

NEWS



Week 8
Term 3
12 September, 2025

KARIONG MOUNTAINS HIGH SCHOOL

Unity ✓ Knowledge ✓ Respect

4340 0246

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LET'S



CELEBRATE

Let's celebrate School
Administrative and
Support Staff (SASS)
Recognition Week 2025!



To Sara (our School Support Officer) and KMHS staff and students, for the amazing organisation and support of World Duchenne Awareness Day and R U OK?Day!



CALENDAR

MONDAY

15 September

Year 11 Exams

Parklands Preschool Visit
RAGE Program

22 September

Year 11 Exams
RSPCA Visit

TUESDAY

16 September

Year 11 Exams

23 September

Year 11 Exams

WEDNESDAY

17 September

Year 11 Exams
Central Coast Special
Education Disco

24 September

Year 11 Exams
Year 12 Graduation

THURSDAY

18 September

Year 11 Exams

25 September

Year 12 Sydney Trip

FRIDAY

19 September

Year 11 Exams
Aurora Education
Foundation
RAW Challenge

26 September

**Last Day of
Term 3**



FROM OUR PRINCIPAL

Week 8 Term 3

Shining bright at KMHS!

Year 11 and 12 are full steam ahead.

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

Year 11 examinations begin on Monday 15th September and conclude Tuesday 23rd September.

HSC examinations begin on Thursday 16th October and conclude Friday 7th November.

Follow the link below to view the HSC Examination timetable:

<https://www.nsw.gov.au/sites/default/files/noindex/2025-05/2025-hsc-written-exam-timetable.pdf>

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

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

For support at school, speak to Mr White, myself, Year advisors Mr Hipwell and Mr Gibbs (Year 12) and Ms Richmond (Year 11), along with dedicated student support staff. Please contact us if you have queries or concerns in the weeks ahead.

Explicit Teaching at Kariong Mountains High School: Building Success Through Clear and Purposeful Instruction

At Kariong Mountains High School, explicit teaching is at the heart of our approach to effective learning. But what exactly is explicit teaching? It is a set of principles guiding dynamic and responsive teaching strategies where teachers clearly explain, demonstrate, and model lessons to students. This involves helping students understand why they are learning something, what their learning goals are, how new knowledge connects to what they already know, what is expected of them, how to complete tasks, and what success looks like.

Our students are given ample opportunity and time to demonstrate their understanding, ask clarifying questions, practise their new skills, and receive clear, timely, and effective feedback. This interactive and transparent approach ensures that learning is purposeful and accessible to all.

This year, our professional learning for staff has focused on reinforcing key enabling factors critical to explicit teaching: maintaining **high expectations**, creating a **safe and inclusive learning environment**, having a deep **knowledge of syllabus content** and **effective teaching** methods, while understanding our **students and how they learn best**.

In line with our commitment to improving literacy and numeracy outcomes, staff have been honing their skills in explicit teaching strategies such as chunking and sequencing learning, connecting new content with prior knowledge, sharing success criteria and learning intentions, and employing effective questioning techniques.

To further enhance teaching quality, lesson observations are regularly conducted, providing valuable insights and opportunities for collaborative growth. Additionally, for the second consecutive year, Kariong Mountains High School has proudly participated in the Mooney Mooney Community of Practice. This partnership supports staff in refining explicit teaching practices to boost literacy and numeracy achievement.

NAPLAN Results 2025

The impact of KMHS' efforts in explicit teaching is evident in our Year 9 NAPLAN results this year, with students excelling across key areas:

- **Numeracy:** Above like schools and State average
- **Writing:** Above like schools and State average
- **Reading:** Above like schools and equal to State average
- **Spelling:** Above like schools and State in the strong proficiency level



These outstanding results reflect the dedication of our staff and students to the explicit teaching approach, fostering a learning environment where every student can succeed.

At Kariong Mountains High School, explicit teaching continues to be a cornerstone of our educational excellence, empowering our students to reach their full potential.

Staff Development Day Term 4

Term 4 will commence for staff with a staff development day on Monday 13th October. Students will resume on Tuesday 14th October.

Thank you, as always, for your ongoing support in making successful outcomes for our students.

Mrs Donna James
Principal



DEPUTY PRINCIPAL'S REPORT



Week 8 - Term 3

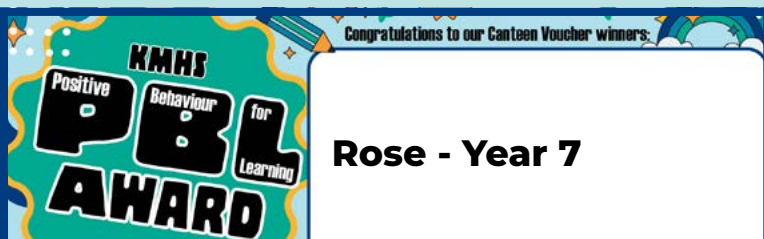
Our Compass Parent Portal is a very useful platform to keep abreast of how your child is performing at school. Parents have access to records of positive behaviour, negative behaviour, N-warnings and attendance. If ever you have a query regarding a Compass entry, please feel free to contact me. Compass also has critical information such as parent contacts, emergency contacts and medical conditions.

Please check that your details are current and accurate and let the office know of any required amendments.

Frequently students from our school are asked to assist in running events for our partner schools. Invariably they perform at the highest level demonstrating our values 'Unity, Knowledge, Respect'. Assistance at the recent *Primary Zone Athletics Carnivals* is just an example. On every occasion they are praised and appreciated for their work making me proud to be the deputy principal of our school.

Our PBL Team are currently preparing for our next reward. Stay tuned for more details in the near future.

Mr Scott White
Deputy Principal



TERM 3 ASSESSMENT CALENDAR

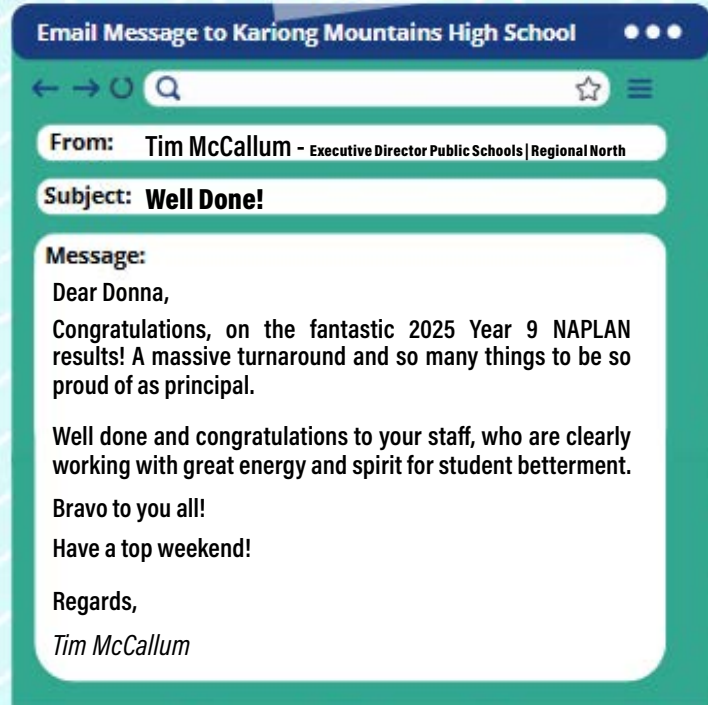
Year 10 Assessments DUE:

Week 9	English	Mathematics
Week 10	PDHPE Building & Construction Commerce	Dance Engineering Music

Year 11 Assessments DUE:

Week 9	FINAL ASSESSMENT
Week 10	FINAL ASSESSMENT

Received
via
EMAIL



KEY POINTS FROM: STUDYSKILLSHANDBOOK.COM.AU

Mastering Test Preparation



Plan, Practise and Perform



1

START WITH A STUDY PLAN

- Mapping out your study schedule helps minimise last-minute stress.
- Write down the subjects you need to review + allocate time for each.
 - Prioritise areas you are less confident in, to make the most of your time.
 - Incorporate breaks into your schedule to avoid burnout.

Tip: Start planning early! Even 20-30 minutes a day will help a lot.



2

PRACTISE WITH PAST PAPERS

Past papers are a great tool for understanding exam formats and practising recall.

- Simulate exam conditions by timing yourself as you complete questions.
- Prepare for different question types: multiple-choice, short answer + essays.
- Analyse your answers to identify weak areas and refine your understanding.

Tip: Many schools and online resources provide access to past papers.



3

USE ACTIVE STUDY TECHNIQUES

Active techniques engage your brain and strengthen your understanding.

- Quiz yourself or have someone else ask you questions.
- Summarise key concepts in your own words to test comprehension.
- Create flashcards for quick, repeated review of important facts or formulas.

Tip: Combine active recall with repetition and review to reinforce memory.



4

CREATE SUMMARY SHEETS

Condense your notes into concise, easy-to-read summaries.

- Use bullet points, diagrams, or flowcharts to visualise key concepts.
- Highlight important terms, dates, or formulas.
- Keep your summaries focused on the most critical information.

Tip: Writing summaries by hand can help reinforce learning.



5

STAY CALM AND CONFIDENT

Your mindset plays a big role in exam performance. Building confidence and managing stress are just as important as studying.

- Practise relaxation breathing techniques or meditation to stay calm.
- Get plenty of sleep the night before an exam to rest your brain.
- Visualise yourself succeeding in the exam to build a positive mindset.

Tip: Trust your preparation. Focus on what you know rather than worrying about what you don't.

With careful planning, consistent practising and a confident mindset, exam preparation doesn't have to feel daunting. Start early, use effective techniques, and stay calm as you approach your exams. Remember, preparation is the key to maximising your performance.

Illustrations by Amanda Abbott - content adapted from the Study Skills Handbook

Access more Study Skills using login details available on Compass!

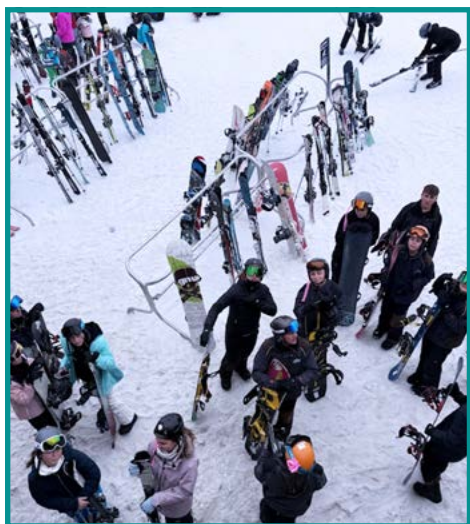
PDHPE FACULTY NEWS

Snow Fun

In Week 4 (Term 3) our Year 9 and Year 11 PDHPE Elective students headed down to Perisher Resort.



For many, it was their first experience of snow, and it was great to see them take on the challenge of skiing and snowboarding.



The resilience and effort demonstrated by the students was impressive, as was the teamwork and encouragement shown throughout the trip. Thank you, to Mr Blyth and Mr Flakus, for accompanying Mrs Miller on this excursion. We hope all involved will have lasting happy memories from the snow trip!



It has been a busy and exciting term in the PDHPE faculty!

Year 7

Year 7 students have been working on a **Bloom's Taxonomy** assessment task, focused on positive relationships. Each student has set individual goals and followed their own learning pathways, allowing for choice, creativity and ownership of their learning.

Year 8

Year 8 have been focusing on the unit **Your Body is a Wonderland**. They have been discussing the emotional and physical changes of adolescence, while exploring strategies to build confidence, stay positive, and develop strong, healthy relationships.

Year 9

Year 9 students have been completing the **Groovers in the Move** dance unit. Working in small groups, they have choreographed their own routines ready to present for assessment. To our surprise, this unit has been a real hit—students have embraced the challenge with energy and enthusiasm.

Alongside this, Year 9 have also begun **Peer Support**. We are aiming to train the entire year group, helping students build leadership skills, confidence and the ability to step up as positive role models and school leaders.

Year 10

Year 10 have been working on Health Promotion, where they are developing strategies and solutions to tackle current health challenges facing young people in Australia. Their creative ideas and problem-solving approaches show that they are on track to make a real difference in the world of health and wellbeing!

Sport

Sport has presented some challenges with the oval out of action due to wet weather. Despite this, students adapted well, making the most of available spaces by playing variations of dodgeball, volleyball, futsal and basketball. We would like to acknowledge the students who participate in lunchtime sport—their sportsmanship, teamwork and peer support continue to contribute to a positive playground environment.



We are pleased to have the oval back in use this week. Students are already making good use of the space with games of football and soccer during Sport, PE lessons and at lunchtime.

It is encouraging to see so many students active and engaged.

KMHS Dance at Showcase

We are incredibly proud of our **Dance Elective** students, who represented Kariong Mountains High School at the **Central Coast Showcase** and shone proudly alongside participants from schools across the Central Coast. Their performances were nothing short of outstanding, highlighting the depth of talent, creativity, and dedication within our school community.

From powerful **dance routines** to polished **costumes, hair and makeup**, our students captivated the audience and demonstrated the high standard of excellence we strive for.

Their commitment to rehearsals and their willingness to step up as performers is a credit to both themselves and their teacher, Mrs Sayal. **Congratulations, to all involved.**

Mrs Meyer
Head Teacher PDHPE



Amazing engagement at KMHS for R U OK? Day on Thursday 11 September!

Ask
R U OK?
ANY DAY

R U OK? Awesome support for R U OK Day @ KMHS!



R U OK?

Treats for Chats @ KMHS!



R U OK?

A conversation could change a life.

In 2009, Gavin Larkin set up **R U OK?** as a personal project to honour his much-loved father, Barry Larkin, who took his own life in 1995. Barry's suicide left family and friends in deep grief and with endless questions. Gavin chose to champion just one question to honour his father and to try and protect other families from the pain his endured: **'Are you OK?'**

Gavin remained a passionate champion of the fact a conversation could change a life, even as cancer ended his in 2011. His legacy is a national Conversation Movement that is equipping Australians with the skills and confidence to support those struggling with life.

ruok.org.au



R U OK? Let's start the conversation...



Tasty Conversations & Awesome Support!

R U OK?

CAREER AND EDUCATIONAL PATHWAYS NEWS

School to Work Success

Memphis Begins Carpentry Journey

We are pleased to share that **Memphis**, a student in the *School to Work* program, has recently secured a Carpentry Apprenticeship with Mountain Goat Constructions. This is a great step forward, and we're proud of his efforts.



A big thank you to Central Coast Group Training for their support throughout the process. Well done, Memphis!

Riley Steps Into a Carpentry Career

Congratulations, to **Riley** from the *School to Work* program, who has successfully transitioned from a school-based apprenticeship to a full-time Carpentry apprenticeship with **Central Coast Group Training**.



Riley has shown great commitment and a strong work ethic throughout his time at school and on the job, and this next step is a fantastic opportunity to continue developing his skills in the trade. We wish him all the best as he begins this exciting new chapter in his career.



2025 NSW Premier's Reading Challenge

The NSW Premier's Reading Challenge closes to students in seven days!

We hope students have enjoyed exploring new and exciting books throughout the year.

All student reading records must be completed by **11:59pm Friday 19th September 2025**, so that validation can occur. Only students who have a completed and validated reading record will receive a PRC certificate.

If you have any issues with logging books, please speak to me **before** Friday 19th September 2025.

Mrs Kirkland, Teacher Librarian

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.



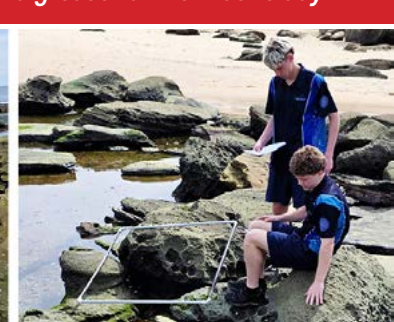
Around the School and beyond...



A HUGE thank you to our staff and students who gave up their weekend to help run the BBQ, canteen and coffee machine at Plant Lovers Fair!



KMHS students and staff positively engaged to support *World Duchenne Awareness Day (WDAD)* and *Cody*. Thank you, to Sara (SSO), for organising such a great and informative day!



Year 11 Biology class on a field study trip to Bateau Bay Rock platform.

COMMUNITY NEWS

NEXT GENERATION

YOUTH
WELLBEING STUDY



We are running health check stations at the following venues.

Youth are reimbursed \$75 vouchers to complete checks on the day, and their parents/carers \$50 to complete a survey.

- Thu 16 Oct - GNL Wyong - 8.30am - 6pm
- Fri 17 Oct - Mingaletta Umina - 12-6pm
- Sat 18 Oct - Mingaletta Umina - 9am - 5pm

It takes about 1.5 hours to complete.
Don't miss out!

Hey you mob!
Are you 10-24 years old?
Living on Darkinjung Country?
We want to hear from you!

UNSW in partnership with Aboriginal communities across Australia, want to understand what the health and wellbeing needs are for Aboriginal youth.

This info will be used to find ways to improve the health and programs available to you in your community and inform health and social policy.

Scan this QR code for more info & to receive reminders



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

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

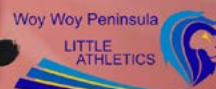
AGES 5-17
MCEVOY OVAL UMINA
WWW.WWPLAC.COM.AU

FREE TRIAL FOR NEW ATHLETES
OCT 10th 2025



WE ARE LITTLE ATHLETICS

**McEvoy Oval
Fridays 6pm**



REGISTER NOW

Trial Date: Oct 10 2025

