

NEWS



Week 6
Term 4
21 November 2025

KARIONG MOUNTAINS HIGH SCHOOL

Unity ✓ Knowledge ✓ Respect

4340 0246

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LET'S



CELEBRATE

Let's Celebrate our 2025
Year 12 cohort, wishing
them all the best in their
future endeavours!

Thank you, for the new
Welcome mat, donated by
Year 12!



*To Miss Annette and Miss Cassie
for their work on the new website!
To Miss Eliza for organising the
photo shoot!*

KMHS
TWILIGHT
SHOWCASE
2025

WED
3 DEC
4 - 6:30 pm



A celebration of student creativity,
performance and achievement.

MUSIC
DANCE

SCIENCE
FACE PAINTING

VISUAL ARTS
MATHEMATICS
CAFÉ **BBQ**

CALENDAR

MONDAY

24 November

Year 10 Stage 6 Prep Weeks

1 December

Year 10 Stage 6 Prep Weeks
Year 10 Work Experience

TUESDAY

25 November

Year 10 Stage 6 Prep Weeks
Macquarie Uni Tour Year 10
Outdoor Rec Fishing Year 9

2 December

Year 10 Stage 6 Prep Weeks
Year 10 Work Experience
Outdoor Rec Fishing Year 9

WEDNESDAY

26 November

Year 10 Stage 6 Prep Weeks
Year 7 Taronga Zoo Excursion
Outdoor Rec Fishing Year 9

3 December

Year 10 Stage 6 Prep Weeks
Year 10 Work Experience
Outdoor Rec Fishing Year 9
Year 12 English Speeches

THURSDAY

27 November

Year 10 Stage 6 Prep Weeks
Year 10 Life Ready
Aqua Splash PASS Outdoor Rec
ngiyang Fishing Program

4 December

Year 10 Stage 6 Prep Weeks
Year 10 Work Experience
Year 12 English Speeches

FRIDAY

28 November

Year 10 Stage 6 Prep Weeks
Outdoor Rec Fishing Year 9

5 December

Year 10 Stage 6 Prep Weeks
Year 10 Work Experience
Outdoor Rec Fishing Year 9



School Website Upgrade Term 4 2025

Our website has a fresh new look to align with the transition to the department's new web platform. We have been hard at work designing, collating and migrating content in preparation for the launch. As we pack away drop-sheets and paint buckets, *there may still be a few adjustments to make.*

To help navigate the new site, you can use the links on this page to quickly access main pages, resources and frequently visited content areas.



If you notice anything amiss or have trouble finding something, please reach out to the office, where Annette (*design and promotions*) and Cassie (*content mover extraordinaire*) will be glad to assist you.



[KMHS Website Home Page](#)

[Parent Information & Resources](#)

[Uniform Shop Information](#)

[Canteen Information & Menu](#)

[Enrolment Information](#)

[School Newsletters](#)

[School Policies](#)

[EPP Information](#)

[Assessment Schedules & Guides](#)

[Why Families Choose KMHS](#)



FROM OUR PRINCIPAL

Weeks 4 - 6 Term 4

Hello to our wonderful Kariong Mountains School Community!

There is so much to celebrate, and information to share, as the term progresses, with students and staff working tirelessly to achieve their learning goals for 2025.

School Directions 2025 and Beyond

The KMHS school plan is based on alignment with the NSW Department focus areas **High Potential Gifted Education (HPGE)**, **Equity (Inclusive Education)**, **Explicit Teaching, Guided Pathways** and improvement in literacy and numeracy outcomes for all students ([Our Plan for NSW Public Education](#)). This year, the school has aligned all staff with key professional learning and initiative implementations that support these focus areas. Staff are divided into key strategic direction teams; Quality Teaching, Aboriginal Education, Transitions, Positive Behaviour for Learning (PBL), Literacy, Numeracy and HPGE. Outlined below is a spotlight on how the PBL framework supports improvements in students' learning.

What is PBL?

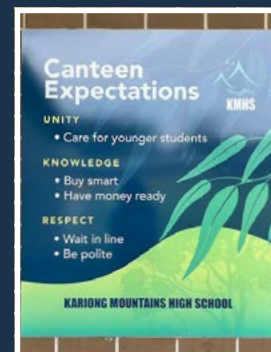
Positive Behaviour for Learning (PBL) is a framework used at KMHS to create a positive, safe and supportive learning environment. It's an evidence-based approach that brings together the whole school community to improve social, emotional, behavioural and academic outcomes for students.

The key components and implementation of PBL centres around:

- ▶ **Teaching Expected Behaviours** The school teaches students the behaviours expected of them, setting clear boundaries and expectations.
- ▶ **Positive Reinforcement** The school encourages positive actions and behaviours through reinforcement and acknowledgement of student success in award presentations and semesterised rewards.
- ▶ **Support Systems** Ensuring support is provided for students who may face challenges in meeting expectations.
- ▶ **Whole-School Approach** PBL is designed to promote the entire school community in developing a positive learning culture.
- ▶ **Evidence-Based Practices** KMHS data is reflected on fortnightly to inform the focus behaviour for the following fortnight.
- ▶ **Increased focus on relationships** The framework gives structure to clear expectations of behaviour to support positive learning environments.

PBL Values and Signage

This term, the school has conducted student voice evaluations to inform improvements in the framework for 2026. Additionally, the school updated the playground signage to reflect the PBL values and expectations. These are visible reminders of expectations for all students. The school has conducted student voice evaluations to inform improvements in the framework for 2026.



HSC 2025

With the completion of the HSC in Week 4, along with the celebratory Year 12 Formal last week, I would like to congratulate all students, staff and parents at KMHS for the support and encouragement that has been given to reach these 'final hurdles'. I wish our outgoing students well, as they begin a new journey beyond KMHS gates. A special thank you, to Mr Hipwell and Mr Gibbs, the Year 12 Year Advisors, for their great support of this special group.

Communication is the Key

The support relationship between parents / carers and the school is pivotal to student success. Please ensure that you stay informed via our school social media. In addition, it is becoming more common practice to email information home to parents/carers, rather than to provide paper copies.

Checking and updating your email address with the school will ensure the communication channels will remain open.

Thank you.

Mrs Donna James

Principal

DEPUTY PRINCIPAL UPDATES



MR TAGG WEEKS 3 - 5



I want to thank everyone for the amazing support over the past 3 weeks. Relieving as deputy principal, yet again reinforced to me what a great school we have with so many amazing and mostly respectful students. I **especially want to thank** Mrs James for her leadership, the office staff for their organisation and support, Mr Gibbs for doing an excellent job relieving as Head Teacher HSIE and student services for their support.

*Mr Derryn Tagg
Relieving Deputy Principal*



MR WHITE WEEK 6 ►



Many thanks to Mr Tagg, for sitting in the chair for the past 3 weeks. I **have returned to a school that is in very good shape**. Thanks also to Mr Gibbs for stepping up and to Mrs James for her support.

*Mr Scott White
Deputy Principal*

PBL Faculty Awards - HSIE

Congratulations, to our PBL recipients for the HSIE Faculty Awards. All our students have demonstrated Unity, Knowledge and Respect and have been selected by their teachers. Well done!



Learning

for

Behaviour

Positive

Congratulations to our Canteen Voucher winners:

Ziva - Year 7
Jesse - Year 9
Indy - Year 10
Finn - Year 11



WHITE RIBBON DAY
25th NOVEMBER
SAY NO TO
DOMESTIC VIOLENCE

On Tuesday 25th November, we will be supporting White Ribbon Day, a campaign to stop violence against women. There will be no need to bring money, we will have ribbons and posters displayed around the school to help raise awareness for this important cause.

If any of this affects you, or if you have experienced anything like this, please don't feel afraid to seek support from our Wellbeing Team.

Ziva - Year 7

Congratulations!

WINNER of a \$10 Canteen Voucher

Lexi - Year 10
Terell - Year 7
Zoe - Year 9
Jeremiah - Year 12
Owen - Year 7

Sponsored by the P&C

Year 12 Formal 2025

Photos below from the Year 12 Formal at Glenworth Valley, where we celebrated with our Year 12 students on officially finishing their HSC and graduating from Kariong Mountains High School. **Congratulations, Year 12 2025.** We are all so proud of you and we will miss you!



EPP - Year 8 Mock Interviews

A Huge Success at Kariong Mountains High School!

The **Mock Interview** experience gave **Year 8 students** an incredible opportunity to step out of the classroom and into the real world, developing essential employability skills and confidence for the future.

We were delighted to welcome generous representatives from local industry, who volunteered their time to conduct interviews, while sharing their insights and experiences. By engaging directly with industry, students gained valuable understanding of workplace expectations and future career pathways — while still at school.

Opportunities like these are at the

heart of EPP's mission to prepare young people for the future world of work. These mock interviews help students develop transferable skills such as **social interaction, emotional intelligence, communication and creativity** — skills that even in the age of AI, remain uniquely human.

Students participated in professional-style interviews and received personalised feedback to refine their communication techniques. They were also awarded a certificate of participation to include in their résumé portfolios.

The day was a huge success, and our Year 8 students have taken an important step toward building the skills, confidence, and self-awareness needed for future career success.



"It was inspiring to see our students rise to the occasion and approach their interviews with such maturity and enthusiasm. We're so grateful to our industry partners for helping make this such a valuable learning experience." ~ Sara Cutting



TAS UPDATE

There is never a quiet term in TAS

This term sees our **Year 11 students** transition to HSC studies where IT-Timber, students are already in the deep end of design development and planning of major projects. *Stay tuned for future updates, as there are some exciting projects under way.*

Recently, TAS students have enjoyed some wonderful **learning experiences** and **catering opportunities**.

Year 11 Hospitality worked hard to cater for the *Year 8 Mock Interview Day*. While practising their customer service and barista skills, they displayed professionalism in all areas.

Years 7-10 have been busy cooking up a storm in the kitchen and have demonstrated amazing food presentation skills.

The **TAS workshops** have been busy with students mastering their skills in the development of *wall cabinets, skateboards*, and designing and making a scaled *model house* from floor plans. The hard work and engagement never stops. This page shows photos from behind the scenes in the kitchen. ***Well done, to all students involved!***

Mr Scott Bath - HT TAS



Outdoor Recreation

GONE FISHING

Year 9 Outdoor Recreation students from Kariong Mountains High School set out to conquer the wilds of Mt Penang Gardens, armed with fishing rods and a healthy dose of enthusiasm *(and cheese)*.

In a **thrilling** display of patience and skill *(with some lucky breaks)*, they managed to catch catfish—proving once and for all that they are, at least for a day, masters of the great outdoors.

Between dodging curious ducks and perfecting their **“expert angler”** poses, the students not only honed their fishing techniques, but also developed a deeper appreciation for the art of waiting — and the beauty of nature *(and the occasional slippery fish)*.

Who knew learning could be this much fun?

Mr Alex Blyth



MATHEMATICS

Faculty News Update

Year 10 Students Put Their Numeracy to the Ultimate Test (no calculators allowed!)

Think **escaping** a high school mathematics problem is easy? **Think again!** Our Year 10 students faced the ultimate challenge in a numeracy-themed escape room, where their only weapons were **sharp minds** and a few **well-placed formulas**.

No calculators, **no** cheating — **just pure number-crunching, determination to crack the codes and escape** before time ran out. [Spoiler alert]: *There were no prisoners, only victorious problem solvers!*

Have a look at the photo below to see these masterminds in action, proving that mathematics can be just as thrilling as any puzzle—if not more.

Mr Alex Blyth - HT Mathematics



KEY POINTS FROM: STUDYSKILLSHANDBOOK.COM.AU

Micro-Learning for Busy Students

MASTERING STUDY IN SMALL, MANAGEABLE CHUNKS



1

FOCUS ON ONE CONCEPT AT A TIME

Instead of cramming multiple topics in one sitting, dedicate each short session to mastering a single concept or skill. For example:

- Learn one grammar rule for a language class.
- Review one math formula and practice a few problems.
- Study a single historical event and its key impacts.

Tip: Write down the specific topic ahead of time to help with focus.



2

USE TECHNOLOGY TO YOUR ADVANTAGE

Enhance micro-learning with apps like Duolingo, Quizlet, Memrise, which are great for quick learning sessions, bite-sized lessons and short bursts of study.

- Khan Academy: Watch short videos on a variety of subjects.
- Anki: Use flashcards to memorize terms, concepts, or formulas.

Tip: Set daily reminders to spend 10-15 minutes on these apps.



3

BREAK DOWN BIG TASKS

Large assignments or exams can feel daunting, but breaking them into smaller tasks makes them manageable. For example:

- Instead of 'Study for biology test', plan sessions like 'Learn parts of the cell' or 'Revise photosynthesis process'.
- Start with 'Brainstorm ideas' in one session and 'Write introduction' in the next.

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



4

TAKE ADVANTAGE OF TRANSITION TIMES

Micro-learning can be fitted into gaps in your day for added productivity:

- Review flashcards during your commute.
- Watch a short tutorial during lunch.
- Write a quick outline for an essay while waiting for practice to start.

Tip: Keep your materials accessible, so you're always ready to learn on the go.



5

COMBINE MICRO-LEARNING & OTHER STRATEGIES

Micro-learning doesn't replace regular study, use it to reinforce what you've already learned or prepare for longer, more in-depth sessions:

- Spend 10 minutes reviewing vocabulary with flashcards in the morning.
- Dedicate 20-30 minutes after school for detailed problem-solving or essay writing.

Tip: Use micro-learning sessions to identify weak areas and lay groundwork for more focused study.

Small Steps, Big Results

Micro-learning is a game-changer for busy students. By focusing on one concept at a time, leveraging technology, and using transition times effectively, you can make steady progress even on your busiest days. Remember, it's not about how much time you spend—it's about how well you use it. Start incorporating micro-learning into your routine today and see how small efforts add up to big achievements.

Infographic by Annette Abolins - content adapted from the Study Skills Handbook

Access more Study Skills using login details available on Compass!

KEY POINTS FROM: STUDYSKILLSHANDBOOK.COM.AU

The Power of Active Recall

MAKE YOUR STUDY SESSIONS SMARTER, NOT LONGER



1

UNDERSTAND ACTIVE RECALL

Active recall is about pulling information from your memory instead of simply reviewing it. This strengthens ability to retrieve knowledge over time:

- It relies on effortful thinking, which builds deeper understanding.
- Retrieval pathways grow stronger with practise, making information easier to recall later.

Tip: Think of active recall as a workout for your brain.



2

QUIZ YOURSELF

Testing yourself is one of the most effective ways to engage active recall, forcing your brain to retrieve information and spot gaps in your understanding.

- Close your book and write or say aloud everything you remember about a topic.
- Use questions from your textbook, class materials, or make up your own.
- Check your answers and review areas where you struggled.

Tip: Mistakes are part of the process! Every wrong answer helps you identify where to focus your efforts.



3

USE FLASHCARDS STRATEGICALLY

Flashcards are a simple but powerful tool for practicing active recall, especially when combined with spaced repetition:

- Write a question or keyword on one side and the answer on the other.
- Use digital flashcard apps like Anki or Quizlet to prioritize tough cards.
- Regularly review both old and new cards to keep information fresh.

Tip: Focus on the cards you find most challenging to help reinforce your memory.



4

TEACH WHAT YOU'VE LEARNED

Teaching forces you to organise and articulate information clearly, highlighting areas where your understanding needs improvement:

- Explain concepts to a friend, family member, or study partner.
- Create a mock lesson, presentation, or even a tutorial video.
- Answer follow-up questions or imagine questions your 'audience' might ask.

Tip: Explaining complex ideas in simple terms is the ultimate test of mastery.



5

PRACTISE PAST QUESTIONS

Answering practice questions or working through past papers mimics exam conditions and helps reinforce your recall skills:

- Look for exam-style questions in textbooks or online.
- Time yourself to simulate the pressure of real tests.
- Review incorrect answers to pinpoint weak areas and adjust study focus.

Tip: Practice questions not only help with recall but also familiarise you with the format and common question types.

Smarter, Not Longer

Active recall transforms your study sessions into memory-boosting powerhouses by actively engaging your brain. Focus on quality over quantity, and you'll see better results in less time. With these strategies, studying becomes more effective—and far less overwhelming.

Infographic by Annette Abolins - content adapted from the Study Skills Handbook

Access more Study Skills using login details available on Compass!

The Science Scoop

What a fabulous year we have had in Science in 2025!

Following our exciting celebrations of National Science Week in August, students from across the school have been immersed in a myriad of exciting learning opportunities this past term. It's been a hands-on, high-energy semester for all year groups and we're so proud of the enthusiasm they have brought to the Science classroom.

Year 7 highlights include investigating solvents and solutions with Milo (*because who doesn't love a tasty experiment?*), making popcorn to demonstrate energy transformations and some truly epic **tug-of-war** games, as we explored the forces at play.

7A dived deep into what a **frictionless universe** would be like; spoiler alert: nothing would work and nothing would survive, proving friction is the real MVP of physics.

REMINDER

Year 7 Taronga Zoo excursion

Wednesday 26 November. Remember to bring an OPAL card with credit (\$9.95 travel cost with a Youth card).



Year 8 students have been charged up learning about static electricity, applying their knowledge by building electrical circuits and interpreting diagrams. They have also enhanced their understanding of important renewable resources—connecting ideas from their HSIE lessons along the way. Now, Year 8 is diving into the atomic world, exploring the unique properties of atoms, and conducting experiments to tell elements, compounds, metals, and non-metals apart. It's truly an element-ary adventure!

Year 9 students have been busy exploring motion and measurement out on the school oval! Using a variety of equipment – cones, tee balls, frisbees, footballs, stopwatches and trundle wheels- students have investigated distance, displacement, speed and velocity first-hand. A special shout-out goes to Mia, who achieved the highest mark in the entire year group for her '*Public Health Initiative*' assessment task.

Our **Year 10 accelerated** students have powered through their **Year 11 Investigating Science course** and have already begun their HSC studies – proving that, just like Newton's laws, **their momentum keeps carrying them forward!** Our mainstream classes have been diving into genetics, evolution, chemical reactions, space and electricity, sparking plenty of curiosity along the way. Students have designed festive Christmas-themed electric circuits and created some spectacular chemical reactions that really blew us away (*safely, of course!*).



Year 11 courses have now wrapped up and students are powering ahead with their HSC modules. The Biology class is currently exploring infectious diseases—an area where new biological evidence constantly changes our understanding of the world and reminds us how science and technology have improved human health.

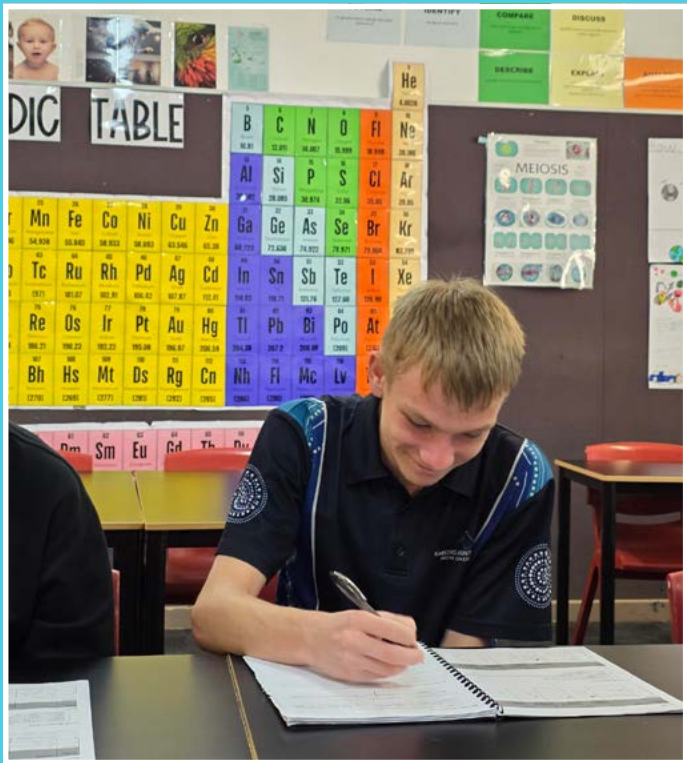


Parents and carers — Don't forget our past newsletters are packed with study tips to support young scientists in their studies!

Congratulations, to Year 11 students, **Kian, Finn** and **Cohen** for completing their accelerated studies by sitting their HSC exam in Investigating Science!



Congratulations, to our outgoing **Year 12** students, on completing the HSC examinations — **no small feat in any universe!** We look forward to seeing you at the results BBQ later this term. May your scientific futures be bright and your experiments ever fruitful.



Extra-curricular EXTRAORDINAIRE!
Chante, one of our ambitious Year 11 students, has plunged into the deep end of **Marine Science**. Earlier this year, when presented with an opportunity for high school students to undertake university-level units through the University of Tasmania (*the University Connections Program*), Chante dove straight in.

The course, **A Primer of Marine and Antarctic Science**, explores life in the ocean, how its many parts interact, the effects of climate change, and the impact humans have on these precious environments. It also investigates how we can better protect and manage marine resources — **a topic as vast as the blue itself**.

Chante has successfully completed the course and attained 12.5 credit points, which may go towards a related degree at the University of Tasmania. We are immensely proud of her for riding the wave of discovery and chasing her dreams.

“
*I have always loved the ocean, ever since I was young. I am fascinated by marine animals and how they live amongst each other. One of the main marine animals I have always loved the most are **sharks**.*



One of the topics in this course looked at how sharks are in danger due to the definning (removal) of their dorsal fins. This course has helped me better understand the impact human activities have on marine ecosystems and marine animals. At the end of the course, I received a total of 12.5 credit points, which may contribute to my future studies, if I attend the University in Tasmania. It was a rewarding experience and well worth getting a taste of university studies.”
- Chante

Keep Track of Important dates:		
Who	What	When
Year 7	Zoo excursion	26 November (Wed)
Year 10 (HSC accelerated)	Assessment Task 1 Due	11 December (Thur)
Year 11 (12) Biology	Assessment Task 1 Due	18 December (Thur)

At KMHS, we seek to ignite curiosity about the world and help our students make meaning from everyday experiences.

As we wrap up 2025, we look forward to 2026, which promises a new science curriculum for Years 7 and 9 — an exciting era of ideas and discoveries ahead, just what every scientist dreams of!



As always, stay curious and keep experimenting — **because science is more than just a subject; it's a way of seeing the world!**

Mrs Kylie Peters and the Science Faculty

LEARN ABOUT Upcoming Changes to **SOCIAL MEDIA** **AGE RESTRICTIONS**

With social media changes due to take effect on 10 December, we have included information below about some **free webinars** to support educators, families, carers and young people navigate the new rules and guidelines.

The eSafety Commissioner and Generation Next are two on offer, however, there are other options both paid and free.

eSafety webinars

30-minute webinars for parents and carers, with six sessions running from today to 15 December.

Content includes:

- ★ An overview explaining the **purpose of the new age restrictions** and how they aim to protect young Australians.
- ★ Discover which platforms will require users to be **16+** and which platforms younger users will still be able to access.
- ★ **Tips and resources** to support online safety and wellbeing through the transition.
- ★ [More details and registration links here.](#)

Generation Next

Brett Lee, a former Queensland police detective, who specialised in child exploitation before becoming a cybersafety expert, is hosting a series of information webinars for parents. There are four sessions running from 19 - 27 November.

The sessions will cover:

- ★ an overview of the social media age restriction changes coming into effect next month.
- ★ how these changes are likely to affect young people.
- ★ steps those who support young people can take to assist them and their families to prepare.
- ★ practical strategies and tips for navigating the transition and beyond.
- ★ [More details and registration link here.](#)

KMHS

2025 CHRISTMAS

FOOD & GIFT DRIVE

CENTRAL COAST



FAMILY SUPPORT SERVICES

This year, our school is working with Central Coast Family Support to facilitate a Christmas food and gift drive. Central Coast Family Support is a locally run service that aids families of all kinds, working to support them through any situations and challenges they may face. For this drive, we are asking for donations appropriate for children aged 0 - 12. They must be non-perishables and unwrapped but can include canned goods, toiletries, infant supplies and more!

The cut-off date for these donations is the 5th of December, so please support our local families and make a donation.

All donations can be left at Kariong Mountains High School front office.

KMHS Student Leadership Team



KMHS DEFIBRILLATOR THANKS TO community generosity



Kariong Mountains High School Defibrillator



Funds kindly donated by:

KMHS Year 12 Students 2024
Bendigo Bank
Central Coast Plant Lovers



Media Release

Community Banks reach milestone with over 500 lifesaving defibrillators

Monday 10 November 2025

Community Banks across Australia have helped reach a significant milestone with the number of lifesaving defibrillators purchased and installed by the nation-wide network of branches now passing the 500 mark. The Community Bank network is now on a mission to provide further AED coverage to hundreds more communities that need them.

Since foundation in 1998, Bendigo Bank's Community Bank model has grown from a concept designed to empower communities at risk of losing face-to-face banking services to a network of more than 300 branches and is best known for returning more than \$366 million to the community in the form of sponsorships and grants.

Community Bank East Gosford & Districts Franchise Group CEO Michael Bell said: *"To improve the chances of survival after cardiac arrest, Community Bank East Gosford & Districts has funded the installation of one AED at Kariong Mountains High School and we are happy to work with other schools and local organisations to identify further suitable locations that will increase the availability of these lifesaving devices for use in an emergency."*

"Community Bank East Gosford & Districts is now inviting applications for AED funding from local community groups and businesses. People can simply download an AED locator app for their state or territory and if you can't find a publicly accessible defibrillator nearby, come and speak to our branch about how to apply to have one installed," Michael Bell concluded.

Sudden cardiac arrest claims the lives of around 100 Australians daily, with 90 percent of victims unable to be revived without immediate assistance from bystanders. To improve the chances of saving a life in an emergency, some Community Bank branches have funded the installation of as many as 60 defibrillators across their operational footprint to ensure greater public accessibility to AEDs.

Bendigo Bank Head of Community Banking, Justine Minne said: *"Breaking through the 500 mark is a significant milestone for Australia's most trusted bank. We know that Community Bank funded AEDs have now saved the lives of men, women and children on golf courses, bowling greens, hockey clubs, walking trails, cafes and chemists - with some of these devices deployed more than once."*

"Community Banks have been able to supply these vital lifesaving devices to surf clubs, sporting venues, campsites, shopping centres, RSLs, CWA branches, bank branches, schools and many other publicly accessible locations right across Australia - all because customers help generate the funding necessary, simply by choosing to do their banking with us," Ms Minne concluded.

What to do if your community needs an AED

People can download an AED locator app for their state or territory. If a publicly accessible defibrillator can't be located nearby, speak to local community groups or workplaces about having one installed.

Then contact your local Community Bank branch who can consider applications for the funding, supply and installation of AEDs to help ensure more communities can access an AED in an emergency.

Media enquiries:

Simon Disney, Public Relations Manager
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Bendigo and Adelaide Bank is Australia's better big bank, with around 7,000 staff helping our 2.5 million customers to achieve their financial goals. Bendigo and Adelaide Bank's vision is to be Australia's bank of choice, by feeding into the prosperity of customers and their communities.

Around the School and beyond...



*Well done, **Year 9 Music students**, who spent two days writing and recording their very own songs. They worked in groups, alongside industry professionals, to each write and record a **group song**, which will be released on streaming services in the coming week. Thank you, to Mr Saggus and Mr Hutchinson for organising this experience for the students.*



7/8 U PDHPE working on their artwork for their class totem. They have been exploring items or animals that have spiritual significance



*Remembrance Day: Josh and Ilia represented our school and community at the Gosford Remembrance Day Service. **Lest we forget.***



*Ms Johnstone's Year 10 Food Technology class have been busy making **Christmas Recipe Cards**.*