

NEWS



Week 6
Term 1
6 March 2026

KARIONG MOUNTAINS HIGH SCHOOL

Unity ✓ Knowledge ✓ Respect

4340 0246

IN THIS ISSUE:

EVENTS, LINKS & CALENDAR	PAGE 1
FROM OUR PRINCIPAL	PAGE 2
HANDY TIPS: STUDY SKILLS	PAGE 3
UNSERIOUS CAREERS: PARENT INFO	PAGE 4
ASSESSMENT CALENDARS	PAGE 4
TAS FACULTY NEWS	PAGE 5
ENGLISH FACULTY NEWS	PAGE 6
ASPIRE PROGRAM & ACHIEVEMENTS	PAGE 8
MUSIC INDUSTRY PHOTO COLLAGE	PAGE 9
CONTRIBUTE: KPA 80 TH ANNIVERSARY	PAGE 10

QUICK LINKS TO OUR WEBSITE:

[KMHS Website Home Page](#)

[Parent Information & Resources](#)

[Uniform Shop Information](#)

[Canteen Information & Menu](#)

[Enrolment Information](#)

[School Newsletters](#)

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 & layout:



Learning Pathways: Information and opportunities

HSC AND BEYOND
Information Evening
TUESDAY 17 MARCH 6 - 7 PM
Kariong Mountains High School

EPP TAFE NSW START YOUR FUTURE COURSES
TERM 2 APPLICATIONS NOW OPEN!
NSW TAFE NSW
Details on Compass

CALENDAR

MONDAY

9 March

SLR Excursion Terrigal Beach

16 March

NAPLAN Years 7 + 9

Harmony Week

Wollatuka Institute Engagement

TUESDAY

10 March

17 March

NAPLAN Years 7 + 9

Harmony Week

Junior Dance Ensemble

HSC & Beyond: information evening 6 - 7pm

WEDNESDAY

11 March

NAPLAN Years 7 + 9

Whole School Assembly

School to Work: First Aid

Open Boys Volleyball

18 March

NAPLAN Years 7 + 9

Harmony Week

THURSDAY

12 March

NAPLAN Years 7 + 9

19 March

NAPLAN Years 7 + 9

Harmony Week

FRIDAY

13 March

NAPLAN Years 7 + 9

20 March

NAPLAN Years 7 + 9

Harmony Week

Ride to School Day



FROM OUR PRINCIPAL

Week 6 Term 1

As we complete Week 6, I must congratulate students for their continued focus and commitment to learning. Our students have maintained a very positive approach to learning. Sustained effort and strong engagement are key to progress.

I would also like to thank teachers for their leadership and ongoing tireless work in ensuring students are challenged in their learning in a highly supportive environment. As the school moves into a new school planning cycle, staff are working in teams to ensure the school caters for effective teaching and learning of all students. I will discuss these directions more in the next newsletter.

Inspiring Excellence - High Potential Gifted Education - Goal Setting at KMHS

Last week, Mrs Peters and Mr Matthew conducted HPGE workshops with our HPGE identified students around goal setting for the year. Parents will also be invited to the students' classroom for a review of the goals planned for 2026.



Mentors will then support students in reaching their goals and developing their strength areas. Thank you, to everyone involved, we look forward to watching your journey and skill sets grow.

NAPLAN 2026: 11 - 23 March

- ★ The Australian Curriculum Assessment and Reporting Authority (ACARA) is responsible for developing and reporting on NAPLAN throughout Australia. Find out more on the [NAPLAN website](#).
- ★ The NSW Education Standards Authority (NESA) is the Test Administration Authority (TAA) responsible for NAPLAN in NSW.
- ★ Find out more about NAPLAN, including test dates, information for parents or carers and disability adjustments at [NESA NAPLAN](#).

Partial Attendance has an impact

KMHS has had a positive start to the year with attendance - thank you to everyone for your efforts. A reminder that students need to be at school before 8:50 am to ensure they are in check-in/hub from the beginning of the school day. An explanation is required for lateness or other partial absences.

As highlighted in this graphic, lost minutes can negatively impact on student learning over time.



Winter Uniform - high expectations

We have had great support from our students and families regarding our higher expectations of students wearing full school uniform every day. Thank you, to everyone for your support. Typically, the wearing of non-school uniform arises in cooler months as students start to wear winter uniform.

Can I request that parents and carers continue to support our uniform high expectations by ensuring your child has the correct track pants and school jumper. Our track pants are **navy blue** for both juniors and seniors (*grey, black or other colour is not school uniform*). School branded trackpants are available at the school uniform shop. Plain navy track pants are allowed, but other brand logos are not allowed. This is the same with jumpers and jackets. Juniors and seniors wear **navy blue** and seniors can choose to wear their senior jackets. Again, school logo uniform jumpers are available at the KMHS Uniform shop, but plain hooded jumpers of the correct navy colour (*no other brand logo*) are also acceptable. Additionally, plain black leather upper shoes are a WH&S safety requirement.

The school has a selection of uniform items available for our students and families to help meet the needs of those who require support with the school uniform. Please contact the school if you need assistance.

Uniform shop hours are as follows:

OPEN: Tuesdays & Fridays 8 - 9am

Seeking Canteen Supervisor from Term 3

Our canteen manager, Mrs Brierley, is moving to retirement in Term 3. An incredible support for our school community, Mrs Brierley will be missed by us all. As a result, I am seeking expressions of interest for a paid, part-time canteen supervisor position, two days per week.

Duties will include food preparation, customer service, food hygiene and safety and money handling. For anyone interested please email your résumé detailing skills and experience to kariongmnts-h.school@det.nsw.edu.au, or contact Mrs Ayres (*Business Manager*) on 4340 0246 for further information.

Applications close Wednesday 20th March.





Seeking Feedback Year 7 Transition 2026

As a part of our reflective practices, I am seeking feedback from Year 7 parents / carers and Year 7 students, in relation to their transition experience to Kariong Mountains High School. Year 7 students will complete the survey at school, whilst parents/ carers were emailed a link to the survey this week. The link below will provide access to the feedback survey:

<https://forms.gle/oi7hBVzpKHi2Hfgp6>

All replies will be anonymous, and the information gathered will be used to refine the Year 7 2027 transition processes. Your support in supplying feedback is valued and important as our school looks to improve experiences for our students even further.

Years 4/5/6 Parent Information Evening

On Tuesday 3rd March, the school welcomed prospective students in Years 4, 5 and 6 to learn more about what KMHS has to offer.

The attendance was outstanding and information shared crucial for the transition into Year 7 2027.

Families of Year 6 students, if you were absent, please contact the school on 4340 0246 to request an information pack to be sent out.

Thank you for your ongoing support.

Mrs Donna James
Principal

“At Kariong Mountains High School I am looking forward to woodwork, music, and cooking”

Ayeesha, Year 6 student at Central Mangrove Public School

Inspiring excellence



Kariong Mountains High School offers unique pathways through their Educational Pathways Program to vocational training, careers, and university. Learn more at the Parent Information Evening.



“At Kariong Mountains High School I want to learn how machines work in Science, Technology, Engineering and Mathematics (STEM)”

Adrian, Year 6 student at Central Mangrove Public School

Inspiring excellence



“When I go to Kariong Mountains High School I am looking forward to learning about new sports”

Mason, Year 6 student at Central Mangrove Public School

Inspiring excellence



“High school is a big step, but it’s a good one. You’ll learn new things, meet new people and grow a lot, probably more than you expect”.

Naiah, Year 11 student at Kariong Mountains High and former student at Kullara Public School

Inspiring excellence



“Having different classes means you meet lots of different people, so you quickly make friends beyond just one group.”

Owen, Year 8 student at Kariong Mountains High School and former student of Kullara Public School

Inspiring excellence



Study Skills

Tips to motivate and inspire your learning

KEY POINTS FROM: STUDYSKILLSHANDBOOK.COM.AU

USING CHECKLISTS TO STAY ORGANISED

REDUCE STRESS AND STAY ON TRACK WITH SIMPLE, EFFECTIVE TOOLS

1 Create a Daily Homework Checklist

A daily checklist gives structure to your afternoon and ensures nothing gets missed.

- Write down each subject and list the tasks you need to complete for that day.
- Include small tasks like revising notes or packing your bag.
- Tick items off as you go—each tick gives a sense of progress and keeps you motivated.

Seeing your tasks laid out clearly helps stop procrastination and reduces the stress of trying to remember everything.

TIP: USE YOUR SCHOOL DIARY, A GOOGLE DOC, OR A NOTES APP – WHATEVER IS EASIEST TO ACCESS EVERY AFTERNOON.

2 Break Big Tasks into Clear, Doable Steps

Large assignments become far less daunting when broken into smaller parts on a checklist.

- Start off with steps like: ‘Read instructions’, ‘Brainstorm ideas’ and ‘Write introduction’
- For studying, break it into ‘Review notes’, ‘Create summaries’, ‘Quiz myself’ and ‘Do practice questions’.
- Each completed step builds momentum and helps you stay on track.

TIP: AIM FOR STEPS THAT TAKE NO MORE THAN 10-20 MINUTES EACH – THEY SHOULD FEEL ACHIEVABLE, NOT OVERWHELMING.

3 Use Checklists to Manage Your Week

Weekly checklists help you balance schoolwork, activities, and personal commitments.

- List your upcoming homework, tests, and commitments for the week.
- Highlight items with deadlines to keep your priorities clear.
- Plan when each task will be completed so nothing piles up at the last minute.

TIP: REWRITE THE CHECKLIST MID-WEEK IF THINGS CHANGE – FLEXIBILITY HELPS YOU STAY IN CONTROL.

4 Create Reusable Checklists for Frequently Repeated Tasks

- A ‘bag packing checklist’ can include laptop, charger, books, PE gear, lunch, and homework.
- A ‘study session checklist’ might include reviewing notes, revising key terms, practising questions, and reflecting.
- Reusing checklists builds strong routines and makes your life easier.

TIP: STICK YOUR REUSABLE CHECKLISTS ON YOUR WALL, DESK, OR INSIDE YOUR LOCKER FOR QUICK ACCESS.

5 Celebrate What You Complete

Finishing tasks feels good—acknowledge your progress to build confidence and motivation.

- Tick items boldly or cross them out with a bright colour.
- Keep completed lists for the week to see how much you’ve achieved.
- Use simple rewards, like listening to music or taking a short break, after finishing a list.

TIP: IF YOU DON’T COMPLETE EVERYTHING, DON’T STRESS – SIMPLY MOVE REMAINING TASKS TO TOMORROW’S LIST.

Small Lists, Big Impact

Checklists may be simple, but they’re incredibly effective. They help you prioritise, stay focused, and keep on top of homework, assignments, and weekly commitments. With clear tasks and small steps, schoolwork becomes more manageable and less stressful. March is an ideal time to introduce checklists into your routine—start now, and enjoy feeling more organised and in control every day.

— Infographic design | Content adapted from The Study Skills Handbook

Access more Study Skills using login details available on Compass!

Supporting your teenager in making post-school career decisions

Educational Pathways Program is proud to present an online parent information session, which will provide guidance for parents and carers about how best to support their young people's career decisions.

Alana, from **Unserious Careers**, will address the current challenges facing students as well as highlight opportunities to **get ahead**.

Having presented at over 250 high schools across Australia in 2025, she is now bringing her valuable insights to parents.

Join us on **Tuesday 28th April 2026** from **6pm** for the engaging presentation:

Building A Strong Career Support Team

Register and read more about the presentation via the link below:

[LINK TO REGISTER](https://www.trybooking.com/DJNGP)

<https://www.trybooking.com/DJNGP>

Questions?

If you have questions or wish to find out more, please contact:

Sara Cutting

Head Teacher Careers | Educational Pathways Program - Central Coast South

Sara.Cutting@det.nsw.edu.au

0460 043 919

BUILDING A STRONG CAREER SUPPORT TEAM



Join us for an online presentation with Alana Kilmartin from Unserious Careers!

Tuesday 28th April 2026
6pm - 6:45pm



Central Coast South Group



Term 1 Assessment Calendars

Year 12 Assessment Calendar

Week	Subject / Event
10	Half Yearly Exams + PVDI, IT-Timber (HI)

Year 11 Assessment Calendar

Week	Subject / Event
7	CaFS
8	Ancient History Health / Movement Science Legal Studies
9	Business Studies Chemistry English (adv/st)
10	Mathematics (st/adv/ext) Food Technology Modern History Music Physics

Year 10 Assessment Calendar

Week	Subject / Event
7	IT - Timber
8	Dance
9	Building and Construction HSIE Commerce Engineering English Food Technology Mathematics PASS
10	PDHPE Child Studies Dance Music Outdoor Recreation PDM Visual Arts

TAS Faculty News

2026 is another bumper year of study within the TAS faculty.

We go from the business of HSC major projects to the excitement of new skills being learnt and challenges in perhaps unfamiliar learning environments. Students' knowledge is being expanded and their work ethic challenged to strive to achieve their personal best.

Make sure you book in a time with Mr Hirst, Ms Johnstone, Mr Pike or Ms Pugsley during parent/ teacher opportunities or feel free to reach out at any stage.

Mr Scott Bath - Head Teacher TAS and the TAS faculty



English Faculty News

Welcome back to English and Drama in 2026. The English team are Courtney Thompson (HT), Lisa Bell, Danielle Hunt, Stephanie Richmond and Roberta Von Heupt.

We look forward to working with our students this year.

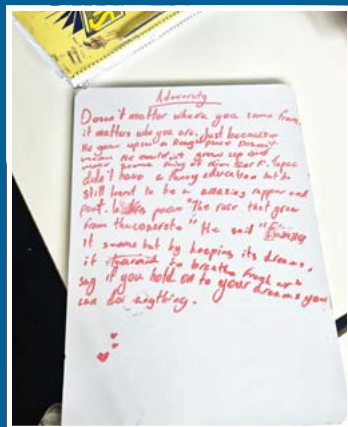


Year 9 Speculative Fiction first draft stories:

Year 7 - are studying a range of picture book texts to identify the elements of Visual Literacy in the unit *A Picture is Worth a Thousand Words*. The assessment task is a picture book task to be submitted at the end of the term.



Year 8 - are studying a range of quality poems, to better understand the forms and features of poetry in *Poetic Pizzazz*. The assessment task will be a recorded speech based on poetry.



Year 9 - are studying a range of 'What if???' scenarios as we explore speculative fiction in the unit *Tomorrow, Today*. The assessment will be an imaginative and reflection writing task.

Year 10 - are studying William Shakespeare's play 'Macbeth' for their *Villainous Heroes* unit, and learning about the power of manipulation and greed. The assessment task will be a speech.

The bees tried to rebuild their hives, but there weren't enough flowers left. Some survived, some didn't. The tree stood for as long as it could, but without care, without shade, without rain that wasn't poisoned, it weakened. The whale swam through lifeless waters, calling out to a world that no longer answered.

I watched all of it. I felt all of it. And I wondered if this was what I deserved for letting things get so bad. Then one day, I felt something I hadn't felt in years; pressure on my soul, the weight of a human footstep. Just one, small, eager footstep. The woman had come back, I didn't know what to think. Part of me wanted to pull away, to protect what little life I had left. Another part of me wanted to reach out, to ask why they came back now? After everything was already broken, are they going to fix me? Heal me?

"Okay, We're recording now. Tell me about the night this....robot went missing."

Sitting in a dimly lit room, a middle-aged FBI agent stares me down with a look that could crack the hardest of criminals. His face is aged from the years and pressure of his career.

I try to appear calm, although my heart feels like it will jump out of my chest. I swallowed and thought about how I would respond before I opened my mouth.

I began by explaining that I turned the robot on to make sure it could hear and understand what I was saying. "Elberr, how are you feeling?" The robot's system engaged and everything was going great. I finally thought I had created a successful robot... little did I know how terribly wrong everything was about to go.

D.E.A.R

Drop Everything And Read

A Continued Reading Initiative for Years 7 and 8 in 2026

At KMHS, we know that strong reading skills are essential for success in every subject, and in life. That's why we are excited to continue **Drop Everything and Read** (DEAR) for our Years 7 and 8 students.

Students will begin their school day with 10-15 minutes of independent reading during Check-In on Tuesday, Thursday and Friday. This simple but powerful practice will help build strong reading habits, improve literacy skills and encourage a lifelong love of reading.

While **D.E.A.R** is taking place with Year 7 and Year 8, it is part of a bigger vision to foster a **whole-school culture of reading**. By making reading a daily priority, we are showing our students, staff, and community that literacy matters - not just in English but across all subjects.

We look forward to seeing our students thrive as they develop confidence and joy in reading. Thank you, for supporting this important initiative!



English Faculty News

Year 11 - are understanding what it means to be a senior student and navigate their school, work and personal life balance in their **Reading to Write** unit. The assessment task will be due in Week 9.



Year 12 - are into their second term of their HSC with Advanced, Standard and Studies studying a range of texts including plays, novels, poems, films, song lyrics and visual texts in the units **Textual Conversations; Language, Identity and Culture** and **MiTunes and English**. The assessment task will be a Half-Yearly Exam in Week 10.

Drama Group - Miss Thompson will be taking Year 8 Drama lessons to develop students' drama skills.

Miss Courtney Thompson - Head Teacher English and the English faculty



Aspire



Through **Awareness**, **Advocacy** and **Action**, Soroptimist International aims to ensure that women and girls will:

- enjoy equity and equality
- live in safe and healthy environments
- have access to education
- have leadership and practical skills.

Thank you, to **Brisbane Water Soroptimist International**, who kindly presented a donation to the school for Sara, our SSO, to run the Aspire program with all Year 7 girls.



Celebrating Achievement

KMHS STAR ATTENDER

CELEBRATING:

Dallas - Year 8
Hunter - Year 8

Canteen vouchers sponsored by the IPSC

KMHS Positive Behaviour for Learning PBL AWARD

Congratulations to our Canteen Voucher winners:

Emilia - Year 8, Kaveh - Year 9,
Leonard - Year 8, Jacob - Year 10,
Maddie - Year 10, Indy - Year 11

R.O.S.E.
Recognition of School Excellence

To Mrs Meyer, for her involvement, dedication and hard work on restructuring and launching the new House system.

*To our Music Industry students and staff, for amazing **Country to Coast** performances and participation at Drifter's Wharf.*

LET'S CELEBRATE

KMHS boys and their coach for outstanding behaviour and representing our school with pride at Girrakool and the CHS Touch Football game!

Music industry performing at the *Country to Coast* show at Drifter's Wharf





80th ANNIVERSARY

Celebrate our past - Connect in the present - Look to the future together

Join the Kariong Progress Association as we celebrate 80 years of community spirit in Kariong and honor the stories that shaped our suburb.

When: Sunday 24 May 2026 **Time:** 2:00pm

Where: Kariong Community Hall

This special community event will feature:

- 🌿 Launch of our 80-Year Commemorative Booklet
- 🌿 Students presenting their projects *Kariong Then & Kariong Now*
- 🌿 Stories and reflections from long-time residents
- 🌿 Historical photos and shared memories - including the origins of local street names and the families who helped shape Kariong
- 🌿 Afternoon tea provided

Enjoy an afternoon of connection, storytelling and community pride. Have a story or photo to share? We'd love to hear from you.

Please email: kariongpa@gmail.com

Address: 2 Dandaloo St, Kariong NSW 2250 (on the roundabout, near the tennis courts).



SEE BELOW
HOW YOU CAN
CONTRIBUTE



CALL FOR CONTRIBUTIONS

To celebrate 80 years of community spirit, the Kariong Progress Association invites residents to contribute to our special 80-Year Commemorative Booklet.

This is your opportunity to share your memories, creativity and connection to Kariong - past and present.

Suggested Themes:

- 🌿 Kariong Then
- 🌿 Kariong Now
- 🌿 What makes Kariong special to you
- 🌿 What my Kariong community means to me
- 🌿 Stories passed down through generations
- 🌿 Photos and personal memories

How to Contribute:

- Provide up to 2 pages (Word document preferred)
- You may include photos, drawings and written stories
- Contribute as an individual or family

Prizes:

Over \$1,000 in prizes to be won!

Please Include:

- Your full name
- Contact phone number and email address
- Age (if under 18)

Email contributions to: kariongpa@gmail.com

Entries close Friday 1 May 2026

Help us capture the heart of Kariong - honouring our past, celebrating our present, and creating a legacy for future generations.

