

# NEWS



**Week 2**  
**Term 1**  
6 February 2026

**KARIONG MOUNTAINS HIGH SCHOOL**

Unity ✓ Knowledge ✓ Respect

**4340 0246**

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[Uniform Shop Information](#)

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KMHS newsletter is published fortnightly on a Friday and can be accessed on the school website. Newsletters feature rotating updates from the faculties to showcase student learning and achievement, regular articles from our principal and deputy, along with reminders and upcoming events.

*Content: Kariong Mountains High School  
Design and layout: Annette Abolins*

## Welcome to a Great Year of Learning at KMHS in 2026!

**SCHOOL PHOTO DAY**

**12 FEB**

**YEAR 11 INFORMATION EVENING**

Wednesday **18 Feb**

**5:30 pm**

**KMHS SWIMMING CARNIVAL**

Tuesday **24 Feb**

**YEARS 5/6 PARENT INFORMATION EVENING**

**3 March 5 pm**

Supporting students & parents with a smooth transition to Year 7 in 2027



**DON'T MISS:** The *Inspiring Excellence* campaign, featuring **KMHS**, will be launching next week!



**CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 February</b>	<b>10 February</b>	<b>11 February</b> International Day of Women and Girls in Science	<b>12 February</b> School Photo Day	<b>13 February</b>
<b>16 February</b>	<b>17 February</b>	<b>18 February</b> Year 11 Information Evening 5:30pm	<b>19 February</b>	<b>20 February</b> Optus Digital Thumbprint Respectful relationships - Workshop: Years 7 - 10



## FROM OUR PRINCIPAL

Week 2 Term 1

*As we begin Term 1 2026, I would like to extend a warm welcome to our families both new and existing. I am truly excited to get to know our new students and to meet with our families in the weeks ahead.*

Our school ended 2025 on a positive note, with some outstanding results in the HSC. **Congratulations, to Hannah, who achieved KMHS Dux in 2025.** Additionally, I want to congratulate all students who completed their high school journey last year, either moving on to further education, employment or entering a trade qualification.

I truly believe the best outcomes for all students rely on a team approach between families and the school and this approach is dependent on clear communication between both. I want to encourage you to contact the school with any queries you may have in respect to your child's education journey.

### New Staff and Key Dates

This year, we welcome two new staff members, *Mr Williams*, in ngyiang and *Mrs Klausen*, school counsellor. We look forward to working with them.

**Below is an outline of school expectations and key dates to help you stay on track in Term 1:**

### Attendance Matters

In 2025, the school refined attendance procedures, and I have communicated regularly with families, that for students to achieve their potential, the expectation is for students to attend at least **95% of the year** and for families to communicate reasons for student absences. **Research has shown that students who miss 2 days a month of school, which long term equates to 4 weeks of a school year, will be educationally at risk of not completing optimum learning.**

Attendance is a team effort between the school and families. Please ensure you communicate, in a timely manner, the reason for your child's absence, and contact the school should you require further support of your child's attendance.

In addition, please be mindful of having your child arrive on time to school as partial absences also contribute to long term attendance concerns. Below is a link to the Department's Attendance Policy for further clarification:

<https://education.nsw.gov.au/content/dam/main-education/policy-library/associated-documents/pd-2005-0259-02.pdf>

## Mobile Phone Policy

Mobile phones are banned from use in NSW Department schools, unless needed for medical reasons. There has been a noticeable increase in social interactions amongst students, and learning concentration since the policy was implemented. Mobile phone pouches are issued to all students, including our new Year 7, on their first day at school.

Please ensure your child has their phone in the pouch as they arrive at school. Staff are regularly positioned on the front gate to welcome students and check their phones are in pouches.

**Your support of this policy is appreciated.**

Please contact Mr White, the Deputy Principal, should you have any queries or concerns.

## School Uniform

Kariong Mountains High School prides itself on being a uniform school. It is a requirement of students to wear the uniform appropriately and every day.

A school uniform:



**OPEN:** Tuesdays & Fridays 8 - 9am

- ★ Provides a platform for a student to feel included and have a sense of belonging with the school.
- ★ Provides safety for students as they are readily identifiable in the school setting.
- ★ Economically supports parents and carers as additional clothing is not required through the week.
- ★ Prepares students for expectations of employers for future pathways in respect to professional dress.
- ★ Contributes to the development of our core value of Unity.
- ★ Hooded jumpers, except for the school hooded jumper and plain navy hooded jumpers with no logo, and tights/leggings are not to be worn as part of the uniform. In addition, students are required to wear black leather or suede upper shoes, in line with the department's WH&S policy:



Thank you, to all families for your support in this area.



## Use of Bike Racks

Due to the establishment of the new support unit, bike racks have been relocated to the front entry of the school. All students are to lock their bikes in this area at the beginning of the school day. Please ensure students bring locks for this purpose. Bike security is the responsibility of students.

## Assessment Schedules Years 7 - 12

Assessment schedules will be published for all students. Year 12 received their schedules in Term 4 last year and Year 11 will be issued with theirs before the upcoming information evening. Additionally, Years 7 - 10 schedules will be published by Week 4 at the latest. Assessment schedules can also be found on the school website.

## Welcoming families to our school

KMHS will be providing several opportunities for families to engage with us, including information evenings, performance events, parent/teacher interviews and more.

My aim, this year, is to encourage our new and younger families to visit our school and experience the great things we have to offer in curriculum, welfare support and diverse educational pathways. Our first event for the year is our **Year 11 Information Evening** from 5:30-6:30 on Wednesday 18<sup>th</sup> February.

Please watch the KMHS website calendar for updates or follow our socials on Instagram and Facebook. We look forward to seeing our community in the times ahead. **Other key dates for Term 1 include:**

- ★ School Photos - Thursday 12 February
- ★ KMHS Swimming Carnival - Tuesday 24 February
- ★ NAPLAN Tuesday 11 March - Monday 23 March

## New KMHS Website

The school's website is a key communication and information tool for families and includes the school's fortnightly newsletter. Please use the link below to investigate further:

<https://kariongmtn-h.schools.nsw.gov.au/>

## School Plan for KMHS and the Department

2026 is an exciting time for the school as we continue our school plan for 2024—2027, alongside the new *NSW Public Education Plan* that has been released. The KMHS strategic directions for 2026 will continue to be **Student Growth and Attainment, Learning Culture** and **Pathways to Future Success**. Below is a link to the DoE plan:

[Our Plan for NSW Public Education](#)

Kariong Mountains High School is a great school, with many initiatives available for students to achieve success and achieve to the best of their ability. Navigating the adolescent years is often a challenging path and it is my firm belief that the partnership between school and our families is critical to achieving success for our students.

Clear and positive communication is a fundamental need and one that I will continue to foster with our school community. I welcome your input for our school, and the positive relationships we can build in the future.

***Looking forward to sharing success with our students and you in the year ahead.***

Mrs Donna James  
Principal

## Study Skills

*Tips to motivate and inspire your learning*

KEY POINTS FROM: [STUDYSKILLSHANDBOOK.COM.AU](http://STUDYSKILLSHANDBOOK.COM.AU)

### BUILDING A STRONG HOMEWORK RHYTHM

CREATE CONSISTENT ROUTINES THAT MAKE SCHOOLWORK EASIER

#### 1. CHOOSE YOUR DAILY HOMEWORK WINDOW

A regular time each afternoon helps train your brain to expect focused work:

- Pick a realistic start time based on your schedule—after a snack, after sports, or after a short break.
- Stick to the same time most days so it becomes a predictable routine.
- Use a timer to keep yourself accountable during focused blocks.

TIP: IF YOUR SCHEDULE CHANGES DAILY, CHOOSE TWO OR THREE "STANDARD" START TIMES AND FOLLOW WHICHEVER APPLIES THAT DAY.

#### 2. BREAK YOUR AFTERNOON INTO CLEAR BLOCKS

Instead of thinking "I need to do all my homework," divide the afternoon into smaller, structured blocks.

- Block 1: Quick tasks (diary check, short exercises, small quizzes).
- Block 2: Main homework tasks or revision.
- Block 3: Longer-term work like assignments or study notes.

TIP: KEEP EACH BLOCK FOCUSED—REMOVE YOUR PHONE AND AVOID MULTI-TASKING.

#### 3. SET A PRE-HOMEWORK RITUAL

A short ritual helps your brain shift gears from social or leisure time into productive mode.

- Put your phone in another room.
- Drink a glass of water or grab a snack.
- Lay out your books, laptop, and stationery.
- Skim your diary to see what needs attention.

TIP: KEEP YOUR RITUAL QUICK—TWO TO THREE MINUTES IS ENOUGH TO RESET YOUR MINDSET.

#### 4. USE MINI BREAKS TO BOOST FOCUS

Small breaks help you maintain energy and avoid burnout.

- Work for 20–30 minutes, then take a 3–5 minute break.
- Stretch, refill your water, or take a short walk around the house.
- Avoid scrolling on your phone—it breaks your focus and makes it harder to restart.

TIP: CHANGE ACTIVITIES BETWEEN BLOCKS—FOR EXAMPLE, SWITCH FROM WRITING TO READING OR FROM MATHS TO ENGLISH—TO REFRESH YOUR MIND.

#### 5. END WITH A QUICK RESET FOR TOMORROW

A one-minute "shutdown routine" keeps you organised and reduces stress for the next day.

- Tick off completed tasks in your diary.
- Pack your bag and check your timetable.
- Make a mini plan for what you'll work on tomorrow.

TIP: TRY TO 'FINISH WELL' EVEN IF YOU'RE TIRED - THESE QUICK STEPS HELPS PREVENT FORGOTTEN HOMEWORK AND MORNING STRESS.

#### Create Rhythm, Build Success

A strong homework rhythm turns daily study into something predictable, structured, and far less stressful. By choosing a regular time, using clear work blocks, incorporating short breaks, and ending each day with a quick reset, you'll stay organised and confident throughout the term. February is the perfect time to establish these routines—**set the rhythm now, and the rest of the year will feel smoother and more manageable.**

Illustration by Annette Avelino - content adapted from the Study Skills Handbook.

Access more Study Skills using login details available on Compass!

# PARENTAL ADVICE FOR POSTING IMAGES

Social media can be a great way to keep family and friends up-to-date on milestones and achievements in your child's life. However, it is important to be mindful of what personal information and content you may be sharing.

This resource is designed for parents, carers and those around children to better understand sharing content including images and videos of your child on social media, and how to take action.

## Need to know

Images and videos of children posted to social media can be used by online child sex offenders to build a profile, to groom parents or children. Content uploaded to social media may inadvertently contain personal information, and could reveal a lot about yourself and your child.

Identifying information often shared online can include:


- Age (or school grade)
- Full name
- School or sports team (particularly at back-to-school time)
- Address (including street number)
- Interests/hobbies
- A trusted adult's full name

Everyday images of children may also end up in the collections of online child sex offenders. These can be images of children engaging in everyday activities including bath-time, sports and swimming carnivals, or just children being out and about.

**You may be surprised how much information can be found in a social media post**

There are things that you can do to ensure added privacy and control over your child's photos, and who sees them online.

## Top tips

- Use strong privacy settings for accounts where you post content of your child
  - > We recommend setting accounts to 'private' or 'friends only' 
- Manage your follower/friends list regularly, and only share to those you trust
- Consider a group chat with trusted family and friends rather than posting to social media
- Check the background for identifying information (like public signs, street signs, house numbers)
- If your child is wearing a uniform; consider blurring the school logo or covering with an emoji
- Question suspicious friend requests and followers
- Question and report suspicious comments or contact from users, particularly if these are regarding your child.

## Safety check list

### Before posting a content of your child:

- What can you find out from this image?
- What is in the background of this image?
- Who will be able to see it and do I trust them?
- Where could this image end up if I post it?

### To report online child sexual exploitation

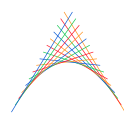
Report online child sexual exploitation via the **Report Abuse Button** on the **ACCCE**, **AFP** or **ThinkUKnow** websites:

**Report abuse** 

Your report to the ACCCE will be looked at by specialist investigators.

If you believe a child is in immediate danger, contact Triple Zero (000).

For non-emergency situations that still require a timely response, contact your local police station or call 131 444.



Australian  
Centre to Counter  
Child Exploitation

