

NEWS



Week 8
Term 4
5 December 2025

KARIONG MOUNTAINS HIGH SCHOOL

Unity ✓ Knowledge ✓ Respect

4340 0246

IN THIS ISSUE:

FROM OUR PRINCIPAL	PAGE 2
FROM OUR DEPUTY PRINCIPAL	PAGE 3
STUDY SKILLS	PAGE 3
CAPA MUSIC NEWS	PAGE 4
CAPA VISUAL ARTS & PHOTOGRAPHY	PAGE 6
HSIE FACULTY NEWS	PAGE 8
SOCIAL MEDIA INFO FOR STUDENTS	PAGE 9
CHRISTMAS GIFT DRIVE	PAGE 9
AROUND THE SCHOOL	PAGE 10

LET'S



**C
E
L
E
B
R
A
T
E**

Let's Celebrate:

**Raging Waters Excursion -
PBL Students Rewards Day**

**Year 6/7 Orientation Day at
KMHS!**



*To all performers, artists,
contributors and organisers of
the KMHS Twilight Showcase -
this was a great celebration with
school community!*

KARIONG MOUNTAINS HIGH SCHOOL PRESENTATION CEREMONY

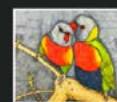
IN THE SCHOOL HALL



2025

A CELEBRATION OF
STUDENT ACHIEVEMENT AND
ACADEMIC EXCELLENCE

**MONDAY
15th DEC
6:00 PM**



CALENDAR

MONDAY

8 December

Year 10 South Coast Trip

15 December

End of Year Presentation 6pm

TUESDAY

9 December

Year 10 South Coast Trip

Outdoor Rec Fishing Year 9

16 December

WEDNESDAY

10 December

Year 10 South Coast Trip

Outdoor Rec Fishing Year 9

17 December

Music Tour - Day 1

THURSDAY

11 December

ngiyang Fishing Program

PRC Pizza Party

18 December

Music Tour - Day 2

FRIDAY

12 December

Outdoor Rec Fishing Year 9

19 December

Outdoor Rec Fishing Year 9

Music Tour - Day 2

Last Day of Term 4





FROM OUR PRINCIPAL

Week 8 Term 4

Hello to our wonderful Kariong Mountains School Community!

Nearing the end of the school term, I am excited to report the great initiatives and events that are in planning for the remainder of the KMHS school year:

Year 7 Transition

Year 7 Transition for 2026 is in full swing, with the school hosting the successful Orientation Day held Tuesday this week. It is an absolute pleasure to welcome our new students and families through the KMHS gates and we look forward to working together on their journey ahead.

KMHS is a proud member of the Kariong Mountains Learning Community and the transition program implemented is designed to have students known, valued and cared for, even before they don the KMHS uniform. The Student Services and Support Unit teams have worked tirelessly this year, with our partner schools, to build student profiles for all students, provide opportunities for students to attend KMHS and familiarise themselves with the high school setting and meeting with staff and students at length to gather the information required for a successful transition.

Thank you, to our partner primary schools; **Kariong, Somersby, Peats Ridge, Kulnura and Central Mangrove**, for their ongoing support and partnership in the education of our students.

Stage 6 Transition Program

It is well documented that students transitioning from Year 10 (Stage 5) to Year 11 (Stage 6) benefit from support to develop skills that prepare them for this next stage. This year, our school is facilitating an alternate curriculum for three weeks, encompassing skill-building, along with welfare and social skills programs, to support our Year 10 students as they transition to Year 11 in 2026.

As I write this, Year 10 are currently participating in external work experience as a part of their career development. Next week, the majority of students will be experiencing three days on the South Coast as their end of year camp. Thanks to Mr Hipwell, Ms Sayal and the Student Services team for their work in co-ordinating this program.

Presentation Evening

Invitations have been sent this week for our Presentation Evening on Monday the 15th December. We look forward to welcoming our school community as we celebrate our students' achievements in 2025.

PBL Raging Waters Rewards Excursion

Congratulations, to our PBL award students, who received an invitation to participate in the **Raging Waters Excursion** this week. Students receiving this reward, have consistently demonstrated support of our school values 'Unity, Knowledge, Respect' throughout the year!

Student Reports

Student reports for 2025 are currently being written and reviewed. A reminder that reports are published on the school Compass portal. Should you need assistance in accessing this, please contact the school for assistance. All reports will be published in the final week of term.

Attendance Matters

As we head into the last few weeks of term it remains important that your child attends school every single day. Being at school is the best place for students to learn as well as to keep social connections and build life-long skills.

We understand that families are eager to see and reconnect with loved ones and take a well-deserved break, but please remember that planned travel should only be taken during scheduled school holidays.

Students should be at school every day during school terms, including until the end of term, unless they are sick or are absent for a justified reason.

Missing a day here or there may not seem like much, but absences add up and can negatively impact your child's learning and wellbeing. When your child misses one day a week, that amounts to missing **40 days of school and 8 weeks of learning in one year**. Over an entire school journey this adds up to 2.5 years of lost learning.

We want to do everything we can to help all students be at school every single day, because every day counts. If you have any concerns or questions please contact the school.

Mrs Donna James
Principal



DEPUTY PRINCIPAL'S REPORT



Week 8 - Term 4

As the year draws to a close, we continue to have the same high expectations of behaviour and application to studies. Maintaining regular routines and completing class work will contribute significantly to this so that we finish the year on a high.

Year 11 have been in the process of finalising their HSC subjects and the vast majority have settled on their pattern of study. There is still opportunity for change next year and the same procedures will need to be undertaken.

'Confirmation of Entry' forms have been signed and filed and the parents of students, who are not eligible for an ATAR will have a letter sent home. If you have any questions, please feel free to contact me.

Recently, all of Year 10 have been completing 'All My Own Work' modules which are mandatory for enrolment in Year 11 courses. The program deals with issues such as plagiarism, cheating and ethics. Students will need to have completed this by the end of the year.

Congratulations, to all students who earned the right to attend the PBL Rewards Day this week. Your exemplary behaviour is indicative of why you were eligible. Such rewards are to encourage all students to aspire to do their best and follow our school values.

Mr Scott White
Deputy Principal



Study Skills

Tips to motivate and inspire your learning

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

BUILDING RESILIENCE THROUGH REFLECTION

TURNING SETBACKS INTO STEPPING STONES

1. REFLECT ON THE EXPERIENCE



When something doesn't go as planned, it can be tempting to brush it off or to feel defeated. Instead, try to take a moment to reflect. Ask yourself questions like:

- What happened, and why?
- What part of this was within my control?
- What can I learn from this experience?

Reflection helps you understand why and prevent the same mistakes in the future.

TIP: WRITE YOUR REFLECTIONS IN A JOURNAL TO TRACK YOUR PROGRESS AND SEE HOW MUCH YOU'VE LEARNED OVER TIME.

2. FOCUS ON PROGRESS, NOT PERFECTION



Instead of thinking you have to get everything right the first time, focus on progress. Celebrate small victories and improvements, even if they don't seem significant at first.

- If time management is a struggle, aim to plan one day effectively this week.
- If you find a subject difficult, commit to mastering one concept at a time.

Each step forward is a success.

Acknowledging your progress builds confidence and motivation.

TIP: USE A GROWTH MINDSET MANTRA LIKE, 'I MAY NOT BE THERE YET, BUT I'M IMPROVING EVERY DAY'.

3. CREATE AN ACTION PLAN



Resilience isn't just about reflecting — it's about taking action. Once you have identified what went wrong, make a plan to address it. For example:

- If procrastination is your issue, set up a daily study schedule with short, manageable blocks of work.
- If stress holds you back, explore relaxation, mindfulness or exercise.

Breaking big problems into smaller, actionable steps makes them more achievable.

TIP: SHARE YOUR PLAN WITH A FRIEND, TEACHER, OR PARENT FOR ACCOUNTABILITY AND SUPPORT.

4. EMBRACE FEEDBACK

Feedback is a valuable tool for growth. Instead of seeing criticism as negative, view it as a guide to improvement. Ask specific questions like:

- What could I do differently next time?
- How can I better meet the expectations?

TIP: USING FEEDBACK CONSTRUCTIVELY HELPS YOU GROW AND SHOWS YOUR COMMITMENT TO LEARNING.

Strength Through Struggles

Building resilience takes time, effort and self-reflection, but the rewards are worth it. By learning from your experiences, focusing on progress, and creating actionable plans, you can turn setbacks into opportunities for growth. Remember, resilience isn't about never falling—it's about getting back up stronger every time. *Start reflecting today, and see how far you can go.*



Infographic by Danielle Adams - content adapted from the Study Skills Handbook

Access more Study Skills using login details available on Compass!

QUICK ACCESS LINKS

[KMHS Website Home Page](#)

[Parent Information & Resources](#)

[Uniform Shop Information](#)

[Canteen Information & Menu](#)

[Enrolment Information](#)

[School Newsletters](#)

CAPA MUSIC

Year 8 Music

This term, Year 8 students have been exploring film music while enhancing their performance skills on the keyboard, guitar, and ukulele. They have learned about famous film composers and discussed how music can evoke different moods.

Additionally, they studied how the instruments of the orchestra are used in creating film scores. Recently, students have been learning to perform a variety of film soundtrack songs, each selecting an instrument to play as part of an ensemble.

They have performed 'Happy' from Despicable Me, 'Steve's Lava Chicken' from Minecraft and 'Life Is A Highway' from Cars.



Year 9 Music

Students in Year 9 recently participated in the APRA Songmakers incursion, where industry professionals visited our school to mentor them in creating songs from scratch in small groups.



The students gained hands-on experience in writing, playing, mixing, and producing their song creations, which have now been transformed into full demo tracks.

These songs are available on Spotify and other streaming services! Special thanks to the incredible mentors — *Audius, DVNA and Lily Richardson* — for providing such a valuable experience for our students.

Year 9 Music Elective

Students in the Year 9 Music elective have been learning all about songwriting processes. Working together in small groups, they have written original lyrics, created catchy chord progressions and learnt how to record, mix and produce their own song creations. They also learnt how to upload their own music to streaming services for the world to hear!

Year 10 Music Elective

Students in the Year 10 Music Elective have been diligently working on their *Passion Projects*. This is a personal interest project that each student chooses to pursue, to develop knowledge, understanding or skills in a specific area of music.



This year's passion projects include preparing a set of songs for performance at the Waterfall Café, learning a particular song on a chosen instrument and writing or producing a song using a DAW (*Digital Audio Workstation*).

Year 12 Music 1 have been completing their first assessment task. Students have been composing a piece of music and preparing a Viva Voce for the topic 'Music of the 20th and 21st Century'.

Music Tour 2025

Students in Years 9 to 12 have been busy preparing for their performances in the upcoming **Music Tour**, which will take place Wednesday - Friday of Week 10, when we travel to our community primary schools to put on an outstanding show!

With the incredible amount of talent we have at KMHS, this year's tour is divided into two stages. For the first time, students will perform in **either** the Junior or Senior Tour. Each tour has its own set list and roles. A major performance will be held at Kariong Public School, where all students will come together to perform!



Jam session in the music room, preparing for the upcoming Music Tour.

Year 12 Music Industry

The Music Industry class recently performed at Drifters Wharf as part of their **live performance** task.



The students played for over two hours to a sold-out crowd, generating \$2160 worth of ticket sales and taking \$960 profit after costs.

This concert has been two terms in the making, with the students learning how to construct a show, organising logistics with ticketing and promotion, liaising with sound and lighting engineers and ultimately, executing a successful show.

Mr Kane Burns - Head Teacher CAPA
Mr Ashley Hutchinson - Music Teacher

Photos below show Music Industry students performing at Drifters Wharf.



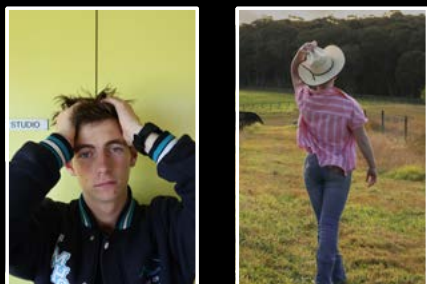
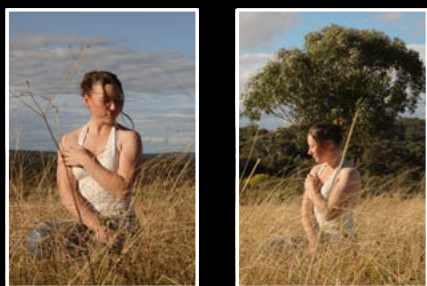
CAPA

Visual Arts Photography Digital Media

Our Visual Arts and Photography, Video and Digital Imagery students have had an exceptionally productive term, showcasing creativity, technical skill and a strong commitment to their learning.

Senior Photography

Year 12 PVDI students successfully submitted their Individual Projects, achieving some impressive results.



Photography artworks above showcase some of our senior students' exploration of creative portraiture techniques.

Year 11 PVDI students have been exploring portraiture, experimenting with posing techniques, studio and outdoor lighting, and a range of camera settings. Their investigations into angles and composition have produced a collection of striking and thoughtful portraits.

Year 12 Visual Arts

Year 12 Visual Arts students have completed their Body of Work and sat their final examinations. Having now graduated, we congratulate them on their achievements and wish them every success in their future endeavours.



Artworks by Year 12 Visual Arts students.



Stage 5 Art and Photographic & Digital Media

Years 9 and 10 **Visual Arts** students have produced outstanding artworks this term. Their ceramic sculptures, inspired by the theme *Gods and Monsters*, showcase exceptional imagination and craftsmanship.

Students have also been developing their individual passion projects, exploring personal interests through a wide range of media. In addition, Year 9 Visual Arts students have created impressive and creative designs for their skate decks, demonstrating both originality and strong design skills.



Year 9 students working on creative designs for their skate decks.

CAPA

Years 9 - 10 Photography Our students have been introduced to stop-motion animation, creating quirky and inventive short animations. Year 10 continued to build on their passion projects, while Year 9 students experimented with camera settings to explore light painting and long-exposure techniques, producing some truly creative results.



Creative photography works by students and stop-animation in progress.

Stage 4

Our talented Year 7 students have worked across a diverse range of expressive forms, including **ceramics, printmaking and drawing**. They began the semester designing hybrid creatures, resulting in a vibrant collection of both two-dimensional and three-dimensional artworks — hybrid drawings, clay sculptures, pen designs and spirit-animal prints.

This term, students explored drawing and painting techniques to create a suite of **Surrealist** artworks. The quality of their finished pieces has been outstanding.



Art Space (Art Club)

Come and join the Art Club every Tuesday at lunchtime in the art rooms. Explore, experiment and enjoy spending time with other students who are creative and learning new skills in art.

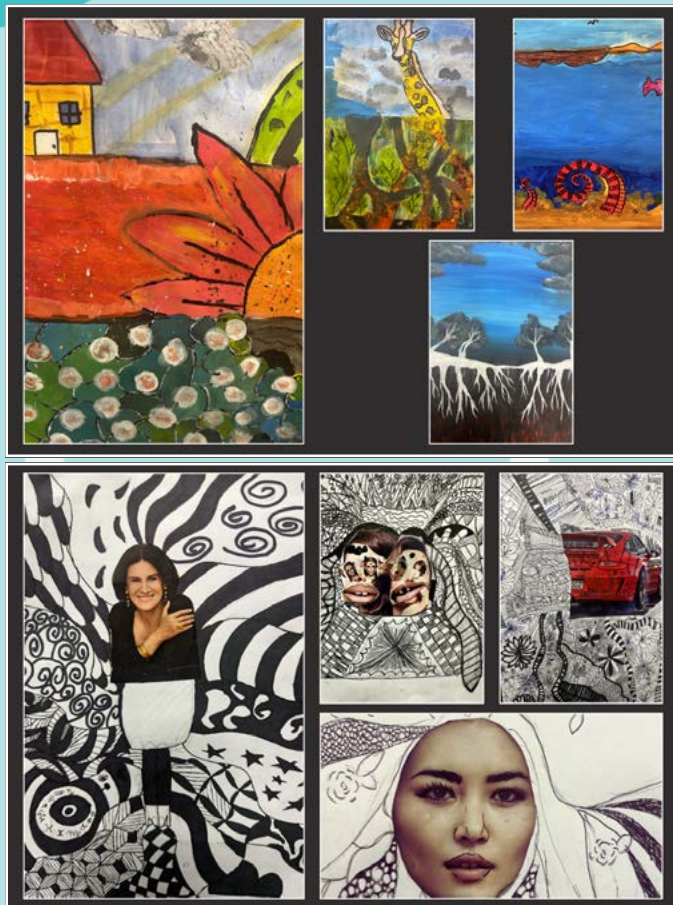
Media Club

Every Friday break 2. Explore how to use a digital and film camera to create amazing photographs or film.

Ms Kim Skerritt

Visual Arts and Photography Teacher

Photos below show artworks by our talented Stage 4 students, showcasing their impressive paintings, drawings and clay sculptures.



HSIE

Faculty News

It has been a productive term across the HSIE faculty, with students from Years 7-10 engaging in a wide range of learning experiences.

Year 7 students have explored three major historical studies this year: **Ancient Egypt**, **Aboriginal Contact and Colonisation** and **Ancient China**. They investigated the beliefs, technologies and social structures of these fascinating civilisations, while also developing a deeper understanding of Australia's First Nations histories and the impacts of European colonisation. Students particularly enjoyed uncovering ancient artefacts, interpreting historical sources and examining how early cultures shaped the world we live in today.



Year 8 students have immersed themselves in **Medieval Europe**, learning about feudal society, castles, knights, the Black Death and the dramatic changes that transformed medieval life. They also journeyed across the Pacific to study the **Polynesian Expansion**, where hands-on learning came to life through the construction of model Polynesian canoes and the creation of Polynesian-inspired tattoo designs. These practical activities helped students appreciate the navigational expertise, cultural traditions and artistic expressions of Pacific societies.



Photos on this page show Mr McGilvery's Year 7 HSIE class making amazing Terracotta Warriors with playdough!

Year 9 students have successfully completed their unit on **Sustainable Biomes**, examining global food production, environmental challenges and the importance of food security in an increasingly complex world. They are currently studying the topic **Human Wellbeing**, investigating how factors such as health, education and economic development contribute to quality of life both in Australia and globally. This unit encourages students to think critically about inequality, access and sustainable improvement for communities worldwide..

Year 10 students wrapped up their study of **Changing Places**, with a particular focus on the challenges faced by residents of Mumbai, one of India's most rapidly growing megacities. Through this case study, students explored urbanisation, population pressures and the realities of life in informal settlements. Students also studied **Environmental Management and Change**, where they examined coastal landscapes and the strategies used to manage erosion, human impacts and environmental sustainability in coastal environments.

Year 11 students will have completed their first term of HSC study in **Ancient History**, **Business Studies**, **Modern History** and **Society and Culture**.

Mr Derryn Tagg
Head Teacher HSIE

HELPING STUDENTS NAVIGATE SOCIAL MEDIA AGE RESTRICTIONS

The following resources from **Be You** and **Head Space**, have been specifically tailored to support young people and their families in navigating the changes to social media access.

LINKS:

[\[Be You\] Supporting students through the social media delay](#)

[\[Head Space\] The Social Media Ban: staying informed](#)

[\[Head Space\] 7 Tips for Navigating the Social Media Ban](#)

[\[Head Space\] 7 Tips for Supporting Young People Through the Social Media Restrictions](#)

A guide for those who are supporting young people

[\[Head Space\] Staying safe and connected when social media rules change](#)

More resources and information from Head Space: including links to information about peer chats that will remain open, and online and phone support that young people might like to access.

ADDITIONAL SUPPORT:

Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890
(Open 10 from 10am)
headspace.org.au

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people ages 5 to 25

1800 55 1800
kidsline.com.au

1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

QLife

LGBTQ+ peer support and referral

1800 184 527
qlife.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au



Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

13 92 76
13yarn.org.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



KMHS 2025 CHRISTMAS FOOD & GIFT DRIVE

CENTRAL COAST



FAMILY SUPPORT SERVICES

The space under Kariong Mountains High School's Christmas tree is filling up nicely!



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!

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

KMHS Student Leadership Team

Around the School and beyond...



Unity class making some shortbread with Mr Hirst.



Congratulations, to our Year 10 students, Nate, Evan, Bailey and Sam, who worked hard all week developing their PLANT 2 PROTECT campaign for the Illuminate Challenge!



Some very lucky KMHS students had the incredible opportunity to meet the Matildas at the stadium in Gosford. A truly inspiring moment for our young women!



Congratulations, to our Year 10 students, Lexi, Mia, Kira, Jess and Sierra, who developed a clever and sustainable recycling campaign for the EARN & THRIVE Illuminate Challenge!