: <https://poetryinaction.com.au/poetry-comp/>

## DEAR Reading Update

At KMHS, we know that strong reading skills are essential for success in every subject, and throughout life. That's why we introduced **Drop Everything And Read (DEAR)** in Term 1 for our Year 7 students.



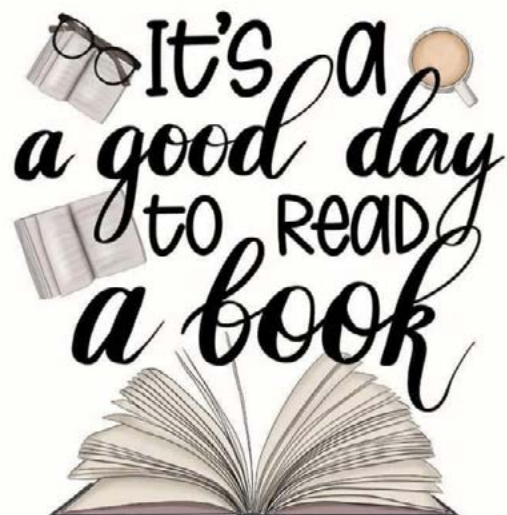
We have continued having students begin their school day with 10-15 minutes of sustained independent reading during Check-In Tuesday, Thursday and Friday. This simple, but powerful practice, helps build strong reading habits, improves literacy skills, and encourages a lifelong love of reading.

While **DEAR** focuses on Year 7, it is part of a bigger vision to foster a whole-school culture of reading. This is complemented with a dedicated Library lesson in 7,8,9 English classes that is building reading skills, encourages use of the library systems, and provides time for each student to update their reading log for the Premier's Reading Challenge.

By making reading a daily priority, we are showing our students, staff and community that literacy matters, not just in English, but across all subjects.

***Thank you for supporting this important initiative!***

Miss Courtney Thompson  
Head Teacher English



## Premier's Reading Challenge 2025

We would like to remind our students and families that the deadline for completing the **Premier's Reading Challenge** for 2025 is fast approaching. Students will need to make sure they have read their twenty books and entered the details of these books into their online reading log by Friday 19<sup>th</sup> September 2025 (*Week 9 this term*). This is a requirement to receive completion certificates and/or special awards.

It is pleasing to note that we have many students in Years 7-10 striving to achieve special awards this year and beyond including **Gold Awards**, **Platinum Awards** and **PRC Medals**. The achievement of these special awards depends on consistent participation and completion over several years. See table below for more information.

10. The certificates you can receive for completing the Challenge are:

| Year of completing the challenge                                                                                                                                                                               | Certificate awarded                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| First year                                                                                                                                                                                                     | Challenge completion certificate                |
| Second year                                                                                                                                                                                                    | Challenge completion certificate                |
| Third year                                                                                                                                                                                                     | Challenge completion certificate                |
| Fourth year                                                                                                                                                                                                    | Gold certificate                                |
| Fifth year                                                                                                                                                                                                     | Challenge completion certificate                |
| Sixth year                                                                                                                                                                                                     | Challenge completion certificate                |
| Seventh year                                                                                                                                                                                                   | Platinum certificate                            |
| Eighth year                                                                                                                                                                                                    | Challenge completion certificate                |
| Ninth year                                                                                                                                                                                                     | Challenge completion certificate                |
| Tenth year                                                                                                                                                                                                     | Challenge completion certificate                |
| Only Year 9 and 10 students are eligible.<br>Year 9: Every year from Year 3 to Year 9 inclusive<br>OR<br>Year 10: Seven years completing the Challenge between Year 3 and Year 10 (please see rule 11b below). | PRC medal and Challenge completion certificate. |

Source: PRC Website, 2025

## Both school and home play a critical role in helping students complete the Premier's Reading Challenge.

Our school library provides students access to a wide range of reading materials that can be read and borrowed during scheduled classes like **DEAR** and English as well as before school, break times and at the end of the school day. Students can also borrow multiple books at one time.

We also add **PRC labels** to the spines of our books to make it easier for students and staff to identify and locate books from the PRC Book Lists.

Parents/caregivers can support their child with reading and the completion of the Premier's Reading Challenge by:

- checking their child's progress on a regular basis
- reminding their child to add the books they have read to their online reading log
- listening to their child read
- offering encouragement & praise
- making 'reading time' part of their child's daily schedule
- encouraging their child to visit their school library and public libraries
- visiting and using the PRC website with their child
- seeking assistance from the teacher librarian at their child's school
- suggesting various titles, authors and genres to try
- talking positively about reading and books in front of their child.

## Book Week Dress Up Day 2025

Our annual Book Week Dress Up Day will be Friday 22<sup>nd</sup> August. We are encouraging students and staff to dress up as one of their favourite book characters. This event gives us all a chance to share the 'joy' of reading and storytelling. It is a great way to be introduced to new books, genres and authors too.

## Children's Book Council of Australia Short List & Winners Display in the Library

Book Week is about celebrating great books created in Australia by Australian authors and illustrators. The Children's Book Council of Australia launches '**Book Week**' celebrations by announcing the winners of their special book awards for 2025.



Students will be able to view and read some of the books nominated for this year's awards by visiting our display here in the school library from Friday 22<sup>nd</sup> August until Friday 5<sup>th</sup> September. The books will be available for regular loan from Monday 8<sup>th</sup> September. This is a great opportunity to introduce students to quality reading books and inspire them to be creative with their own writing and artwork.

If you would like further information and/or support in relation to the Premier's Reading Challenge, our Book Week events and reading, please contact Mrs Kirkland in the library.

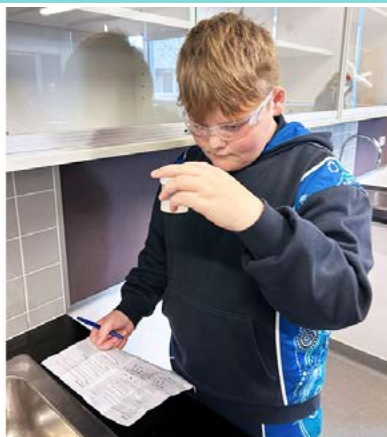
Mrs Kirkland  
Teacher Librarian

# Science Week & EXPO

*It has been a busy **Science Week** at KMHS with visits from the primary schools the successful EXPO evening on Wednesday. Our Years 9 / 10 helpers were **phenomenal**, leading sessions with enthusiasm and supporting the primary students every step of the way. 8A were **great guides**, ensuring groups were at the right place at the right time. We had **legendary** student helpers, who stayed back after school to set up and assist throughout the **EXPO**. Thank you, to all involved, in making this year's **Science Expo** such a great success!*



# Around the School and beyond...



**KMHS Unity Class** engaged in an experiment learning about the composition of different kinds of mixtures.



**ngiyang** students making the new arrivals feel welcome and encouraging them to lay lots of eggs.



**Year 7 TAS** working on their appliqué skills and producing heartfelt results! ❤️

**Kyle** in Year 10, competed in the finals of the 2025 World Skate Oceania Scooter Championships this week.

# 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.

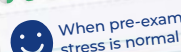


## GETTING EXAM READY

### 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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**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 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

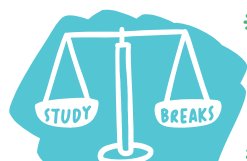
- Lifeline**  
Call 13 11 14
- Kids Helpline**  
Call 1800 55 1800



### 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**  
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

**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

- 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







## Belle of the Ball

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*Northlakes High School Leo Club*

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Lynda on 0449 057 780

### 2025 OPEN DAYS





### Central Coast 30 August

### Open Days

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

[Register to attend >](#)

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.

# Breakfast club







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