



NEWSLETTER

WELCOME BACK TO AN EXCITING TERM 4!



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Phone: 4 3 4 0 0 2 4 6

CURRENT HOUSE POINTS

BOODDI	DHARUG	GIRRAKOO	POPRAN
6737	6645	7422	5923



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



Thank you, to Mrs Ayres, for being onsite all through lockdown, to assist students, staff and families. Her help was invaluable.

LATEST CAREERS NEWS:

Visit the school website's **Careers Page** for updates, news and tertiary study information.



Intro to C Workshop

Cost: Free
Location: Virtual, via Zoom
When: Mon 18, Wed 20, Fri 22 Oct
Time: 4:00 - 5:30pm
Who: Years 9-12 students

COMPLETE APPLICATION FORM

School Visitor Check-in



Visitor **NEW** digital school sign-in from **October 18**
School Check in on ServiceNSW app or Webform.

CALENDAR

MONDAY October 18	TUESDAY October 19	WEDNESDAY October 20	THURSDAY October 21	FRIDAY October 22	MONDAY October 25	TUESDAY October 26	WEDNESDAY October 27	THURSDAY October 28	FRIDAY October 29
Term 4 - Week 3: Year 12 students return to face-to-face learning. Students in Years 7-11 continue learning online					Term 4 - Week 4: Years 7-11 students return to face-to-face learning.				



From our Principal



At the time of this newsletter, we will see our Year 12 back on site and only one week to go after that until the return of the rest of our students. **This is really great news**, but it is understandable if some of our families are both excited to get back to the normal school routine and also feel somewhat stressed or anxious about it.

Understanding Stress

Why might there be some stress? Some examples might arise from:

- **The anxiety that arises whenever a change occurs. Just as going into lockdown caused some concerns, coming out is once again another change that must be gone through, even if it is a desirable one.**
- **Uncertainties due to safety, differing viewpoints about COVID and vaccines and understanding of guidelines.**
- **Having to navigate real time friendships and all the normal emotional intelligences linked to that. In some ways, being at a distance could have made this space less complex during lockdown.**

Supporting a Positive Return for All

We understand that wellbeing support and relearning classroom dynamics may not come equally as easy to everyone and our staff is committed to working with our students to make their return as positive an experience as possible. In the meantime, at home you could:

- **Start getting your child back into a 'school hours' routine**
- **Helping your child identify what they can control and the practical things they can do to help reduce anxiety. Practical strategies can include getting organised for school – books, bags, uniform etc so that they are ready to go.**
- **Provide reassurance and let us know of any concerns that you have before they return. Our amazing wellbeing team are here to help. Please complete the survey that we have emailed out and will help us tailor our wellbeing strategies to our context.**
- **You may also want to access support through an outside provider, such as Parent Line NSW (13001300 52), to seek more general advice.**

Our students have shown great adaptability, overall, and I am sure that as the daily routine normalises then they will once again thrive. I also believe, that in times of adversity, character is developed and many of our students will have grown and matured, displaying more of the values that we hold dear - 'Unity Knowledge Respect'.

Communication

As much as possible, I am trying to keep parents and

students abreast of changes to return to school and conditions. We will have a staggered timetable for at least the first two weeks back at school and this will be emailed to you, with a notice on Facebook and our school website.

I will hold a parent webinar on Monday at 6pm to go through the return to school and HSC organisation. The link will be sent out on Friday via Compass. If you already have some questions then please email them to the school account before Monday 5pm, with the subject line 'Webinar Q&A' and I will address all that I can in the meeting.

Return to School Information

I have attached the Department's infographic to this newsletter so that you can see the guidelines about returning to school, at a glance.

COVID Intensive Learning and Small Group Tutoring Program

This program was initiated to provide extra support for students, who may have had their learning interrupted by the disruptions to schools in 2020. Once again, disruptions to learning may have impacted on some students, more than others. If you would like to know more about the program and the after-school tutoring in literacy and numeracy that is available, then please contact the school co-ordinator, Ms Jodie Lincoln to see how your child may be included.

Laptops Loaned to Students during Lockdown

To facilitate the DoE requirements for the safe return to the classroom, KMHS has the following plan for laptops borrowed during the online learning period. Upon return to school, students who have borrowed laptops from the library, have two options:

1. **If they do not need a laptop for their in class learning they can return their laptop to the library during the designated time the library is open for their year group.**
2. **If they need the laptop for their learning in class, they can extend the laptop borrowing period and take it to and from school without the need to return and borrow the laptop each day.**

Students choosing to extend their borrowing period will need to ensure they charge the laptop each night so that the device can be used for the entire day. Once rules around borrowing and safe return of items changes, students will be notified that they will need to return these laptops and we will revert to daily borrowing of laptops through the library.

Ms Anne Vine
Principal





I hope all students had a happy and safe holiday.

We are all looking forward to having our students back on Monday 25th October.

Details on students' return to school in Week 4 are currently being finalised. School starting times, finishing times and break times will be organised by Stage groups. A comprehensive list of requirements and arrangements will be communicated in the near future.

With our return to 'normality' approaching, I would like to reinforce our school expectations. Our core values of '**Unity Knowledge Respect**' will continue to apply.

Attendance

Attendance at school will be closely monitored this term. Students, who are ill are expected to stay at home and the absence explained through a note, phone call, email or the Compass app.

Mobile phones

Students are reminded that mobile phones are expected to be placed in bags before entering classrooms. They are more often than not a distraction to learning, and used inappropriately, are disrespectful to the teacher conducting the lesson. This strongly links to our values of **Knowledge** and **Respect**.

Subject changes

Year 11 currently have the option of dropping a subject and/or changing levels in Maths and English. Any changes must be considered carefully as these can have an impact on the HSC qualification and ATAR requirements. The paper work to be completed is currently available on Compass and is to be forwarded to myself. Likewise, any questions or concerns can be directed to me in the first instance.

Mr Scott White
Deputy Principal

Kariong Mountains High School is following DoE guidelines for a safe return to school. Please read the DoE information sheet on our website, which outlines our organisation and safety practices in Term 4 (short summary of key points included below).

DoE - Return To School Information

Key dates for our staged return

18th October (Week 3) - Year 12

25th October (Week 4) - Years 7 - 11

COVID-safe operations

Our NSW Health approved plan includes effective practices including vaccinations, wearing masks and ventilation.

Keeping student groups together

Students will be kept in their cohorts, as much as possible, to minimise opportunities for transmission of COVID-19.

Mask wearing for students and staff

Masks required to be worn by staff and students when indoors.

Vaccinations

All staff on site will need to be fully vaccinated as we return to face-to-face learning.

Ventilation

Our school is following NSW Health advice on ventilation. All our spaces have been audited to ensure we provide a safe learning environment.

School activities

Many school-based activities will remain on hold during Term 4 until NSW Health advise otherwise. This includes assemblies, graduations, arts and sports events.

Covid communication

Parents and students will be notified if a decision is made to close the school due to a confirmed case of COVID-19.

Orientation and transition to school

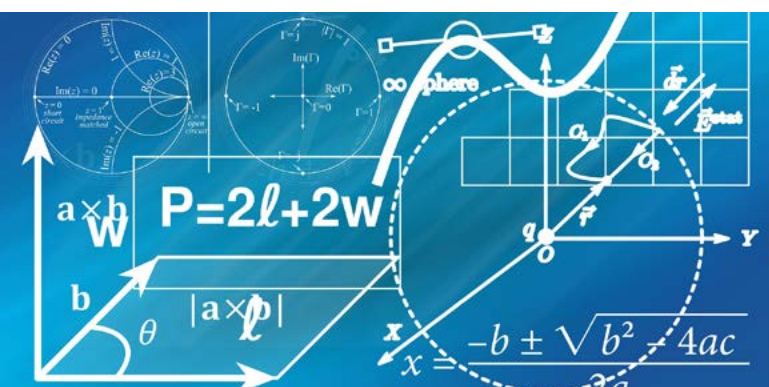
Onsite orientations and transition programs are currently on hold until we are advised differently by NSW Health.

HSC student revision and support

A timetable of revision and support has been developed for HSC students and communicated via Compass.

HSC exams

We are putting in place and preparing COVID-safe arrangements for exams to minimise mixing between students.



Update FROM YOUR YEAR ADVISORS

WEEK
2
TERM 4

Year 8

WELCOME BACK YEAR 8!

They say that something worthwhile is never easy. Emerging out of lockdown will be worthwhile. It certainly wasn't easy. I'm sure we are all looking forward to seeing each other once again. I am. **How will we react?** How will we anticipate and accept each other again after being apart for so long? **How will we respect each other and each other's opinions and choices?** How will we comply with routines, timetables and direct teacher instructions again? How will we accept being told this is what time you can eat your lunch and that break time is when you can go to the canteen? These changes won't be easy as we return to some form of normality, but they sure will be worthwhile.

They have labelled Monday the 11th of October as '**FREEDOM DAY**' where some of our lock-down restrictions have been eased. Just a look back in history will define days of 'Freedom' being far more significant when we look at slavery, human rights and various forms of people's and countries' independence. Let's hope for our current school generation, that the COVID lockdown is the worst of what we must endure with regards to our restrictions of 'Freedom'.

Well done, Year 8 and a word of advice for our whole cohort as we return. **Be patient and tolerant of one another and be mindful of all as we start to come back together.** On your return take the time to remember Kariang Mountains High School's three core values of '**Unity Knowledge Respect**'. Now, out of lockdown, we finally get a chance to display these attributes physically with a mindful presence, and no longer solely with the online platform.

I LOOK FORWARD TO FINALLY SEEING YOU ALL IN PERSON ONCE AGAIN.

Mr Sean Klempert
Year 8 Advisor

YEAR 7,

Congratulations on making it through the challenging journey of online learning. We are almost back face to face and I am so thrilled that I will actually be able to see you all in person, instead of staring at small versions of your faces through a computer.

You have all shown great resilience, the ability to adapt with lots of change and to seek help when you needed it. I am super proud to call myself your Year Advisor.

When we go back to school it will be a little odd, so I must remind you that if you are feeling a little overwhelmed, that's okay, I will be too, but we will get through this together. Make sure you reach out either to myself, a friend, or your family so we can help you work through those feelings.

I CAN'T WAIT TO SEE YOU ALL!

Miss Steph Richmond
Year 7 Advisor

YEAR 9 - WELCOME BACK!

Welcome back, Year 9, to Term 4. I hope you have had a nice and relaxing holiday and are ready to get back into online learning for one more week until we return to face to face. Just a few reminders for the coming week:

- Keep attending all Zoom meetings.
- Complete your attendance form daily.
- Check Compass for notifications and news.
- Keep up to date with all your subjects on the Google Classroom.
- Submit all work set by your class teachers.

If you have any questions or issues, please let me know on our Zoom Year Meetings on a Wednesday or email me. Thanks guys and see you all soon.

Ms Jessica Milne
Year 9 Advisor

Year 9

HI TEAM, WELCOME BACK TO YOUR FINAL TERM OF JUNIOR SCHOOLING (when did that happen?!)

Year 10

It's been one hell of a ride these past few months, but I'm grateful to see that through some of my check-in emails and phone calls, you guys have kept your cheeky sense of humour and "it is what it is" attitudes. You know, as your year advisor, that I wouldn't have you any other way.

Do your best to keep up your studies this term before we return very shortly, and as always, communicate any concerns you have with your teachers.

I'M SO EXCITED TO SEE YOU GUYS!

*Miss Thompson
Year 10 Advisor*



WELCOME BACK YEAR 11

and welcome to your first term of the last year of your thirteen years of schooling. While it is not the way we ever thought it would begin all those years ago, we can be reassured it will not end this way and we will have a year filled with memories, hard work and accomplishments.

Year 11

As we get closer to returning to face to face learning it is important that we start to get back into a regular routine for school. This includes looking at the time we are getting to bed and making sure we have all our uniform and school equipment ready for the term ahead. You may like to get some new books for the start of your HSC. The next few weeks are going to be vital in making the transition smooth and it will be exciting to see each other again and get back into a routine for our HSC learning.

Remember, that all the staff at KMHS are here to help you with your success over the next year. It is important to have a healthy balance of all the things we have happening in our lives. Don't forget to reach out if sometimes that balance is not always there. We all need a little help sometimes.

I CANNOT WAIT TO SEE YOU ALL ON THE 25TH OCTOBER. If you need anything before we go back to school, please let me know and again, well done on such a great start to your term.

*Ms Megan Miller
Year 11 Advisor*

Year 12

GOOD LUCK WITH EXAM PREPARATIONS AND GETTING READY FOR THE NEXT STEP ON YOUR JOURNEY!

