



## International Women's Day

### From the Principal

International Women's Day is celebrated around the world on March 8th.

The theme for International Women's Day 2018 is "Leave No Woman Behind", examining the vital role that women play in humanitarian and disaster planning and response and exploring the impacts disasters have on women and girls. It highlights the important roles that women play in risk reduction, rebuilding, rehabilitation and peace processes.



At our school, we have many fabulous female students and staff role models. They are highly capable and display great leadership qualities. I have included two 'Spotlight on ...' articles in this newsletter to celebrate the achievements of our own wonderful women.

### CALENDAR

**Thursday March 8**

BW Zone Swimming Carnival

**Tuesday March 13**

- Year 7 Immunisation  
- OSSA - Years 9/10/11

**Wednesday March 14**

- Legal Studies Lecture  
- Year Assembly

**Thursday March 15**

OSSA - Years 9/10/11

**Friday March 16**

Try a Skill Day - Girls

**Monday March 19 -**

**Wednesday March 21**

Year 7 Bush Camp

**Tuesday March 20 -**

**Thursday March 22**

Practice NAPLAN

### Measuring Parent Engagement Trial

Kariong Mountains High School is taking part in a trial and we need you to be involved!

The Measuring Parent Engagement trial will help us understand how families and schools can best work together to support learning outcomes for our children.

We are looking for parents to take part in a quick online survey (around 10 mins) so that we can develop a

measurement tool for schools to use to gauge the level of parent engagement in their school.

**The survey will be open 5-29 March 2018**

<http://survey.qa/FAZf1j>

**Have your say!** It's voluntary, confidential, quick and easy, comes in various formats (online, mobile devices) and can be completed at a time that's convenient to you.

### Keep Calm – Assessments, Misadventures, Standards and Other Important Bits

you need to know for navigating the 9-12 school years with your children.

There are so many acronyms, UAC, NESAs, ROSAs, SBATS to name a few, and a variety of rules and expectations for students as they enter the school years more closely linked to gaining exit credentials.



**02 4340 0246**

[kariongmtn-h.school@det.nsw.edu.au](mailto:kariongmtn-h.school@det.nsw.edu.au)

[www.kariongmountains-high.com.au](http://www.kariongmountains-high.com.au)

**Student & Parent Portal**

<http://web1.kariongmtns-h.schools.nsw.edu.au/portal/login>

We are holding an **information session** for families on 28th March (6pm - 7pm) to explain terms and procedures and be available to answer questions that you may have. Have you already got a burning question? Please send it to the school email account with the subject line "Keep Calm" before 26th March and I will endeavour to include it in the presentation.

*Ms Anne Vine*  
*Principal*

## From the Deputy's Desk

Parents and caregivers of students who have had changes to their home address, phone numbers, emergency contact etc, are asked to check these on the Sentral portal. If updates are required, please contact the school so we have this important information available.



Following is an excerpt from our Student Welfare and Discipline Policy:

**At KMHS we take great pride in recognising and rewarding positive behaviour, responsibility and application. We have levels of recognition where a student can progress through the achievement of Positive Memos and Accomplishment Awards. All awards are recorded on Sentral and tallied at the end of each term.**

### **Positive Memo:**

Can be awarded for, but not limited to, excellent classwork, attitude and participation.

### **Accomplishment Award:**

Can be awarded for a significant contribution to the school or outstanding class performance. 5 Positive Memos equate to one Accomplishment Award.

### **Merit Certificate:**

To be awarded when 2 Accomplishment Awards are achieved. It will be presented at a Year Assembly.

### **Achievement Award:**

To be awarded when 3 Merit Certificates are achieved. It will be presented at a Year Assembly and parents will be informed by letter.

### **Outstanding Achievement Award:**

To be awarded when 6 Merit Certificates are achieved. It will be presented at a whole school assembly and parents will be informed by letter.

### **Principal's Recognition Award:**

To be awarded when 9 Merit Certificates are achieved. It will be presented at a whole school assembly and parents will be invited to attend.

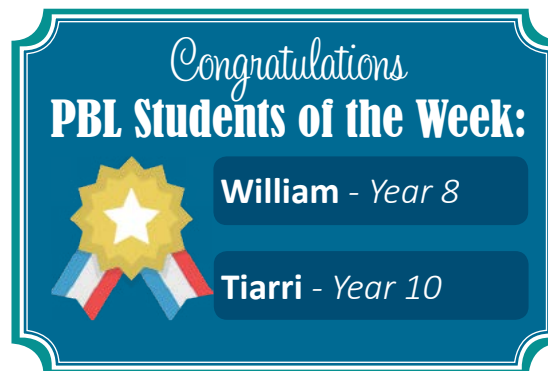
In addition to the awards process described above, student achievement is also recognised by the **STARS program**. At the end of Terms 1 and 3, staff are asked to nominate students for a STARS award who have shown consistent application and a positive attitude to their learning.

To receive a STARS Certificate, presented at a special assembly, students in Years 7-10 need 4 nominations, while students in Years 11 and 12 require 3 nominations.

On each weekly assembly, a random draw of positive Sentral entries will take place. During Week A it will be Years 7 to 9 and Week B will be Years 10 to 12. The prize will be a \$10 Canteen Voucher.

At the end of each semester the "House" with the most house points will have an afternoon free from classes, a barbeque lunch provided and be invited to participate in a recreational activity free of charge.

Our canteen voucher winners for the past fortnight are William Hodgkinson (Year 8) and Tiarri Stollery-Larkin (Year 11)



*Mr Scott White  
Deputy Principal*



## Entertainment Books - 2018



Exciting news! We are fundraising with Entertainment Memberships again this year and they will be launching shortly. This year, Entertainment is only printing a limited run of the physical books so I would highly recommend that you pre-order your book to ensure you get one. Exciting new content for the Central Coast includes: Mi Cantina, The Dam Hotel, Roll'd, The Lakehouse, Carls Junior and many, many more! You may pre-order your book or digital membership by early to mid-March as our page is active via the following link: [www.entbook.com.au/381s61](http://www.entbook.com.au/381s61)

## Kariong Mountains High School P&C 2018

All parents and community members are welcome to our P&C meetings  
MEETINGS ARE HELD 7:00 – 8:00 pm IN THE SCHOOL LIBRARY

Next P&C Meeting: Monday March 12, 7:00 - 8:00 pm in the school library

### UNIFORM DONATIONS NEEDED

Please donate your second hand uniforms to the school. **We particularly need skirts and sport uniforms.** Just drop them off to the office any time between 8:15 am and 3:30 pm. **Thank You!**

# Spotlight Articles

## Shani Loveday

B Ed; B D&T (Hon) - TAS Teacher & Girls' Supervisor

### What did you want to do when you left school?

Originally, I wanted to work in textiles and design and, in fact, had been accepted into this course at the University of Newcastle, but I also had the thought of teaching and took the opportunity to do a double degree. I had considered primary teaching though, as I did not feel confident about public speaking and felt that I would not be able to speak confidently in front of teenagers. My mum was a great support and encouraged me to push the boundaries, going as far as doing a Toastmasters course with me to help build my confidence in speaking in public.



### What else helped influence your decision?

I took a gap year and taught for 3 months in an American summer camp and then did further travel abroad. It was these experiences that really solidified for me that I wanted to teach, rather than work in Sydney in design and that it was very important to go in a direction that makes you the happiest.

### What did you do when you finished university?

At first, I taught as a temporary teacher and then applied for a position at Kariong Mountains and was successful in getting it.

### Tell us about your time at our school...

After a couple of years teaching at the school, the girls' supervisor position came up and I thought that I could be a person to whom girls could go and it would be a safe place for them. I also saw that this role would help me grow and that I would build my own emotional strength and resilience through the work that it involves.

There are always opportunities and even though I was young in my career, I did not let that stop me from having a go. For that reason, when asked to do training for the hospitality course, I said "yes" and now am also a qualified TAFE teacher with a

Certificate IV in hospitality - food and beverage. I am passionate and positive about teaching and I think that this has helped me to be offered other experiences outside of school.

### What else have you done in your career?

A few years ago I was approached by the course convenor of the design course at the University of Newcastle to teach the textiles and design course to undergraduates. She had remembered me from my time in this course as someone who was always happy to help tutor others and achieved outstanding results throughout. At first, I thought I was too young to take on such a responsibility, but she really encouraged me and told me that I had the potential to change the course, to make it more relevant and engaging and have an impact on current university students. I took on the challenge and first lesson anxieties proved to be unnecessary. I realised at the end of that first session that you can be a young, passionate person and have much to offer. You do not have to say no to opportunities because of your age. I could have continued in this role or potentially gone down the pathway of being a university lecturer, but I like teaching and realised that this was too much to keep doing and still have good work life balance. Another lesson learnt...it is OK to say no, know your own boundaries and limitations and do what is right for you.

This year, I was targeted by the VET RTO coordinator to be a part of the external validation team for the hospitality food and beverage course. I have just come back from doing the first part of this and gained great insight into how to map the course against the standards and be a part of a strategic team. In the second phase of this process, we get to redevelop course delivery. Why did I get this position? I wasn't sure, but when I asked, I was told because of my experience, passion and insight into how students learn.

### Where do you see yourself in 5 years?

I still am passionate about teaching and think that I prefer this role to that of a head teacher. I tell students that the mindset you have to have is "if you love what you do, you don't work a day in your life" and this is how I feel and why I will still be in teaching at that time. Although, in 5 years time, I think I will also have a focus on family.



### **What advice would you give to the girls at our school?**

Be yourself, be honest. Break down the barriers, for example, don't worry about youth or gender, but take on the opportunities that come your way. It can sometimes be stressful when you take these on, but the benefits gained are worth working through and that's worth remembering.

### **Speranza Na'ati**

2017-18 School Captain

### **What do you want to do when you leave school?**

At the moment, not too sure, but I want to go into an industry that helps the needs of others in developing countries e.g. nursing or social work, anything that helps others.



I also want to learn more about other people's culture, how they live and know what is important to them.

### **What led to this career thinking?**

Just seeing media about what is happening around the world and people talking about it. I feel lucky and we don't realise how much we have and I would like to therefore help others.

### **Tell us how school has helped your journey...**

The way that teaching occurs at the school: the teachers are supportive and encouraging. Working with younger people helped me realise that I enjoyed that. I looked up to Matilda, an ex-school captain when she was school captain and she was so inspiring. That was when I realised that I wanted to have a go at being a school leader and also it is an opportunity to work with others, something I like doing. In making the decision and going through the process, I had very supportive friends; they have always called me 'mum' and I have always looked after them and they said "go for it", giving me a confidence boost.

### **Tell me how your family has helped...**

My dad was a Toastmaster and I learnt public speaking from him and also through reading to others at church. In primary school, I did some public speaking and was really excited at the process. A lot of people are really scared to talk in public, including me, but you just have to get over it and realise that your audience are not going to judge you. Although, it is true that it is harder to talk to your peers! The students are really good at our school, though, and don't judge you when you speak on assemblies.

My parents have also always encouraged me to keep on trying and go to university. They have helped me grow into the person I am today.

### **Advice to other girls in school...**

Do what makes you happy and don't focus on what's wrong with society and be the strong independent woman that you are. Be proud of who you are. To help me stay positive, I have some quotes on my phone that I look at from time to time keep a positive mindset. My favourite is: "Always remember that you are braver than you believe, stronger than you seem and smarter than you think". I think positive messages that help keep a positive mindset are very important.

### **10 years from now**

I would like to have achieved my degree in nursing, traveled around the world, having helped in developing countries, have a good understanding of different cultures and how they interact with each other and know what makes them happy. Also, of course, be healthy and fit and be proud of the person that I am. Maybe also to have settled down.



# Canteen News



[VIEW MENU →](#)

## NOTICES

OPEN FOR BREKKY  
LUNCH & RECESS

WRITE NAME &  
YEAR ON YOUR  
LUNCH ORDER BAG

FOOD ALLERGIES?  
TALK TO CANTEEN  
SUPERVISOR

PARENTS & CARERS  
WELCOME TO HELP  
OUT IN THE CANTEEN

## SPECIAL

Tuesday 13 March  
Tuesday 20 March

### 6 CHICK NUGGETS



**\$3.50**

sweet'n'sour sauce...40c



## VOLUNTEER

If you can help out, contact Marie Conolly on 4340 0246 or fill out the slip below:



Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Working with children check number: \_\_\_\_\_

If you don't have a number, go to:  
[www.kidsguardian.nsw.gov.au](http://www.kidsguardian.nsw.gov.au)  
IT'S FREE for volunteers

Tick the days you wish to volunteer:

MON  TUE  WED  THUR  FRI

Tick the hours and how often you wish to volunteer:

9:00 - 12:00  9:30 - 2:30  once a fortnight:  once a month:

## ROSTER

### Next Fortnight

MON - 12/3/2018	TUES - 13/3/2018	WED - 14/3/2018	THUR - 15/3/2018	FRI - 16/3/2018
P&C AGM	Sharon P		Pia C	Mel G
MON - 19/3/2018	TUES - 20/3/2018	WED - 21/3/2018	THUR - 22/3/2018	FRI - 23/3/2018
		Beth S	Kath L	Michael W

# Letter from Busways



## Does your child catch a school bus? Help them keep it!

As the bus operator that providing your child's school bus services, we're asking for your help getting your child to use their Opal card on every bus trip.

Since the introduction of the School Opal card in 2016, school bus patronage data has significantly dropped. This is not reflected in the number of students actually travelling on our buses for various reasons a large number of students are consistently not using their Opal cards as they should be. Opal data gathered by tapping on and off is used by transport planners and service schedulers to design the bus network that best serves the community utilising the resources available.

If students don't tap on and off then school bus services will appear underutilised and may be considered for cancellation based on low passenger numbers.

Please help us reinforce the message that tapping on and off every bus journey with an Opal card is essential to travel on the bus. This will ensure school services continue to be planned for the students that use it, providing the journey to school your children depend on.



## To help us achieve this, please talk with your child:

- Ask them if they tap on and off the bus with their Opal card.
- If they do, congratulate them for doing the right thing and talk about why it's important.
- If they sometimes don't or never do, ask them why.
  - Are they confused about why they have to? Talk about why it's important, and that every tap tells the bus planners that the bus is needed.
  - Do they forget? Help them find a way to remember, such as getting into the habit of getting their Opal card out as soon as they arrive at the bus stop or bus line.
  - Is their Opal card at the bottom of their bag? Help find a handier place to keep it.
  - Are they influenced by friends or peers that don't tap? Talk about how they like to travel on the bus with their friends and how tapping is what keeps the service running.
  - Have they lost their Opal card? To order a new Opal card visit [www.opal.com.au](http://www.opal.com.au).

If there's another reason that you'd like to discuss with Busways, please contact us at [infoline@busways.com.au](mailto:infoline@busways.com.au) or call our customer service team on **9497 1878** to talk to us. We are happy to listen and do what we can to help your child feel comfortable using their Opal card.

**Thank you for helping us to best serve your school community.**

## Seven new school zone traffic offences

To help schools keep the school zone safer for all pedestrians and drivers there are seven new traffic infringements with new fines.

None of the seven offences attract demerit points when committed elsewhere on the road but in a school zone they each come with two points.

The changes are:

1. Stopping in intersection - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
2. Stop within 20m of intersection (traffic lights) - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
3. Stop within 10m of intersection (no traffic lights) - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
4. Stop near bicycle crossing lights - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
5. Obstruct access to ramp/path/passageway - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$330 and 2 demerit points.
6. Not parallel park in the direction of travel - Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.
7. Parallel park close to dividing line - Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.

All updated school zone offences can be located through Roads and Maritime:  
<http://www.rms.nsw.gov.au/documents/roads/safety-rules/demerits-school.pdf>

February 2018



## Notices:

How do you think  
SCHOOLS and PARENTS  
can work together  
to boost your child's  
learning?

Have your say about your school!

<http://survey.qa/FAZf1j>



Voluntary  
and  
confidential



5 March  
to  
29 March



Only takes  
10-15  
minutes



Online, mobile  
and tablet  
friendly

Research shows that students achieve better outcomes from their education when schools and families work together.

Your views are valuable and will help your school improve on this important partnership.

The Measuring Parent Engagement Trial is part of the Parent Engagement Project led by the Australian Research Alliance for Children and Youth (ARACY) and the Australian Council for Educational Research (ACER) on behalf of the Australian Government Department of Education and Training.



# SUPPORT OUR SCHOOL AND GET COLLECTING



We would love your help collecting Coles Sports for Schools for our school. Tell your friends and family to get involved as well, because the more vouchers we collect, the more sports gear our school will receive.

## Colour In and Win!

Entry couldn't be simpler:

- 1) Pick up a stencil
  - From our office
  - On our Facebook page
  - By scanning the QR code below
- 2) Have your budding artist colour in the picture.
- 3) Post it to or drop it into the office.



Kariong

7/4 Mitchell Drive, Kariong NSW 2250  
p: 4326 0500 | e: kariong@wiseberry.com.au

**The winner will receive:**

**A Hoyts Family Movie Pass &**

**&**

**A chocolate Easter basket to the value of \$100!**

\*Competition drawn 30th March 2018

WISEBERRY

# Born 2 Rock Music School

## Music Lessons

### >> FIRST LESSON FREE <<

**PRESENT THIS VOUCHER TO REDEEM**

**\*LIMITED SPOTS - POSITIONS FILLING FAST\***

**Guitar - Drums - Piano - Vocals - Bass  
Banjo - Ukulele**

**0411 893 141 www.born2rock.com.au**

**4/2 Carnarvon Rd, West Gosford**

**Expires: 1/4/18**

