

COMING UP

- **Thu 11 Apr** White Card Training
- **Fri 12 Apr** Last Day of Term 1
- **Mon 29 Apr** Staff Professional Development Day
- **Tue 30 Apr** First Day of Term 2 for all Students
- **Tues 30 Apr to Fri 3 May** Yr 11/12 Warrumbungles Hike
- **Wed 1 May** Parent Teacher Interviews A-K
- **Wed 1 May** Parent Teacher Interviews L-Z
- **Wed 15 May** Year 7 Camp

Welcome to our third and final School Newsletter for Term 1. We wish everyone a happy and safe Autumn holiday break!

Upper Blue Mountains Student Leadership Day

On Friday, our Katoomba High School Prefects had the pleasure of hosting Year 6 school leaders from our Katoomba, Katoomba North, Blackheath, Wentworth Falls and Leura Primary Schools for a fantastic day of mentoring.

Our KHS Prefects did an outstanding job leading the group in a range of discussions, activities and games designed to develop their communication, leadership, problem solving and teamwork skills.

All students worked wonderfully well together in their school groups and in mixed groups to explore issues and solutions, and planning how to implement leadership initiatives in their school communities.

After lunch, the students were joined by our very special guest,

Ms Susan Templeman MP, who spoke with the students about leadership and facilitated some fantastic mentoring discussions about the initiatives each team was working on which included a range of different things from compost bins at school to multicultural days and raising funds to support our local refugee community.

Ms Templeman also spent time with our Katoomba High Student Leadership team to discuss a range of topics including the students' areas of focus and passion projects, generational differences, how to respond to challenges, her experiences as a leader and a woman in Parliament. She also provided

guidance and suggestions on support for student initiatives.

Thank you so much to Ms Templeman for being so generous with your time and sharing your knowledge and experiences. Thank you also to KHS teachers Ms Jeffrey and Mr Boothroyd for organising such an excellent day.

We look forward to doing more great work together with our Upper Blue Mountains learning community.



AROUND THE GROUNDS

Landscaping Construction Developments

Our latest group of Landscaping Construction recruits have been working hard continuing the great work under the excellent leadership of TAFE Teacher Aaron Anderson.

Brickwork went very well and no one gave up despite the rain! The grass area has been fertilised and the wheel barrow had some maintenance done. Construction of timber garden beds has commenced and students have enjoyed getting on the power tools!

Keep up the great work team!

Mr Daniels

PDHPE Teacher & Transition Advisor



The RAAF join Students for a Fit 4 Life Workout

On Wednesday 20th March we had three members of the Royal Australian Air Force join the Blue Mountains Police Youth Command and Year 10 students for our Fit 4 Life program. Definitely the the best session yet!



Enchanting Zine Creations with Farm it Forward

Inspired by the Zine Fair held at the Blue Mountains Cultural Centre in March, students in the Farm It Forward Nature-Craft-Connection program delved into the enchanting world of zine creation.

Zines, pronounced “zeens” from the word magazine, are independently produced DIY publications filled with poetry, art, literature and activism.

Students drew inspiration from the rich tapestry of nature to create unique publications. With endless possibilities and boundless creativity, each zine crafted at the workshop became a magical reflection of the beauty and wonder of nature.

Here’s a snippet of some of their creations.



Caught You Being Kind!

‘Caught You Being Kind’ is all about celebrating kind deeds done by both students and teachers.

Anyone in the school community, students, parents and teachers can nominate someone they have seen being kind to another. Some of those who have been caught being kind so far are...

- Elliot Pekay
- Ella Rose-Mallin
- Archie Helm
- Riley Bailey
- Mia Dowley
- Poppy Rushton
- Nina De France
- Lauren Martin
- Alex Anderson
- Lucas Finn
- Elliot Eneberg

Thank you everyone for your positive contribution to our school.

Mr Boothroyd

‘BeKIND’ Artwork by Georgie Mah, Yr 12



Happy Harmony Week!

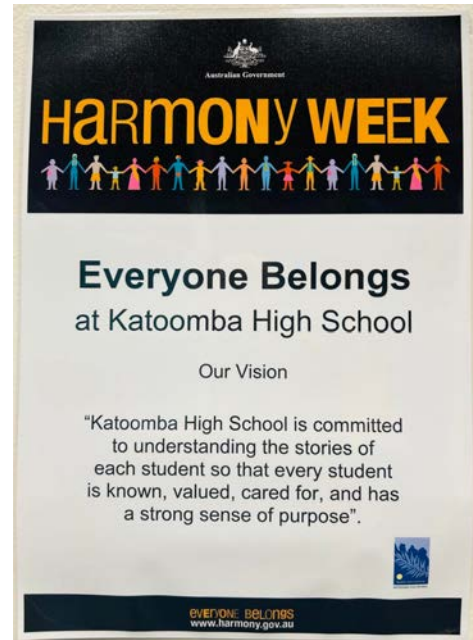
KHS came together to celebrate Harmony Week in a truly special way, embracing the beauty of diversity and unity within their school community. The week kicked off with a Harmony Week themed breakfast club, where students and staff gathered to share a meal and connect with one another in a warm and inviting atmosphere.

The highlight of the week was a thought-provoking talk by Aboriginal Elder David Kind in the school hall, emphasizing the importance of embracing differences and celebrating diversity. His inspiring words resonated with everyone present, fostering a greater understanding and appreciation for all the cultures that make up the school community.

Adding to the celebration, KHS set up a Greetings Wall, adorned with hello greetings in various languages from around the world. This colourful display served as a powerful reminder of the many ways people can come together regardless of their backgrounds or origins.

Through these meaningful initiatives, KHS not only celebrated Harmony Week, but also nurtured a culture of inclusivity, respect, and appreciation for the diverse voices that make their school a vibrant and welcoming place for all.

Viktoria Gulabovski
Student Support Officer



OUT & ABOUT

Rotary 2024 Excellence in Education Awards

At the recent Rotary Club of Lower Blue Mountains Excellence in Education Awards 2024, we proudly honoured our team of KHS School Counsellors, Julia O'Brien, Rebecca Patterson and Michael Vidler, for their exceptional dedication and invaluable contributions to our school community.

Through their commitment and support, they have not only enriched the lives of our students at Katoomba High School but have also significantly impacted schools in the broader Blue Mountains network.

School Counsellors are often unsung heroes, consistently making a profound difference in the lives of our students. Their outstanding work with students

exemplifies their dedication to fostering both academic success and personal growth.

Moreover, their support extends beyond the counselling realm, providing invaluable assistance to the wellbeing and learning support teams, as well as senior executive members of the school.

We commend their remarkable efforts and profound impact on our school community.

Ms Tess Devine, KHS Principal

Planet Youth Workshop

On Wednesday 27 March, an outstanding group of Katoomba High students joined Mayor Mark Greenhill, students from Winmalee High and a network of community representatives including Blue Mountains City Council and the Alcohol and Drug Foundation for the Planet Youth Blue Mountains 2024 Community Workshop.

Planet Youth is an international youth wellbeing initiative, with

the underlying aim of preventing drug and alcohol use, that began in Iceland more than 20 years ago and is now being implemented in hundreds of communities around the world.

Katoomba High students Tess, Katya, Chris and Tessa represented our school exceptionally well and provided invaluable insights and ideas that were enthusiastically taken on by the working group who will now develop and implement a Community Action Plan based on the research and workshop outcomes.

The day also included a pop-in to the new Street University on Katoomba Street to check out their dance and music studio facilities and learn about the amazing support services they provide for young people in our community.

Thank you everyone!



Royal Easter Show Day Out!

200 excited students along with 15 staff traveled to Olympic Park on Thursday 28th March to attend the Sydney Royal Easter Show. For many of these students, it was their first time having ever been on a high school excursion or even to the show itself. The travel down in our luxury coaches was fairly quiet and quick except for a couple of upset tummy experiences that were efficiently dealt with by staff.

Once through the entry gates our students were keen to try all experiences offered at the show, especially the rides. Much prior discussion and planning goes into the decision of which rides and how many times. The thrill of being tossed upside down, backwards and sideways at great speed definitely seemed to excite many of our students. Staff sensibly however, were happy to watch from the safety of solid ground.

The show bag pavilion was a massive draw as always. It was amazing to see how much "stuff" students were able to cram into their small spaces when traveling home. Everything from numerous show bags, large stuffed toys, to prizes of giant balls won when playing any of the countless games available.

Then comes the food. Chip on a stick, hamburgers, fairy floss, fresh lemonade, sushi, gozleme... you name it, the students could and did buy it. On top of all this was the mountains of sugar consumed. The students were certainly wound up by the time the lunch roll call came round.

Many of the staff found alternate activities to entertain them - animals galore, technology in the food and agriculture industries, winning cakes, art works, textile items and wood projects to observe. The Easter Show definitely offers something for everyone.

Come 4.15pm we had a collection of well fed, happy but exhausted students all ready for the coach ride home. I hope the sugar rush had worn off by the time they were collected by parents and carers when we returned to Katoomba.

I would like to thank the 15 teachers that attended this excursion. It's such a long but rewarding day.

I would also like to acknowledge the students - they all followed the expectations to ensure their safety and happiness. Our students have the opportunity to practice their money and time management skills, work and negotiate in teams, ensuring they were safe at all times. These are such important skills for our students to develop.

Bring on the Easter Show 2025 - Katoomba High will definitely be going again.

Mrs Draper





KHS Newsletter

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katoomba-h.school@det.nsw.edu.au

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HSIE HEADLINES

Wrapped in History!

To end the term on a fun note, students in 7E and 7N chose to wrap themselves up Egyptian style.

This year, History and Geography are taught at the same time over the four terms. This provides an opportunity for students to spend longer studying both areas, increasing the opportunity for more continuity in content, excursions and other events.

In term two, 7E and 7N will be studying the strange and fascinating culture of Ancient Egypt and then Ancient Greece in depth, with other areas such as Rome and China to follow terms 3 and 4.

The current focus is on the Egyptian gods and afterlife so it was great to see students enjoying themselves as they learnt about mummification through reading Herodotus and using linen life toilet paper as wrappings. We have also ended this term with reading and translating some Egyptian Hieroglyphs.

One of the best ways to understand an ancient culture is through their language. Some examples of recent students' assignments on the Iceman and other buried peoples will be on display at the school expo on Parent Teacher Night.



Students extend themselves at Sydney Uni

This year, our students' first excursion for Extension History was to the Fischer Library at Sydney University.

The library is one of the biggest in the nation, with an extensive array of books and journals on any subject.

Using the library catalogue but also just immersing themselves in the rows and rows of books was a great way to begin their collection of research material.

Our keen researchers were totally involved in the search for new resources and ideas. Their attitude towards research and university life was a great indicator of their high level of motivation. They will make great university students.

Project ideas this year include; The Polish resistance movement during World War 2, are tyranny and repression the end of revolution?, the influence of popular film on the Ku Klux Klan, Greek gods, mythology and values, learning from the past, women in the ancient world and the Me Too movement.

As part of Parent Teacher Night, some of our past and present students work will be on display in the school common room.



Mr Long
History Teacher

THE SPORTS PAGE

Shot Put State Champion!

On Sunday, 17th March, Owen Roberts competed in the U12s Shot Put at the Athletics NSW, NSW Youth Championships at the Sydney Olympic Park Athletic Centre and was crowned State Champion! This means he will head of to compete at the Nationals in Adelaide during the April school holidays.

As there isn't an U12s Shot Put event at Nationals, Owen will be competing in the U13s against older competitors. We know he will do his best, learn a lot from this experience and perhaps bring home some silverware.

This is a huge accomplishment! Well done Owen, we are very proud of you and will be cheering you on during the school holidays!

Mr Boothroyd



PBs Smashed at Sydney West Swimming

On Thursday the 21st of March, a group of us were competing at the Sydney West Swimming carnival and we all were amazing. We smashed our PBs, now making them a whole lot harder to break. The KHS 13 years girls relay team dropped a massive 8.16 seconds putting us in third place meaning we have now qualified for the NSWCHS State in the middle of May! We're all so exited! KHS had a fantastic day at Olympic Park.

By Hayley Carew, Year 7

Thank you Hayley for sharing this exciting report and for competing so well in all of your events.

Congratulations to all of our KHS competitors including...

Year 7 Girls Relay Team

Hayley Carew
Kasiah Radovic
Tully Critchley
Annika Tooher-Crush

Individual Competitors

Margaret Walsh Year 8
Callum Clarke Year 10
Ewan Jennings Year 10
Aisha Turner Year 11
Emmagen Cronshaw Year 12

Aisha Turner was 3rd the Girls 16-19 Backstroke Multi-Class event. Hayley Crew came in 4th in the Girls 13yo 100m Butterfly and Margaret Walsh placed 4th in the Girls 12-15 50m Breaststroke Multi-Class.

A number of students competed strongly in multiple races throughout the day. Congratulations everyone on a fantastic effort!





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EDUCATION INSIGHTS

'Wonder is the Source of Wisdom'

- Socrates

Enrichment at Katoomba High

At Katoomba High we offer a range of opportunities for enrichment and extension in 2024. Every student is different with unique talents. This is why we are keen to offer a variety of opportunities across learning areas.

The enrichment team are Mr Long, Ms Mah, Mrs Anderson and Mr Regan from the HSIE faculty, Mr Liu in TAS, Mrs Gibson H.T Teaching and Learning and Mr Brad McLeod Deputy Principal.

For more detailed information, see also the Katoomba High School web site [enrichment section](#) under 'Learning at our school'.

Please contact us if you have any questions. We welcome any ideas you have for enrichment activities.

During the term two Parent Teacher nights, there will be an exposition of student work, held in the school common room which will showcase student achievement across the range of subjects at Katoomba.

Each faculty offers an array of opportunities but here are some recent examples of whole school events for 2023 and 2024...

- The National History Challenge - every year a new historical theme
- Musicals - recent shows include KHS cabaret and Little Shop of Horrors
- Drama, Vocal and Music Ensembles
- Maths Club tutoring and study support
- Student Voice - this is all about you having a say in important issues that affect you at school and in our world today.
- Surf Camp - an opportunity for students that develops and complements the PDHPE course.

- Birriban - offers a space for sharing culture, and learning
- Debating and Public Speaking - our teams have been highly successful against the best in the state.
- Tournament of the Minds - This is a great chance to extend your creative thinking skills. You might remember this fun competition from primary school.
- Rotary Rypen Camp
- Junior Stretch and Challenge
- Pythagorus Switch - a fun creative day
- Game Changer Challenge - a chance to have fun and challenge yourself with technology.
- Many STEM opportunities
- Outdoor Education - an extensive program teaching self-confidence, initiative, resilience and leadership. Activities have included abseiling, indoor rock climbing, overnight hikes, day hikes, canoeing and bush walks
- A large variety of elective subjects are available for all years from year 8.
- Numerous excursions offered by each faculty.

The Katoomba High School enrichment program supports every student, across all learning stages to achieve their educational potential, through talent development opportunities. Differentiated teaching and learning practices ensure that student's specific learning and well being needs are met.

Please get in touch with our Enrichment team if you would like more information about the opportunities available.



FROM THE PRINCIPAL

As Term 1 concludes, my first full term as Principal, I wanted to thank you all for your support and engagement with our school. A lot has happened this term as you will see in the pages of this and previous newsletters. I wanted to draw attention to a couple of things:

Student Leadership and Voice

A key highlight for me this term has been the active role of our Prefects and the newly formed Student Representative Council (SRC). The Prefect team have been instrumental fostering a culture of involvement and representation. Their contributions have not only enhanced the school environment but have also played a crucial role in our community initiatives, particularly with our partner Primary Schools. The SRC is only just beginning, but already have been instrumental in bringing forward the ideas and concerns of our student body.

Staff Recognition

Our achievements this term would not have been possible without the dedication of our staff. From teachers to support personnel, their commitment to providing a supportive and engaging learning environment has been unwavering. Their efforts ensure that our school remains a place where students can thrive and feel supported. And I really appreciate how much extra the staff here at KHS do to provide our students with opportunities beyond the classroom!

A Positive Learning Environment

We continue to emphasise the importance of a calm and positive atmosphere within our school. Such an environment is crucial for both learning and teaching. It encourages respectful behaviour and supports our collective expectations for conduct.

Maintaining this atmosphere remains a priority for all of us in the school community. Next term, we will commence the development of the KHS Behaviour Policy, and we will be seeking input into this from students and parents/carers.

Leadership Appointments

I am pleased to announce the permanent appointments of our new Deputy Principal, Brigid Gibson and Deputy Principal Inclusion and Support, Melinda Mungai. Their roles are critical in our school as members of the Senior Executive Team. Both have been relieving in the roles and I would like to congratulate them on their success in what were rigorous selection processes. Thank you to the panel members who gave their time to undertake this process. We will have more news on some additional appointments early next term.

As we move into the break and then onto Term 2, I want to thank everyone in our school community for their contributions to a successful term. Your support and involvement are what make Katoomba High School a remarkable place!

Best wishes for a restful break.

Ms Tess Devine



KHS Student Leadership team with Ms Devine, Mrs Jeffrey and Ms Susan Templeman MP during the Schools Leadership Day.



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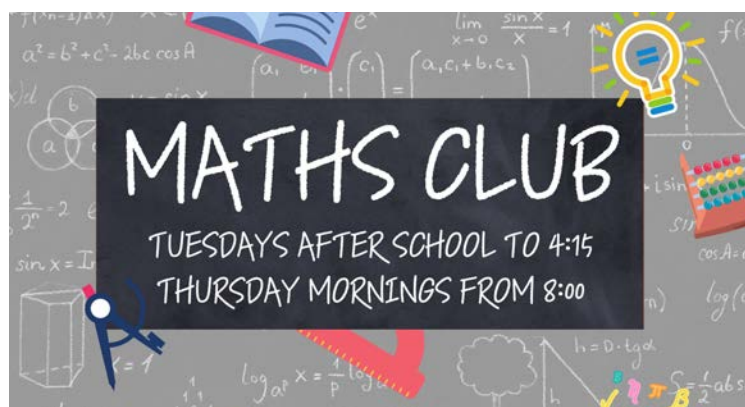
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WHAT'S ON AT SCHOOL

Maths Club Update

There is no Maths Club running in this last week of term. It will start back in Week 2 next term on Tuesdays 3.15pm to 4.15pm and Thursdays 8.00am to 9.00am. Maths Club is held in Room 20. Open to all students. Get free help, tutoring and enrichment from Maths teachers.



CAPA Ensemble Update

The CAPA Dance, Vocal and Junior Drama Ensembles will be running until the end of term and will start back in Week 11 so we don't miss a beat! Any students interested in joining next term can see any of the teachers in the CAPA staffroom.

TAFE Courses Term 2

Students in Year 9 and 10 who are interested in doing the Retro Game Programming, Landscape Construction or Beauty Therapy courses with TAFE next term, please see Mr Daniels in the PE staffroom for further information.



Brekky Club Update

Thank you to everyone who has supported and attended Brekky Club this term. It has been great to see so many happy students on Friday mornings. Huge thanks to MYST and PICK 'n' MIX Youth Services and Bakers Delight Katoomba for their generous support each week. Breakfast will not run on the last week of this term or first week of next term. It will kick off again in Week 2 with the day of the week yet to be confirmed.



Vocal Group at Sydney Town Hall

Our fabulous Katoomba High Vocal Group students are performing in the choir for this very special event on Monday 27th May. Tickets are now available! at cityrecital.ink/InCon24





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WHAT'S ON AT SCHOOL

Hey,

We're getting involved in The Push-Up Challenge from 5-28 June 2024 and would love you to join us. The Challenge is to complete 3,249 push-ups (or 1,625 if you choose the half target) in 24 days to raise awareness and funds for mental health. This represents the 3,249 people who died by suicide in Australia in 2022 (most recent stats), which is why we want to push for better and hope you will too.

Sound like too many push-ups? No worries, you can do the half target and substitute push-ups for alternative exercises, like squats and sit-ups. It's free to take part and there's a sweet app where you get daily targets and mental health facts, track your progress and can check out our collective stats.

We have created a Community, which is a group of Teams all participating in The Push-Up Challenge and pushing together.

All the Teams are grouped by year. By joining our Community as part of your Team, we'll be able to track our collective stats, as well as see our own personal leaderboard for year groups and individuals.

To join us, ask who is the leader of your year group, come and talk to me and I will help you join your Team through our Community page [here](#)

We hope you and your crew can join us in the push for better mental health! Remember... a max of 10 people (including yourself) in 1 team. Make sure you are one of the best 10 of your year group! As you will be competing with all the other year groups and teachers.

Head to [The Push-Up Challenge website](#) or flick me a message if you have any questions.

Cheers,

Arista Havenga
Push-Up Challenge Student Ambassador
E: arista.havenga2@education.nsw.gov.au

**HELP YOUR MATES
PUSH FOR BETTER
MENTAL HEALTH**

Take on the challenge from 5-28 June and put the spotlight on mental health.

THE PUSH-UP CHALLENGE

JOIN US

Proudly supporting

PUSH FOR BETTER FOUNDATION Lifeline headspace

WHAT'S ON AT SCHOOL

Canteen Update

The price of a handful of items available in our school canteen has recently gone up by 50 cents so we will have some new prices starting from Term 2. Here are our latest menu's including some delicious brekky options available every day...

BREAKFAST

8.30 to 9.00am



RAISIN TOAST

\$2.50



VEGEMITE TOAST

\$2.00



UP & GO

\$2.50

MENU

DRINKS

Flavoured milk 300ml	\$2.50
Flavoured milk 600ml	\$4.00
Sparkling Glee	\$2.50
Sanitarium Up and Go	\$2.50
Water 600ml	\$2.00
Lipton iced tea 500ml	\$4.00
Fruit juice	\$2.50
Gatorade 600ml	\$4.50
Flavoured mineral water	\$4.00



YUMMY

SNACKS

Fresh baked muffins	\$2.50
Popcorn	\$0.80
Seaweed	\$1.50
Rice crackers plain	\$0.50
Rice crackers flavoured	\$1.00
Muesli bars Nature Valley	\$1.50
Muesli bars Uncle Toby's	\$1.00
Snaps	\$2.00
Roll Ups	\$1.50
Eucalyptus Drops	\$1.00
Jelly Cup	\$2.50
Bulla Frozen Yoghurt	\$2.50
Paddle Pops	\$2.50
Frosty Fruits	\$2.50

CHECK THE BOARD FOR DAILY SPECIALS



TASTY



MENU

SANDWICHES

Cheese	\$3.00
Cheese & vegemite	\$3.00
Egg, lettuce & mayo	\$4.50
Chicken, lettuce & mayo	\$4.50
Ham, cheese, tomato & lettuce	\$4.50
Cheese & salad	\$5.50

HOT FOOD

Meat pie	\$4.50
Small sausage roll	\$4.00
Giant sausage roll	\$4.50
Cheese and Spinach roll	\$4.50
Vegetarian pie	\$4.50
Vegetarian roll	\$4.50

WRAPS

Cheese & salad wrap	\$6.00
Ham & salad wrap	\$6.00
Chicken & salad wrap	\$6.00

GLUTEN FREE

Gluten free beef pie	\$5.50
Gluten free chicken & leek pie	\$4.50
Gluten free sausage roll	\$5.50
Gluten free quiche	\$5.50

GLUTEN FREE MEALS ARE PREPARED IN A KITCHEN WITH GLUTEN PRESENT

YUMMY Make sure you do not miss out, Pre-order before 9am or by the end of recess **TASTY**

MENU

Current Weekly Specials

Monday Pasta with meatballs
\$5.00 (Vegetarian option available)



Tuesday Sushi roll
\$4.50
Chicken, tuna, vegetarian



Wednesday Vegetarian Mexican Pasta
\$4.00

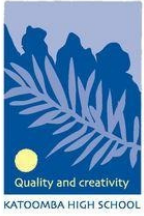


Thursday \$5.00
Vegetarian Nachos (gluten free)
(Vegan options available)



Friday \$4.50
Chicken tenders with hash brown
(Vegetarian option available)





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P&C NEWS

At the KHS P&C Annual General Meeting this term we said a fond farewell to our long-standing P&C President Cate Paterson and warmly welcomed Claire Absolum as our new P&C President.

Vice President Helen Pitcher, Treasurer Kalervo Gulson and Secretary Michael Skeggs were reinstated. We also welcomed our new second Vice President, Megan Blaxland. Thank you also to Jenny Rubbo who has served as Vice President over last year. We look forward to working with this wonderful P&C team over the next 12 months.

Our sincere thanks for everything you do to support our school community.

The President's Report for 2023 (excerpt) KHS P&C Annual General Meeting 2024

A huge thank you to everyone who has been involved in the KHS P&C this year. You contribute to making KHS the caring, supportive community it is.

It has been a big year for KHS. Our long-term Principal Jenny Boyall left ... as one of the students said, in a very Nanny McPhee kind of way ... Jenny believed we didn't need her anymore so it was time for her to go! I would like to again acknowledge all that Jenny has done for the whole Katoomba High community – staff, families and most importantly the students, and to thank her profusely.

I would also like to wish our new Principal Tess Devine a very warm welcome and thank her for taking on the leadership of the school. I would particularly like to acknowledge and thank Tess for coming along to our last P&C meeting for 2023 and so generously talking to and taking questions from KHS parents ... and all before she'd even officially started at our school! The KHS P&C look forward to getting to know you better and working with you, Tess, to continue to make KHS the number one school of choice in the mountains.

A huge thank you to Brad McLeod too for stepping in and taking on the leadership role while Jenny was on leave and before Tess' appointment. It was wonderful in that interim period of uncertainty for students and families to have your calm, kind, known presence at the helm.

I would like to thank the Executive team and all the KHS staff for doing all that they do to not only help the young people in their care feel connected, cared for, seen and heard, but also for acknowledging the importance of parents and carers as partners in the young people's education.

Also, a huge "thank you" to Nikki Boys for all she does in supporting KHS families in her role as Community Liaison Officer. Thank you too, to the KHS Office Staff who are often the first people that parents and carers see when they come to the school, and who are wonderfully patient, calm and caring.

Thank you to this year's P&C executive team for picking up the baton ... Treasurer Kalervo Gulson, Secretary Michael Skeggs, Vice-Presidents Jenny Rubbo and Helen Pitcher. Thank you too to Kal for his work as Parent Rep on the school's recruitment panels.

This P&C is warm, friendly and inclusive – and that's because we all make it that way. So thank you everyone.

Welcome and Farewell and Good Luck... On behalf of the P&C and the rest of the parent body, I'd like to say a warm welcome to all the new KHS families and students who have joined the school in the last 12 months and say farewell and good luck to the students who left KHS in 2023. Wherever the next part of your life takes you, we wish you all the very best.

I have enjoyed my time with the KHS P&C – thank you for the opportunity to be involved and I look forward to hearing about all the fabulous things that the KHS community get up to going forward.

Cate Paterson, KHS P&C President (Outgoing)

COMMUNITY NOTICEBOARD

Scholarship Program for Young People Open for Nominations

Every year, over 25 young people throughout Australia are awarded Youth Off The Streets scholarships valued at \$6,000 to pursue further education or training and work towards a positive future. Each recipient is also matched with a mentor who provides guidance and support during their scholarship. Scholarship program staff assist the recipients with other challenges they may face, such as budgeting expenses, housing, employment, healthcare, counselling and other service referrals.

Who can be nominated? Nominations are invited from any young person in Australia who is aged 16 to 21 inclusive (as of 20 September 2024). This young person should possess genuine talent, ability and/or determination in any education or training course, including (but not limited to): academic skills; visual or performing arts; sport; trade skills; and music. Further details about eligibility criteria can be found on their website [here](#).

National Scholarship Program

The National Scholarship Program celebrates the talents of young people who show extraordinary promise and would benefit from additional support to reach their full potential.



New closing date
Mon 22 April

Youth Voices Get Active Video Competition

Get your friends moving by creating a fun video for a chance to score some cash prizes!

You could win

1st
\$500
per team or individual

2nd
\$300
per team or individual

3rd
\$200
per team or individual

\$100
rural excellence prize

1 of 5
Frank Green bottles

For more details, scan to visit the Google Site



Contact Details
kym.rizzos@health.nsw.gov.au

This video competition is being run by PERU, WSLHD, supported by philanthropy, ACYP, HealthWISE and doctors' associations

bent Art Exhibition – \$500 Youth Prize

LGBTQIA+ artists Aged 18 and Under
bentART Entries are OPEN!

- You must be a member of bentART (\$15) to submit an entry.
- Entry fee \$35 per artwork.
- To request financial assistance email presidentbentart@gmail.com
- Up to 3 artworks may be entered, plus a photo taken of a pet or wildlife on a smartphone.
- Artworks must be for sale.
- Entries close 11.59pm on Tuesday April 30.



Exhibition JUNE 7-16

Rex-Livingston Art + Objects Gallery
182-184 Katoomba Street Katoomba NSW 2780



BENTART.COM.AU



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COMMUNITY NOTICEBOARD

The Dorothea Mackellar Poetry Wards (the Dorotheas) are Australia's largest and oldest poetry competition for children and young people in school from kindergarten to Year 12.

This year, we are celebrating 40 years since this amazing competition started.

The Dorotheas seek to capture the imaginations of school students, inspiring them to express their thoughts and feelings through poetry in their pursuit of literary excellence.

For a chance for your school or one of the students to win a prize on a National level, spread the word through your school community that entries are open for the 2024 Dorothea Mackellar Poetry Awards.

This year's optional theme is "Listen, I have an Idea". As always, it is an optional theme. Students are encouraged to write about topics and experiences that spark their poetic genius.

To learn more about the Awards and how to enter visit www.dorothea.com.au. Don't forget to follow us on [Facebook](#) and [Instagram](#).



Tuning in to **Teens** Parenting Program

6 week parenting program - FREE to register

Tuning In To Teens is a 6 week program that supports you to help your adolescent develop emotional intelligence.



The goal of the program is to help parents teach and support their teenager to understand and express emotions in appropriate ways.

The program will cover:

- Foundations of emotion coaching
- Connecting and emotional acceptance
- Building connection and showing empathy
- Dealing with teen worry, sadness & anger
- Emotion coaching now and in the future

DATES:
Monday evenings
13th May - 24th June
(except Kings Birthday 10th June)

VENUE:
Online via ZOOM

TIME: 6:30pm - 8:30pm

COST: FREE

REGISTER NOW



Help your teenagers understand and regulate their emotions



Develop a closer relationship with your adolescent children



Register at 4720 6500 or groups@gatewayfamilyservices.org.au



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.



Circle of Security Parenting

8 week parenting program - FREE to register



Circle of Security Parenting helps parents develop secure relationships and stronger bonds with their children.

The Circle of Security course helps parents and carers of children aged 0-12 years learn:

- How to help your child feel more confident and secure
- How to help your child manage their emotional responses
- How to better understand your child's emotional needs

DATES:
Wednesdays 15th May - 3rd July

VENUE:
Nepean Christian School
Puggles Preschool
836 Mulgoa Road, Mulgoa

TIME: 6:30pm - 8:00pm

COST: FREE

REGISTER NOW



build stronger parent/child bonds



learn positive parenting skills



promote secure attachments



Register at 4720 6500 or groups@gatewayfamilyservices.org.au



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.





KHS Newsletter

Martin St, Katoomba, 2780 | Ph: (02) 4782-2622
katoomba-h.school@det.nsw.edu.au

2024
Term 1
Week 11

COMMUNITY NOTICEBOARD

myst mountains youth services team

YOUTH WEEK 2024

Youth Week 2024 Friday April 19 10am-2pm Glenbrook Skatepark

Need transport?? Book online to save your seat!
Leaving from Katoomba and Springwood Youth Centres, we even cater for your bike's
<https://forms.office.com/r/gp7kYJTAz>

QR To register for Competition

**Friday 19 April 10am-2pm
Glenbrook Skate Park**

Free Community event
Alcohol & Drug free | Bring the fam along!

Free BBQ | Drumming workshops | Figurine Painting |
Airbrush tattoos and more!
Live Performances
Skateboard | Scooter | Bike competitions
Prizes | Giveaways | Comp open to ages 12-24 |
(Helmets required.)

LUXBMX, YOUTH ACTION, GAMBLE AWARE, Platforms, YES, LITTLE DREAMERS, NOFFS, fusion, Katoomba Neurodiversity Hub, Planet Youth, BELONG BLUE MOUNTAINS, Express, Empower, Get loud!

For event info follow myst on facebook or call 1300 006 978 for any details and wet weather updates.

Stronger Families Alliance Website

WHERE YOU CAN FIND

- Activities calendar for children, youth and families
- Parenting programs and support groups
- Local services to support your family

Visit strongerfamilies.net.au

QR code and logos for Stronger Families Alliance and Blue Mountains City Council.

COME TRY ROWING ON THE NEPEAN RIVER!

WHAT?
Nepean Rowing Club is running **FREE** come try days these school holidays. If you would like to experience rowing for the first time, please get in touch with us and book your spot ASAP.

WHEN?
Monday, Wednesday and Friday
15th, 17th, 19th, 22nd, 24th, 26th
Come from 10-11am, 11-12am or 12am-1pm

WHERE?
Nepean Rowing Club
32 Bruce Neale Dr, Penrith NSW 2750

Please email us to book your spot
rowing@nepeanrowingclub.com.au

myst mountains youth services team

YOUTH WEEK 2024

**Friday 19 April 10am-2pm
Glenbrook Skatepark**

Free Community event with
Food, Skate, scooter and bike competitions, figurine painting, Airbrush tattoos, Prizes, Giveaways and more!
Hear performances by:

BATCH#24

- 10.10-10.55am: Vanessa
- 11-11.10am: TOAH
- 11.15-12.00pm: Acid Amora
- 12.05-12.15pm: TOAH
- 12.25-1.10pm: BATCH#24
- 1.15-2.00pm: Paint Job

PAINT JOB

ACID AMORA

For event information follow myst on facebook or call 1300 006 978 for any details and wet weather updates.

Express, Empower, Get loud!

Young Nerve Records Presents

ALTERNATIVE ATTACK

ALL AGES

ACID AMORA
Local Celebrity Alt-Rock

FUTUREHEAVEN
Shoegaze Dreamers

AIRLINE
Sydney Grunge

PRIMA MATERIA
Mountains Style Punk Rock

6:00pm, 11th May
Mid Mountains Community Centre
7 New Street, Lawson

myst mountains youth services team

SCHOOL HOLIDAY DROP IN

Ages 12-17

Springwood Drop in: 18th April 1pm-4pm
25th April: 1pm-4pm

Katoomba Drop in: 26th April 1pm-4pm

For event information follow myst on facebook or call 1300 006 978 for any details and wet weather updates.

This ALL AGES event is FOR FANS OF: Alt-rock, Shoegaze, Dream-pop, Emo, Post-hardcore, Grunge, and anything alternative. Young Nerve Records understands the frustration of being under 18 and a live music fan. Being 16 and not having \$200 to go to Knotfest or Good Things Festival. Seeing your favourite band is on tour, but the show is in the middle of Sydney, your parents won't let you go and tickets are \$80. This is why Young Nerve Records was created. TO GIVE THE YOUTH FROM WESTERN SYDNEY TO KATOOMBA THE LIVE MUSIC ATTENTION IT NEEDS FROM ALTERNATIVE ARTISTS. This event is the first of many to come. Stick around for the ride. Get tickets [here](#). Follow Young Nerve Records on their Insta: [youngnerve.records](https://www.instagram.com/youngnerve.records)