



NEWSLETTER

TERM 1 | WEEK 2
February 8, 2019

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 11	February 12	February 13 Reprise - Newcastle	February 14 Music Industry - Mountain Sounds EXPO	February 15
February 18	February 19 Year 12 - SLR Swimming	February 20 Elevate - Year 12 Elevate Parent Info Evening	February 21	February 22 School Photos
February 25	February 26 Catch-up - School Photos	February 27 Year 7 - Parent Info Evening	February 28	March 1 Year 10 - Australian Museum



From Our PRINCIPAL



Welcome to the 2019 School Year

Welcome back, students and families, to the 2019 school year. Our values of Unity Knowledge Respect and our commitment to quality educational outcomes continue to be the foundation for our decision making and achievements. We offer a broad curriculum supported by a strong wellbeing framework.

At the heart, though, are our great students and outstanding staff, committed to developing the best ways of helping students learn.

We start the year with implementing new technology in Stage 4 to assist with literacy and numeracy, Best Start in Year 7, the introduction of interest projects to allow students to have more ownership and fun with their learning and the introduction of STEAM (*science, technology, engineering, the arts and maths*) as an update to our existing bioscience curriculum. What an exciting year ahead!

Ms Anne Vine
Principal



Jack Woonton, Year 12 2018, for achieving Dux and placing 4th in the State in Society and Culture.

SPORTING HIGHLIGHTS



Congratulations to Jack in Year 8 who was selected in the Australian U13s Futsal team to play in England this year.

Congratulations to Ryan and Corey (Year 10) who have been selected in the Australian Futsal Team.

Congratulations to Kellie and Paige in Year 9, who over the Australia Day weekend played 10 games of softball in three days in Canberra for the Australia Day tournament. They walked away winning the whole tournament with their team against teams from NSW, ACT and Victoria. Well done girls. We are all so proud of you.



From Our DEPUTY PRINCIPAL



Welcome Back

Welcome back to all students. I hope everyone had a happy and safe holiday. As always, the new scholastic year is shaping up to be as busy as ever with quality learning and many other extra-curricula opportunities.

Following are a few short organisational reminders:

School Uniform

We are a uniform school and this sits within our value of Unity. All students are expected to wear full school uniform every day. On rare occasions, where this is not possible, students need to see me before 8.45am to get a uniform pass. A note from home is also required.

Arrival and Start Time

School starts at 8.45am each day (8.15am for seniors on specific days) and students are expected to sign in on time. When a lateness is expected, a note for the front office is required.

Absentee Notifications

When students are absent from school, a notification from parents / caregivers is required on or before the day of return. This can be done via a note, the Sentral Parent portal, email or phone call.

I am looking forward to another positive year at our fine school. With students following our values of Unity, Knowledge and Respect, great outcomes can be had by all.

*Mr Scott White
Deputy Principal*

From Our DEPUTY PRINCIPAL



Year 7

Dear Families, welcome!

UNITY - KNOWLEDGE - RESPECT

Welcome to high school! I am looking forward to getting to know you and your child and working together to help them succeed and reach their full potential.

Enjoy the photos from the first couple of days (*on the next page*). We have had remarkably calm and focussed start to the school year!

*Mrs Jacqui Matthew
Deputy Principal*



WELCOME YEAR 7

Great First Week!

Year 7 has had a great first week and have settled in extremely well. The students have enjoyed meeting their teachers and attending their new subjects.

Year 7 is also looking forward to competing in their first swimming carnival on Thursday 7th February and are very excited about attending camp at the Great Aussie Bush Camp later this term.

I am looking forward to a great year with Year 7!

Jessica Milne

Year 7 Advisor, HSIE Teacher

Student Quotes:



All the teachers are very approachable and easy to talk to!



The best thing about High School is having different teachers for every subject.



Collage of photos showing our new Year 7 students settling in at KMHS.

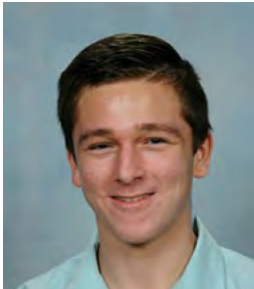


SCHOOL NEWS

Back to 2018...

Congratulations to all our 2018 Presentation Day and Night awardees. This is an important event in the school calendar as it recognises and celebrates the hard work and accomplishments of students throughout the year.

2017 Dux



We had an excellent speech from the 2017 Dux, Adam Schuman who reminded the audience of the importance of balance in life; that success is best achieved through committing to hard work when needed, but balancing this with time for healthy lifestyles, friendship and family. A very important message from a successful KMHS graduate.

2018 Principal's Award

The 2018 Principal's Award went to Jackson Bradney. This award goes to the student, who throughout their schooling years, demonstrates that special quality that makes them stand out as someone who has made an outstanding contribution and/or shown incredible spirit and citizenship



across the years. I have included an article from the Spencer Community Newsletter, 'The Oyster', to share with you Jackson's words about his Kokoda Trail experience, which clearly support why he was the 2018 recipient.

2018 Dux



Congratulations, to Jack Woonton on achieving the highest HSC results in 2018. Jack achieved outstanding results across a range of subjects, receiving an ATAR in the high nineties and was placed 4th in the State in the Society and Culture Examination.

We wish him all the best with his university studies and hope that he will be able to share his experiences with us at the 2019 Presentation Evening.

Music Tour

Thank you and well done to our musicians, students and staff, who participated in the primary schools' music tour, which was truly a 'tour de force'.

The hard work and talent of staff and students is clearly demonstrated in the positive comments from the primary schools and in the words of Mr Burns, "The KMHS students keep raising the bar every year with the show that they put on and they always rate the tour as the best two days of the year."



Students and staff posing in front of the 'Music Tour Bus'

Stage 6 Parent Information Evening

A note has been emailed to all Stage 6 parents letting them know that there will be a meeting to assist parents with navigating this important stage of education. A survey went out with the email and I now already have some questions to address, so please use this survey as an opportunity to ask what you want to know, but would be hesitant to do so in an audience.

This meeting follows on from the **Elevate Education Seminar**, so it will be a very informative evening and help set you up for a confident start across Years 11 and 12.

Refreshments will be available between the sessions.

SAFE DRIVING

Blue Datto

During December 2018, our Year 10 students participated in one module of the mandatory 'Life Ready' course concerned with driving safely.

I would like to share this feedback from the 'BlueDatto' organisation:

Blue Datto would like to thank you for allowing us to present our Keeping Safe program to Kariong Mountains High School.

As part of each program, our Peer Mentors provide feedback following the course at your school. All the Peer Mentors have agreed the students behaved exceptionally well, they were so eager to be involved, all groups contributed and participated throughout the activities and were very interested in our Keeping Safe program. Kariong Mountains High School is a lovely school, we appreciate working with all staff and students on the day. The most important result from the day was that the students reflected on their attitudes towards Road Safety very seriously and that's all we ask!

As a reflection on the course we have attached three pledges which are written by your students at the conclusion of the program which we found really amazing.

My Pledge



I will never drink and drive or never use my phone. I will drive safely and look out for others. I will be responsible.

I will not go on my phone while driving. I will not drink and drive. Be aware of my surroundings when driving. Always drive responsibly.



I pledge to always stay focussed as I drive and follow all safety procedures to ensure that I and everyone else with me stays safe.

Safe Driving

No community wants to have a tragic road accident occur. To help monitor student driving we request that parents complete the 'driving at school' form, which identifies drivers and passengers approved by parents.

Students expected to stay at school from their 1st timetabled period to their last timetabled period.

Due to students disregarding directives to not leave school outside of the start and end of their school day, we will be strictly enforcing the rule of **no leaving school**, particularly in cases without permission from parents, and for a legitimate reason.

Please support us on this as we all work together to keep children safe.

You can find out more about the Blue Datto organisation on their website: <https://bluedatto.org.au/>

**WE'RE
MAKING A
PLEDGE TO
ROAD
SAFETY.**

BlueDatto.org.au
SAFE YOURSELF

A MESSAGE FROM BLUE DATTO KEEPING SAFE PROGRAM

WALKING THE KOKODA

Local Youth Leader Returns From Kokoda - Jackson Bradney

Originally published in the Oyster Newsletter by Spencer Community Progress Group (Dec 2018 / Jan 2019). The community also held a fundraising event (Kokoda Movie Night) to help Jackson achieve his goal.

Walking the Kokoda Trail was something that defied my expectations in every capacity. Before I embarked, I was incredibly nervous about my ability to complete the trek, but I set out with a mindset of finishing at all costs.

How lucky I was, then, to have been able to journey along the trail with such a vibrant and diverse group of young people. I believe that without those strong people beside me, the trek would have been a radically different experience. There were moments where I struggled, both physically and mentally, and yet these young men and women whom I may now call my friends had the personal resilience to help me in any way they could.

That, I believe, embodies one of the key values that we all found within ourselves by the end of the trek; mateship. The virtues of the young men that fought along the trail in 1942 live on in every one of our group, we each displayed courage, we each made sacrifices, we each had to dig deep and find our inner reserves of endurance, and by the end we had all well and truly exemplified mateship.

This trail is unlike anything I have ever done in life, and it has taught me a great deal about myself, even in ways I was not expecting. Submerging myself in another culture for the first time was a truly humbling experience, and it awoke within me an exceptional well of gratitude for the things in life which I had previously not given the appreciation they were due.

On the trail I found there was, within me, reserves of courage and endurance that I had simply not known before. In the first few days of the trail, I found it incredibly difficult, but our trek leader took me aside and told me “You don’t have to work on Kokoda, Kokoda will work on you.” and I think that best encapsulates the journey for me.

As day by day we made it further and further along the trail, I found that both physically and psychologically, the obstacles became easier to surmount. Not because



Jackson (2018 KMHS Year 12 graduate) on the Kokoda Trail.

the hills were smaller, but because I myself had grown stronger.

Kokoda is something that one can only do justice by experiencing, as no matter how many details you divulge to your friends once you get home, no matter how many speeches you give or photos you share, it is ultimately a journey that reserves a special place

in your memory and your heart for itself.

“You don’t have to work on Kokoda, Kokoda will work on you”

There’s something truly unique about Kokoda, and it lies in those mountain ranges waiting to be found by all who dare to search for it. It brings me a great deal of pride to say that I, with the undying support of those on the trek with me and those at home, walked from Owers Corner to Kokoda;

and the experience has served to deepen my reverence for those brave Diggers, who against all odds, managed to not only survive but fight, and push back the Japanese soldiers in those jungles of Papua New Guinea. I also emerge with a great respect for those “Fuzzy Wuzzy Angels” and the strong men who carry on their legacy of compassion and resilience to this day.

I have but this to say about the outstanding strength of the porters: every single day, without fail, I was passed by porters shouldering packs much heavier than mine, going uphill, without trekking poles, whilst wearing thongs and keeping an eye on all the trekkers in sight, with a hand held out to those struggling. There is not a single doubt in my mind that every single person who walks that trail, myself included, will emerge at the end of that trail a stronger person in every regard.

Thank you to everyone for supporting me on this journey.

Jackson Bradney

NOTICES

NOTE: **COMMUNITY NOTICES** ON OUR WEBSITE INCLUDES ASSOCIATED LINKS AND SUPPORTING PDF MATERIAL FOR CURRENT NOTICES.

WORKSHOPS AT PENINSULA COMMUNITY CENTRE - Flyers and more information available on school website [Community Notices](#) page.

Name of Event/Activity	HOST/PARTNER	DETAILS
DV- alert Awareness Session	CCCL & Lifeline Open to Community	Date: Wed 13/03/2019 Time: 9:30 – 11:30am Location: Peninsula Community Centre, 93 McMasters Rd, Woy Woy Cost: FREE <i>Please see flyer for more details.</i>
SafeTALK Suicide Prevention Awareness Program	Hosted by Coast Community Connections, presented by Lifeline & Sponsored by Hunter New England Central Coast Primary Health Network (PHN)	Date: Wed 10/04/2019 Time: 9.30am – 1.00pm Location: Peninsula Community Centre, 93 McMasters Rd, Woy Woy Cost: Gold Coin Donation for morning tea. Bookings: 4341 9333 (<i>option 3 then option 1</i>) or: www.lifelinecc.org.au
ENERGY BILL SUPPORT – Woy Woy	CCCL & Energy & Water Ombudsman	Running: Last Tuesday of each month, commencing 26th February 2019 Appointments available between 9am - 3pm Bookings Essential: Phone 4341 9333 (<i>select option 3 then option 1</i>) Location: Peninsula Community Centre, 93 McMasters Rd, Woy Woy

WEP

TXT 'EXCHANGE' TO
0428 246 633
FOR A FREE INFO PACK!

GOSFORD
COME ALONG!
**WEP STUDENT
EXCHANGE
INFO SESSION**

13 FEBRUARY 7PM
HENRY KENDALL HIGH SCHOOL LIBRARY
FAUNCE STREET

WEP.ORG.AU INFO@WEP.ORG.AU 0428 246 633



School Opal Card

As part of our campaign against fare evasion, and our on-going commitment to provide the level of service needed to transport students to and from your school, Busways conducts regular checks of School Opal card.

All students must be in possession of a valid Opal card or pay a fare.

Students in possession of an Opal card must also tap on/off with their card when boarding our buses.

This is important, because the Opal data collected determines the level of service we are able to provide to your school. If students don't tap on and off, the services will appear underutilised and may be considered for cancellation based on low passenger numbers.

To apply for a School Opal card or to report a lost or stolen card, go on-line to www.opal.com.au/en/about-opal/opal-for-school-students/

Students who are ineligible for School Opal will need to purchase a Child/Youth Opal card or pay a fare to travel on our buses.

Thank you in advance for your assistance and support.

Register now!

**GOSFORD
TIGERS
J AFC**

Dean Wallace 0412 196 215
tigers@gosfordafc.com.au
Open for Boys 5-9 and Girls 5-17

AFL Sign up for junior footy **play.afc**

