

NEWS



Week 6
Term 3
29 August, 2025

KARIONG MOUNTAINS HIGH SCHOOL

Unity ✓ Knowledge ✓ Respect

4340 0246

IN THIS ISSUE:

FROM OUR PRINCIPAL	PAGE 2
DEPUTY PRINCIPAL'S REPORT	PAGE 3
TERM 3 ASSESSMENT CALENDAR	PAGE 4
YEAR 8 MOCK INTERVIEW INFO	PAGE 4
EPP VET DIGITAL FORUM	PAGE 4
AROUND THE SCHOOL	PAGE 5
COMMUNITY NOTICES & INFO	PAGE 6



Central Coast Showcase 2025 ➡
KMHS Principal, Deputy and admin staff on 'Wear it Purple' day ➡



Let's celebrate our KMHS performers at the Central Coast Showcase 2025!



Congratulations to Lily and Joshua (Year 11) on their successful completion of the Max Potential program!

CURRENT HOUSE POINTS

BOUDDI	DHARUG	GIRRAKOO	POPAN
8787	8403	8209	8337



CALENDAR

MONDAY

1 September

Hospitality
Workplacement
Literacy & Numeracy Week
RAGE Program

8 September

Year 11 Exams
RAGE Program

TUESDAY

2 September

Hospitality
Workplacement
Literacy & Numeracy Week

9 September

Year 11 Exams

WEDNESDAY

3 September

Hospitality
Workplacement
Literacy & Numeracy Week

10 September

Year 11 Exams
Better Blokes: Life Skills

THURSDAY

4 September

Hospitality
Workplacement
Literacy & Numeracy Week

11 September

Year 11 Exams

FRIDAY

5 September

Hospitality
Workplacement
World Duchenne
Awareness Day

12 September

Year 11 Exams
RAW Challenge Year 9



FROM OUR PRINCIPAL

Week 6 Term 3

School success is not the work of a few individuals, but a team effort involving students, staff, and our families. Here, at Kariong Mountains, we have a fantastic team and the rewards for our students are evident in many ways.



Let's Celebrate Academic Achievements

Academically, as reported in the Week 4 newsletter, the Year 9 NAPLAN results were **outstanding**, with four out of five domains showing achievement above like schools and equal to or above the state average.

Let's Celebrate Student Successes

In leadership, our students excelled at **Max Potential**, and in performance, they were stars at last week's Central Coast Showcase in dance and music. Our students are embracing opportunities and challenges here, with the full support of the team around them.

Year 12 Trial HSC

Year 12 have now completed their trial HSC examinations, and students will be receiving their results as they return to class this week. Thank you, parents, for your ongoing support of our students. We are aware that the next five weeks will be crucial for students to consolidate their learning in readiness for the HSC examinations.

Stress management is important in helping students complete their HSC journey. Please refer to the links below for practical and useful tips to support your child at this time:

- ▶ [Department of Education - HSC Exam tips](#)
- ▶ [Headspace - how to study for exams and reduce stress](#)
- ▶ [Infographics and posters on dealing with Exam Stress](#)

Support is also available at school this term - please encourage your child to seek assistance from their Year Advisors, Mr Hipwell and Mr Gibbs, Mr White, myself, the Student Services team and their class teachers. **We are all here to ensure the best possible outcomes for our students.**

Year 11

Year 11 are currently completing their Year 11 courses in readiness for their pathway to the HSC starting Term 4. A reminder of key exam dates for Year 11:

- ▶ **End of Course Examinations:**
Monday 15th September to Tuesday 23rd September.

MAX POTENTIAL

Last week, Mr White had the pleasure of attending the **Max Potential showcase** for 2025. **Max Potential** is an innovative leadership development program that has been delivered since 2003. As one of Australia's longest-running youth development programs, **Max Potential** connects high school students with local community and business leaders, who are trained as coaches.

Over five months, participants engage in one-on-one coaching, experiential workshops and deliver a community service pitch that takes an entrepreneurial approach to meeting needs in their local community.

Congratulations, to our own school leaders, Lily and Josh, who participated in this program and successfully developed their own community service pitches: Lily focused on building supportive relationships between teenage girls with **'The Girl Code X'**, and Josh on healthy nutrition for adolescents with **'Train and Thrive'**. Wonderful efforts from both students.



A big **thank you**, to school mentor, Mrs Peters, who supported our Max Potential participants throughout the five months.

Central Coast Showcase 2025

The Central Coast Public Schools' Showcase is a series of concerts held annually at **Laycock Street Community Theatre**. These concerts provide an opportunity for the most accomplished performing artists in public schools across the Central Coast, from Kindergarten to Year 12, to perform in a professional theatre.



The **Showcase** plays a vital role in supporting High Potential and Gifted Education (HPGE) students by providing authentic, high-level performance opportunities in the creative and performing arts. Through participation, students with advanced abilities in music, dance and drama are nurtured and challenged beyond the classroom. The program encourages collaboration and creativity, allowing students to extend their skills alongside like-minded peers from across the region. These experiences not only enhance artistic talent but also build confidence, resilience, and a strong sense of identity and belonging.

Last week, Kariong Mountains High School excelled on stage in both **music** and **dance**. The school is incredibly proud of our talented students, and we extend special thanks to Mr Burns, Mr Hutchinson, Mr Saggus and Ms Sayal for their support and expertise.

Thank you, Kariong Mountains High School community, for your ongoing support of the school and, most importantly, your children.

Mrs Donna James
Principal



Welcoming our new

KMHS Junior Aboriginal Education Consultive Group

President: Tyson Year 11
Vice President: Kira Year 10
Secretary: Cayde Year 8
Treasurer: Brody Year 9



The team will be joining our student leadership team, fortnightly, to promote student voice and lead initiatives.



DEPUTY PRINCIPAL'S REPORT



Week 6 - Term 3

Our school provides students with a wide range of extra-curricular activities to broaden their educational experience and immerse them in sporting opportunities. Quite often these excursions provide students with their fondest memories of high school. What is important, however, is that students catch up on any missed work upon their return. This is an expectation and condition of participating in such activities.

Home Stretch for Year 12

Our Year 12 students have completed their Trials and are now on the 'home stretch' in the completion of their HSC. Students are encouraged to continue to work hard and not take their foot off the pedal. I recall a valuable phrase from a Year Advisor at a previous school - "The hour of work you put off until later is an hour you will miss."

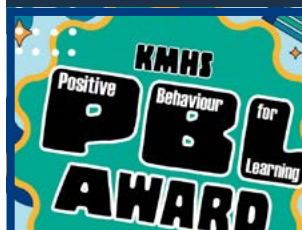
Year 11 Exam time

Year 11 students have their final Preliminary exams coming up shortly and a timetable will be released in the near future. Quite often, universities look at Preliminary course performance when assessing 'Early Entry.' Employers also look to see how students have consistently applied themselves over the years as well. My message is again simple, work as hard as possible to achieve your potential.

PBL Awards

Congratulations, to all faculty PBL award winners from previous weeks. It is always nice to recognise our hard workers and those that uphold our school values. Well done, to the PBL team for their work in this area.

Mr Scott White
Deputy Principal



Congratulations to our Canteen Voucher winners:

Kenzie - Year 7
Reuben - Year 10



Congratulations!

WINNER of a \$10 Canteen Voucher

Tyler - Year 9
Reagan - Year 9
Aj - Year 9

Sponsored by the P&C

CAREER AND EDUCATIONAL PATHWAYS NEWS

Community Members Invited to Join KMHS Mock Interview Panel

Kariong Mountains High School is calling on local business owners and professionals to participate in our upcoming Mock Interviews for Year 8 students—an important part of our Future Focused Learning initiative.

The event, taking place on Thursday 24th October from 8:45 AM to 12:35 PM, offers students a unique chance to practise real-world interview skills and receive feedback from experienced members of the community. The morning will conclude with a lunch prepared by our talented Year 12 Hospitality students.

Volunteers on the panel will help students build confidence, gain insights into the world of work, and develop essential future-ready skills.

Participating in this program is a rewarding way to support the next generation of professionals.

Interested in taking part?

Contact Matt Hipwell, Careers Advisor

4340 0246 | matthew.hipwell1@det.nsw.edu.au

Term 3 ASSESSMENT CALENDAR

Year 10 Assessments DUE:

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 7	Work Placement - Hospitality
Week 9	FINAL ASSESSMENT
Week 10	FINAL ASSESSMENT

EPP
Educational Pathways Program

Join our

VET Ambassadors
DIGITAL FORUM
Local Opportunities & VET in School!

16 September 2025

Session 1 of 3

6-7pm online

[register via link below](#)

FREE Event

Parents, students, prospective employers, and community members ALL WELCOME!



Join us to discover
Local Opportunities in
Career & Learning Pathways

FORUM HIGHLIGHTS:

Head Teacher Careers provide an outline of the EPP and opportunities available to support Central Coast students in achieving career goals.

VET Ambassadors talk about their journeys, how VET pathways helped them achieve goals and jump start their career.

- Discover how a VET Pathway can lead to success.
- Micro-qualifications to jump start careers.
- Saying YES to school offerings.
- Starting conversations with your Careers Adviser.

COMING UP:

Session 2 - 28 October 2025

Session 3 - 9 December 2025



**Jump ahead
with VET!** Vocational Education and Training

**Scan
QR Code
to Register:**



Forum organised and hosted by
Head Teacher Careers from
EPP Central Coast South Group



VET Digital Forum: Registration Page



CALLING ON COMMUNITY VOLUNTEERS FOR OUR

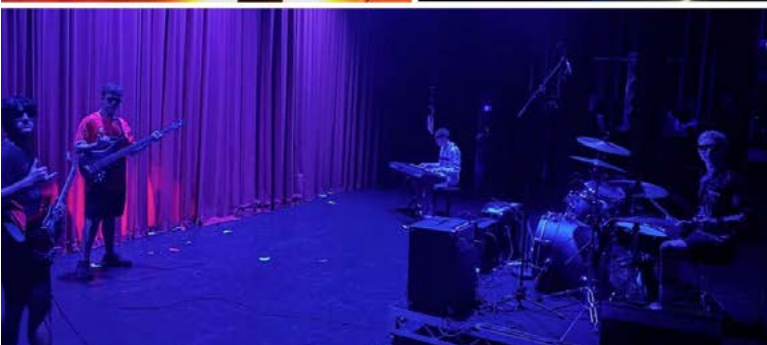
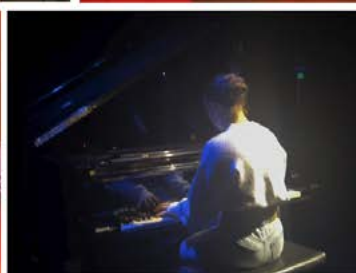
YEAR 8 MOCK INTERVIEW DAY

**Become a
Panel
Member**

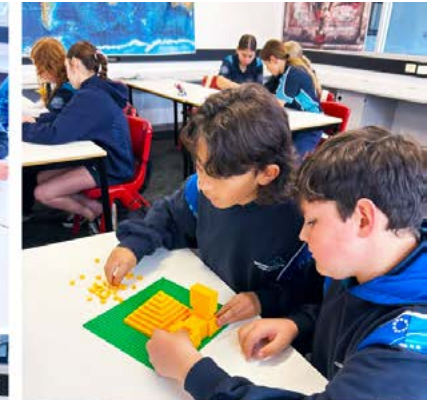
**Friday
24th
October**

SUPPORT STUDENTS IN GROWING THEIR JOB
READINESS SKILLS AND ENJOY LUNCH
PREPARED BY OUR HOSPITALITY STUDENTS.

Around the School *and beyond...*



*Congratulations, to our **musicians** and **dancers**, who performed at **Central Coast Showcase 2025** with amazing back stage help from our **Music Industry** students. All were **exceptional** both on and off stage throughout the event!*



Year 7 HSIE class have been busy making Egyptian models from LEGO bricks with Mr McGilvery.



ngiyang students had an engaging excursion visiting Kariong Fire Station where they enjoyed a tour to learn about this vital emergency service.

COMMUNITY NEWS

NSW Department of Education



Celebrating Wear it Purple Day

Friday 29 August 2025

Kariong
Mountains High

Wear it Purple Day celebrates and supports rainbow youth, raising awareness of the challenges faced by LGBTQIA+ people and highlighting the importance of inclusion and respect.

NSW Education supports schools that choose to recognise and celebrate Wear it Purple Day with their community.

The day sends a clear message that every student is valued and supported, helping to create a safe and welcoming school environment.

Students and staff can wear purple to show their support. Taking part is completely optional.

Wearing purple is taking a stand against bullying and homophobia. It shows a commitment to a diverse and supportive community for LGBTQIA+ students, staff and the wider community.

Founded by students at
Burwood Girls High
School in 2010, Wear it
Purple has grown into
an international
movement



headspace outdoor movie night!

GOSFORD LEAGUES CLUB PARK
screening
the greatest showman!

Join us for a night of fun, games and cinema, with free gelato and popcorn, prizes and activities! Grab your friends or come with the whole family - while tickets last!

free gelato provided by:
SPON BAY
snacks available for purchase from:
SWEET DYS
MILK & HONEY

aug 30 saturday
games, food and activities from 4:30PM
movie starts at 6PM

tickets are free!
grab yours here:

this is an alcohol free event

WE ARE LITTLE ATHLETICS

Come and Try Little Athletics

FRIDAY OCTOBER 10, 2025

If you're loving Little A's, why not share it?
Invite a friend to come along and be part of the fun. It's a great way to stay active and keep improving together.

REGISTER NOW

AGES 5-17
MCEVOY OVAL UMINA
WWW.WWPLAC.COM.AU

FREE TRIAL FOR NEW ATHLETES
OCT 10TH 2025

WE ARE LITTLE ATHLETICS

McEvoy Oval
Fridays 6pm

Woy Woy Peninsula
LITTLE ATHLETICS

REGISTER NOW
Trial Date: Oct 10 2025

2025 OPEN DAYS

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

Open Days
Register to attend >

Belle of the Ball

Providing formal dresses for those in need

Proudly sponsored by
Northlakes High School Leo Club

View by appointment Contact
Lynda on 0449 057 780