



Newsletter

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

2024
Term 3
Week 10

Coming Up

Mon 14 Oct – Term 4 First Day for Staff and Students

Tue 15 Oct - HSC Exams commence (ending Fri Nov 8)

Tue 12 Nov - Year 12 Formal

Mon 9 Dec - Year 10 Dinner

Tue 10 Dec - End of Year Presentation Evening

We are pleased to share our end-of-term newsletter for Term 3. Wishing all of our students, staff, families and friends a safe a warm spring break. See you all again in Term 4!

Celebrating our Year 12 Class of 2024!

We had a fantastic time this week celebrating our Year 12 Class of 2024 as they wrapped up their final days at school before their exams.

On Wednesday morning, Year 12 students enjoyed breakfast with staff (thanks to the TAS Hospitality staff and students) with a special surprise guest, Mark Greenhill OAM! Students were fun yet respectful this week, decorating the school, dressing up as staff (who also dressed up as them!), and showing off their styles from over the decades!

The Year 12 Graduation Ceremony yesterday was beautiful – a perfect tribute to a group of students who have achieved so much and made such a positive impact on our school community. We are proud of you, and we will miss you!

Thank you to all of the students and staff who helped organise the Graduation and the lovely morning tea including Ms Paulley, Mrs Tully, Ms Draper, Mrs Jeffery, Ms Bower, Ms Deegens, the TAS faculty and the other staff who helped with gowns, flowers, awards, invitations, logistics and morning tea!

Thank you also to the parents, carers, community members, award sponsors and other special guests who joined us to make this such a memorable day for our graduates.

Special thanks to our wonderful Year Advisor, Ms Michelle Paulley, for her kindness and support of our Year 12 students along their journey.

Congratulations Year 12 for all that you have achieved so far and best wishes for your exams!

Ms Devine



(We will share more photos next term.)





Around the Grounds

Caught You Being Kind!

Caught You Being Kind is back in full swing and we'd like to celebrate those who have been nominated recently. Students and Teachers have sent in nominations attached to stories of great acts of kindness that have occurred all over Katoomba High School. This instalment will also feature teachers who have been nominated by their peers and students.

The following students are to be commended for their acts of kindness:

Connor Oliver, Dane Rogan, Reuben Saunders, Pieta Dizon, Punta Williams and Brianna Galbraith.

The following teachers should also be celebrated for their acts of kindness: Mr Finlay, Mrs Boys, Mr Everson and Ms Hiew.

Congratulations to all those who have received a *Caught You Being Kind* nomination. And thank you for your kindness. 😊

Mr Boothroyd



Poetry Slam Workshop

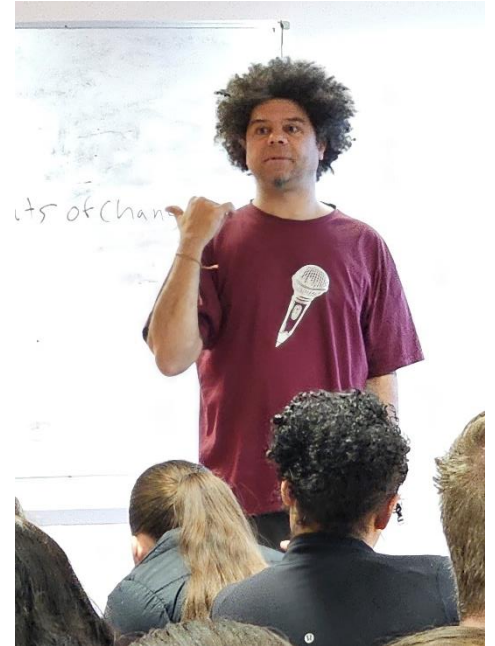
On Wednesday 14 August, Year 10 students had the opportunity to learn about the art of 'Slam Poetry' in a fantastic workshop facilitated by renowned slam poet, Miles Merrill.

Miles was born in Chicago, now lives in Sydney and is the driving force behind spoken word and performance poetry in Australia. He has performed as part of the TEDx series, has published a collection of slam poems, and is an ongoing part of the Australian Poetry Slam.

During the workshop, Miles performed some of his work, shared the theory and techniques of slam poetry and provided advice for our budding performance poets.

Our students were engaged and involved, and one of our students was even inspired to perform at the Blue Mountains heat of Australian Poetry Slam 2024 Championship! Well done, Lila!

This exciting opportunity is provided as part of our valued partnership with Blue Mountains City Council Library.





Newsletter

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

2024
Term 3
Week 10

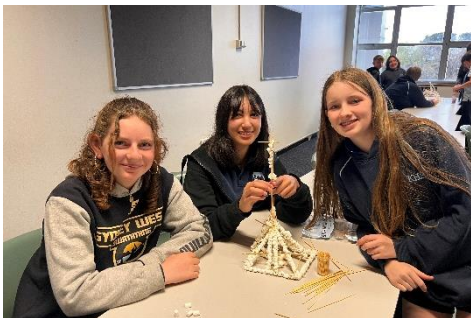
Thank you, Evergreen Garden Care!

The folks at Evergreen Garden Care have very kindly donated a pallet of potting mix, a pallet of top dress soil, grass seed and fertiliser this week for student projects at school. Thank you for your generosity and support of our school!

Year 7 Team Towers

Today, 7D had the challenge of working in teams to construct towers in their Wellbeing class. Students shared ideas and worked together to construct their towers. Some teams ate all their construction materials and were not able to construct a tower. Other teams were very successful and communicated well together. We reflected on what it meant to work as a team, what made a successful team and what it felt like to be part of a successful team.

Ms Hall



Job Site Ready to Go!

This term, another 18 KHS students are job site ready after completing their White Card Training course at school. Well done everyone!

Mr Daniels.



Students Impress at P&C

Last week our KHS P&C met in-person at school instead of online for the first time this year. It was great to reconnect and see a few new faces come along as well.

We also had the pleasure of having two of our outgoing Year 12 school leaders, Max Campbell and Coco Marques, join us to hear about what is going on with the P&C and to present the work they have done with the Prefects and SRC on the recent Uniform survey and consultations with students, parents and carers.

The P&C were extremely impressed with the research and analysis that has been done by the students involved and the way Max and Coco presented and participated in the discussions with the P&C sharing their insights and ideas on range of topics including uniforms.

Well done to Max and Coco for representing your fellow students so well, and to all of the students involved in the Uniform project. It has been a fantastic example of leadership, collaboration and care for our school. We look forward to sharing the outcomes soon and seeing the benefits of this work as we introduce an updated uniform range throughout next year.



KHS Out and About

CSIRO STEM Field Trip

As part of Katoomba High School's participation in the CSIRO's Generation STEM program, Year 8 Science Enrichment students and Birriban students visited Warragamba Dam last Friday.

During the excursion students undertook water quality testing activities, learned how biodiversity is managed around the Dam and in the Sydney catchment area and gained an appreciation of the real-world application of forces and energy studied in class.

Students were also introduced to a range of future career opportunities with NSW Water.

Mr Taylor



Beauty Therapy Graduates

Six KHS students have spent every Wednesday this term learning the basics of working in the Beauty Therapy Industry, honed their skills with make-up and nails, and enjoyed every second of their TAFE Beauty Therapy course.

The students graduated with flying colours on Wednesday 18 Sept.



TAFE Café Skills on Show

Over the past eight weeks, eight keen Year 9 and 10 students have been attending Wentworth Falls TAFE every Monday to participate in an Introduction to Café Skills course.

During their time students learned the art of making coffee, mocktails, delicious sweet and savoury treats and customer service skills.

At their graduation on Monday 17 September, students received their certificates and created a scrumptious feast for family, staff and one very lucky KHS Transition Adviser.

Congratulations to all students and thank you to the wonderful TAFE teachers.

Mr Daniels



An Audience with Julia

KHS Student leaders and Drama students attended a matinee performance of Julia by Sydney Theatre Company this term. The production explores Gender, Power and Politics and is based on Julia Gillard's Misogyny Speech in 2012.

The production was incredible, thought provoking and empowering. The weather was also fantastic making it an excellent day out.

Ms Guild.



Local Heroes!

I would like to acknowledge some KHS students who came to the aid of a local primary school student who was injured on her way to school recently.

Their quick thinking, care and sense of responsibility was extremely admirable.

Connor Charlton administered first aid and helped keep her calm while Damien Elliot quickly called emergency services and her parent.

Other students including Lily Moon were also on hand to help ensuring everyone remained calm. I am so proud of the way our students selflessly swung onto action.

The young girl and her parents came to the school last week to offer handmade cards as a personal thank you!

Ms Devine



Connor Charlton, Year 10, with a grateful new friend on the mend. 😊



Newsletter

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

2024
Term 3
Week 10

Thank You Scenic World!

Every Thursday morning this term some Year 10 students attended mentoring sessions with their mentors from Scenic World Blue Mountains. On Thursday this week we held our celebration day at Scenic World to mark the end of this fantastic program. It was raining and foggy but that didn't dampen anyone's spirits. We all enjoyed a fantastic walk, yummy food, time with Uncle David King, and a lovely final mentoring session. Thank you to all of our wonderful mentors and well done students for participating so well with energy and enthusiasm!

The mentoring program is run for one term each year in partnership with Scenic World. Scenic World staff volunteer to join weekly mentoring session with a group of Year 10 students. Scenic World staff share work and life experience insights and do a range of activities with students aimed at supporting positive connections, meaningful conversations and building self-confidence. It has been a fantastic program for both students and mentors.

Thank you to Scenic World for your ongoing generosity and support of our young people and our school.



Music Video Film Shoot

Our KHS students and teachers did an amazing job this week as cast and crew on the set of the Hermitude music video shoot with Mountain of Youth. It was an awesome experience for everyone despite the chilly winds.

Students are now busy learning about scrubbing and editing footage. We can't wait to see the final vid! Well done everyone.



KHS & Mountain of Youth Cast & Crew



Students Farm-it-Forward to MYST

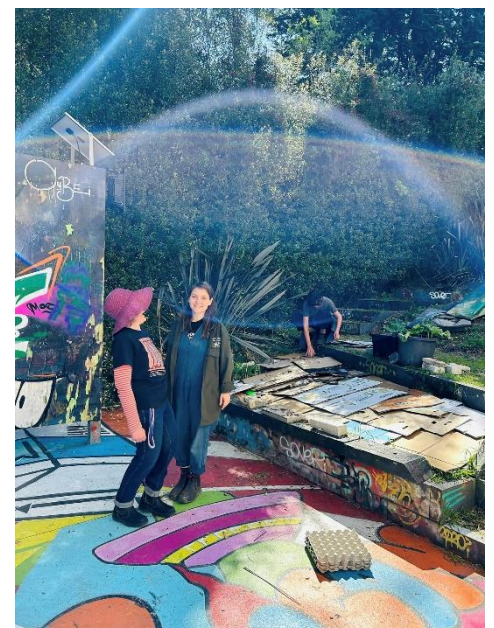
What an incredible day at our last Farm It Forward workshop for the term! Last week we dropped into our local youth centre, Mountains Youth Services Team (MYST). Huge thanks to Vincent, our friendly MYST youth worker, for driving us to and from the venue.

We kicked things off with some delicious afternoon tea and snacks while getting to know the amazing MYST staff. Then it was time to roll up our sleeves and get to work! We built garden beds, laying down cardboard and shovelling soil into buckets. Teamwork was key as we formed a human chain to transport the soil to our new garden beds!

We planted a variety of herbs and veggies, including thyme, oregano, strawberries, and rhubarb. After watering the plants and setting up ollas for long-term self-watering, we topped it off with hay to help protect and nourish our greens.

To wrap up the day, we gathered for circle time, sharing what we're grateful for in our lives. It was a beautiful way to finish the term, growing and working together as a community.

A heartfelt thank you to Farm it Forward and MYST for supporting and nurturing our young people!





Thank You Uncle David King

We'd like to share a message and photos posted by Uncle David King who comes to KHS every week to spend time with students in Birriban. Thank you, Uncle David, for everything you do...

Birriban Landcare is held at Katoomba High each Wednesday for period 5 and 6 for Year 9 and 10 during sport. Students elect to attend. It started just over 10 years ago. It is an awesome afternoon with students connecting to Country. Some Year 7 visited Birriban the other day and created some natural art. There is a spider and an emu. Brilliant work. Yadhung Nyii to Katoomba High and Scenic World for allowing this to occur. It is a really good thing.



Spotlight on CAPA

CAPA Congratulations!

A huge congratulations to our incredible Senior Music, Drama, Dance and Art students for their absolutely beautiful performances and exhibition at our recent HSC major work showcase events.

A warm thank you to our dedicated teachers Mr Mattessi, Ms Guild, Mrs Holz and Ms Paulley.

Thank you to all of the students, parents, carers, friends and family who came along to support our students and enjoy the results of their hard work and talent.





Newsletter

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

2024
Term 3
Week 10

Round of Applause for our HSC Showcase Nominees!

A massive shout out to our Drama teacher Grace Guild and her HSC Drama students for achieving the following fabulous nominations for the HSC Drama Showcase OnSTAGE...

Individual Performance: Beatrix Stone Woods, "Tiggy Entwistle"

Group Performance: Tehya Holmes, Isla Roberts, Brendan Samuels, Beatrix Stone Woods.

The photos featured are characters they created as the Group Project is completely devised and written by the students.



In addition to the Drama news, Lucius Mortensen Gacon has been nominated for the HSC Music Showcase ENCORE!



Encore is a program of outstanding performances and compositions by students from the HSC Music examinations.

A huge round of applause for Lucius and our talented Music teacher, Rob Mattessi.

Bravo to all!
Mrs Grahovac

Sydney Dance Company Experience

On Tuesday 24th September, fourteen students travelled into Sydney to watch the school matinee performance of Twofold by Sydney Dance Company. Our students, along with students from other schools in NSW were able to see professional dancers demonstrate movement sequences from contemporary and classical ballet technique classes and listen to several interviews. Sydney Dance Company artistic director Rafael Bonachela explained the process involved with creating a Work for the stage which gave students an insight into how to create compositions for their own class tasks. Students were able to ask questions and receive advice from the dancers, choreographers and stage crew.

Ms Holz



The Sports Pages

Celebrating our CHS Athletics Achievements

The Combined High School State Athletics carnival was held on Wednesday 11th and Friday 13th of September. Katoomba High School was represented by a talented team of athletes who performed amazingly well at this carnival. We would like to recognise their achievements.

Owen Roberts 12 years discus 3rd place 38.85m, 12years boys shot put 2nd place 13.92

Tom Loy boys 15 high jump 7th place 1.75 m

Finn Kleij boys 16s years 800m 6th place 2:03.58, boys 16s 1500m 4th place 4:13.51, 16s boys high jump 1st place 1.86m

Charlie Mitchell girls 13s 200m 6th place 28.37, girls 13s 100m 8th place. 13.81

Girls 16s 4x100m 9th place - Chloe Flugge, Yanna Anderson Hughes, Charlie Mitchell, Rose Haynes

Chloe Flugge girls 16s high jump 7th place 1.45m

Magaret Walsh girls 12-15 mc: 200m 13th place

Addsion Fallowfield girls 12-15 mc: Long Jump 4th place, shot put 10th place, discus 11th place

Aleria Turner girls 16-19 mc: 800m 4th place, 200m 3rd place, discus 2nd place

Aisha Turner girls 16-19 mc: Long Jump 1st place, javelin 2nd place

A big thankyou from all parents and carers for supporting their students and for sharing photos with the school.

Mr McDonell



Rugby League Spirit

The Katoomba High School Rugby League team participated in an exhibition match against Winmalee High School on Tuesday 3rd of September.

The match started with some heavy contact and some good attacking opportunities from Katoomba, crossing the line twice but dropping it on both occasions. Winmalee showed their skills scoring 4 unanswered first half tries.

The second half started well for Katoomba with some huge runs from Caleb Hughan putting us in a good position and Lucas Hodgson crossing for our first try. We went back-to-back off the next set with a great Caleb offload finding Riley Bailey who started a nice backline movement through Hayden Howell to Isaac Roberts down the sideline. Tackled 10m short of the line Kordell LuaLua took a spirited run at the line and dived over in front of the large Winmalee crowd.

At this point we had all the momentum and looked like scoring on the next set before the game had to be stopped for an ambulance that had arrived. This stoppage halted our momentum, with Winmalee scoring a late try to seal their victory.

I would like to congratulate all of the boys for playing with bravery and displaying sportsmanship at all times. To see the boys shake hands and chat with the Winmalee boys after a brutal game reminds me of why I love this game.

Well done boys.

Mr McDonell



Future Star of Sport

Chloe Flugge, Year 10, has recently been accepted into the Western Sydney Academy of Sport for the 2024/2025 Future Stars program.

The Western Sydney Academy of Sport provides strength and conditioning training opportunities for its athletes as well as opportunities to further their knowledge and dive deeper into subjects like nutrition, mindset and social media as relating back to how it can be implemented in sport.

This is an amazing opportunity and benefit athletes by giving them a building block of knowledge to improve in all aspects of their sport.

Chloe is an outstanding athlete and has seen much success so far in her high school sporting career.

This is a fantastic achievement that is so well deserved.

Congratulations Chloe!



Outdoor Ed Adventures

Nothing worth doing is ever easy...

*A written account by Mr Lui
Year 9 Advisor and TAS Teacher*

On the 20th of August, fourteen Year 9 boys went on an adventure of a lifetime as part of the Year 9 Outdoor Education elective program. Accompanying them was their teacher and organiser Mr Huxley, TAFE guide Miles, SLSO Felicity and their Year Adviser, Mr Liu. After weeks of preparation the day had arrived, and the Blue Mountains put on a springtime delight in terms of peerless weather. Aki began the hike early, running into KHS from home. We checked off, loaded the trailer and zoomed



off to Mount Victoria Falls in the school bus.

From the carpark we descended into the Grose Valley. Silver Cascades was an incredible first stop with an awesome swimming hole and cascading falls. We continued along the Grose River taking in the geographical features and taking bearings off our maps. When the trees changed to Blue Gums, we knew we were going to start heading south and make our way to our campsite.

We set up tents at camp and gathered around the pretend fireplace lit up with flames created by a pile of head torches and began cooking dinner. Everyone laughed that Mr Liu had brought a ball peen hammer to put his tent pegs in the ground. What else would a TAS teacher bring on a hike? Students suggested just using a rock next time. Meals consisted of dehydrated dishes, pesto pasta and packs of Mi Goreng noodles. Jonah and Aki had seven packets of Mi Goreng with a garnish of twelve hard-boiled eggs between each other with a side of fragrant garlic and cucumber salad. One small spark and their entire tent could have gone up in flames during the night. Phoenix's Mi Goreng with torn cabanossi turned out to be slightly disappointing as the flame was not lit during the cooking phase of the noodles. Games of spotlight in the bush kept the boys having fun into the evening. At 9pm it was 'in tents' and 'lights out'. Everyone had a good night sleep under the stars and a full moon.

Mr Lui (front) with Year 9 Hikers

Bird song filled the air at 6am but by 7am the sound was of boys talking about their night in the tents. We set off at 8:10am up the river and ascended towards Evan's Lookout. The walk became very tough, but Coren, Jack and Hayden stormed up the mountain. Jarrah and Aki were unwell but pressed on and eventually walked all the way into Blackheath town along with Jonah. Other students got lifts home out of Evan's Lookout.

The conversation became philosophical towards the end of the hike as the walk back into civilisation rolled on and feet, shoulders and legs became sorer and sorer. "Nothing worth doing is ever easy" Mr Liu remarked. The walk served as a great overarching theme of high school. It is hard work and a long journey, but definitely worth doing with lots of memories created along the way. What an amazing experience for the students. Mr Liu was so proud of how the boys worked together and got the job done. Luke staying with and helping Riley get up the cliff to Evans Lookout even though his feet were covered in blisters was a lasting image of friendship and students supporting each other when things got tough. Mr Huxley's support and organisation was flawless. He kept bringing the hike back to the educational priorities of navigation and reading the landscape, but then he also had a bag of lollies out when you needed it for an energy boost. Mr Liu felt he was seeing a master at work. It really was a great experience to be a part of and recommended to all.

The smell of cucumber salad remains in the nostrils.



Newsletter

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

2024
Term 3
Week 10

From the Principal

Dear Parents, Carers, Students & Staff,

As we reach the end of Term 3, I want to take a moment to reflect on what has been an incredibly busy and productive term. I am so proud of how our school community continues to come together in support of our students' success and wellbeing. Whether it's been through academic achievements, extracurricular activities, or simply the everyday acts of kindness we see between staff and students. Congratulations in particular to our graduating Year 12 Class – we wish them all the best for their future endeavours!

A special note of thanks goes to Mr Nicholas Long who has served as an exceptional HSIE teacher with us for many years, who has successfully been appointed to the position of Head Teacher at Chester Hill High School. Mr Long has not only inspired a love for history in his students but has also instilled a deeper understanding of how the past shapes our present and future. His passion in the classroom have been contagious, helping countless students see history as more than just a subject, but as a living, breathing narrative. While he will be greatly missed, we know he will thrive in this new role, and we wish him every success on this exciting new journey.

We would also like to acknowledge Ms Susan Alexander who has been with us for over a decade, teaching both English and support students. Ms Alexander has demonstrated her genuine care for her students, always going above and beyond to ensure they not only excel academically but also feel supported on a personal level. We are incredibly fortunate to have had her on our team for so long. Thank you, Ms Alexander, for your dedication and we wish you all the best for the future in your sea change and next stage of your teaching career.

Dr Margaret Anderson is also leaving us next term. Dr Anderson has been working as a Learning and Support Teacher as well as teaching some HSIE classes. She is heading back to teach in the country where her skills

are very much in demand! We thank her for her work here at KHS and wish her all the best for the future.

Additionally, we want to extend our congratulations and best wishes to Ms Ruby Ladd who will be going on maternity leave next term. We are excited for her as she embarks on this wonderful new chapter in her life, and we look forward to hearing about her new arrival. Ms Ladd's presence will be missed, but we know her students are in excellent hands until she returns.

We will welcome a number of new staff in Term 4 and will introduce them early in the term.

October is Cybersecurity Awareness Month and Mental Health Month. The NSW Department of Education has a number of resources parents and carers can access to help young people be safe online. Below is information about some upcoming webinars. Click the image to go to the eSafety website where you can find a range of helpful resources.

Wishing you all a restful break, and I look forward to seeing everyone refreshed and ready for the final term of the year.

Regards,

Tess Devine



Term 4, 2024

Free eSafety parent and carer webinars

Join eSafety's expert education team for a free live webinar designed for parent and carers.

Term 4 topics:

- **Supporting healthy tech use as your child transitions into high school (30 minutes)**
Suitable for parents and carers of young people in upper primary school (aged 11-12) and Year 7.
- **eSafety 101: How eSafety can help (30 minutes)**
Suitable for parents and carers of children and young people in primary and secondary school. An overview of the eSafety Commissioner, and supporting programs and resources for parents and carers, children, and young people.



For more information and to register now: esafety.gov.au/parents/webinars



eSafety Commissioner

esafety.gov.au

Thank You & Farewell

Thank you, Mr Nick Long

It is with mixed emotions that we say goodbye to Nick Long after 17 years of service at Katoomba High School. We are very happy for Nick as he embarks on a new adventure as a Head Teacher at another comprehensive high school in Sydney. However, we are sad to be farewelling an incredible colleague who has brought seemingly endless passion and creativity to his teaching.

Nick has a remarkable ability to reach students through innovative and dynamic lessons. I know that many current and former Katoomba High School student will have fond memories of being taught by Nick, who is renowned for being able to bring history to life.

We will miss the smells of ancient Roman cooking emanating from his classroom (though not the smell of garum!) and the many costume changes he manages to execute each day as he embodies the personalities from the past.

On behalf of former and current members of the Katoomba High School community, we wish Nick all the best and thank him for his dedication to our students.

*Drew Finlay
 Head Teacher,
 HSIE*



Thank you, Ms Susan Alexander

The English Faculty are sad to say goodbye to Susan Alexander this term, a long-serving member of the KHS staff. Susan has been at KHS for 13 years, beginning as a Inclusive Education teacher before moving to the English faculty. She has served many roles in the school over the years - Year Adviser, Debating and Public Speaking coordinator, Anti-Racism Officer, Relieving HT English as well as teaching an array of English courses and levels. She has taken a number of groups overseas, creating lifelong memories that extend beyond the classroom. Students have enjoyed her spirited teaching style, her enthusiasm and passion for English, and her caring nature over the years. As her colleagues, we will miss her hilarity and optimism greatly.



We know that she is heading for the coast and will enjoy the sand and sunshine between her toes. We wish her all the very best on her next exciting adventure!

*Renae Bystrzynski
 Head Teacher, English*

Thank you, Dr Margaret Anderson

Dr Margaret Anderson has been with us since last year and has been a valued member of our teaching staff. She has taught in the HSIE department and been a Learning and Support Teacher in the ILC.

Her creativity in lesson preparation and genuine care for students with Learning and Support needs are some of the things that she will be remembered for.

We send her our best wishes as she moves to her next school.

*Melinda Mungai
 Deputy Principal,
 Inclusion and Support*



Community Noticeboard

Blue Mountains Youth Council is excited to invite you to the Let It Glow Dance Party.

LET IT GLOW

Dance PARTY

The theatre will transform into a dancefloor with live DJ, lights and projections.

Wear something that lights up the night and celebrate the end of winter and the return of warmer days.

We'll have food, drinks and a chill out space to relax and recharge.

WHEN
Thursday 10 October
7-10pm

WHERE
Blue Mountains Theatre and Community Hub, 106-108 Macquarie Rd, Springwood

WHO
Open to 13 - 17 years

COST
\$10

Get your tickets now



Blue Mountains Youth Council

This is a drug, alcohol and vape free event, supported by MYST, Wesley Mission and Blue Mountains Aboriginal Culture and Resource Centre.

myst
mountains youth services team

Join our free Holiday Program!

Ages: 12-17
When: Friday October 4th 11am-2.30pm
Where: Lake Lyell Lithgow

Day layout: Come along and join us for a fun day out in the holidays that consists of Outside activities, Free BBQ, Canoeing, Social connection building and more!

Springwood YC: Pick up 8.50am drop off 4.30
Katoomba YC: Pick up 9.50am drop off 3.30
Alcohol and Drug Free event

Please bring Swimmers, a towel, Hat and a spare pair of clothes.
We will provide sun safety!

Parents consent Submission form must be filled to attend, please scan qr code prior.



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

myst

OUTDOOR EXPLORE Family adventures

What's involved:

- Quality time together in nature
- Adventurous activities
- Nurturing facilitators who help you work through challenges together
- Delicious & healthy food

Benefits:

- Bond through shared success
- Uncover strengths in your child or parent by seeing them in a different light
- Build trust & a positive parent-child dynamic moving forward
- Meet like-minded families

Why choose us:

- Highly skilled outdoor professionals with backgrounds in behavioural sciences ensure your experience is meaningful & safe in more ways than one!
- We are specialists in supporting young people & their families

Book your spot! Next activity: **Abseiling**
When: Saturday 5th October 10am to 4pm

Cost:
\$180 child
\$220 adult

ACTIVE KIDS



1300 00 MYST (6978) | outdoorexplore@myst.com.au | www.myst.com.au

October School Holidays

Workshops and Events

Book into one of our workshops to create, make and construct. More workshops over the page.

To book visit the website or your local Library branch.
bluemountainlibrary.eventbrite.com.au



Collaborative Creations - Spring Flowers!
These Spring school holidays we will be celebrating Spring by making flowers, and if you like, adding them to our community flower bowl.
Each branch will have a collection of papers and flower templates for you to make your own floral creations. There will also be a community flower bowl in each branch where you can place your flowers. Drop in to a branch anytime during the school holidays and ask our friendly staff for materials.

Stained Glass with Naomi Oliver
10.00 - 11.00am | Kindy - Year 6 | \$6
Tuesday 1st October, Katoomba Library
Wednesday 2nd October, Springwood Hub, Meeting Room 2
Have fun creating a stained glass design using cellophane, which you can hang on a window to add colour to your space.

Folded Paper Bracelets with Naomi Oliver
11.30 - 12.30pm | Year 3 - Year 8 | \$6
Tuesday 1st October, Katoomba Library
Wednesday 2nd October, Springwood Hub, Meeting Room 2
Learn this step-by-step folding technique to craft an awesome, multicoloured paper bracelet!

BLUE MOUNTAINS LIBRARY

Things to do in the School Holidays

Come and join the fun with NPWS ranger-guided activities for kids, teens and families. Discover, create, imagine and explore!

Grand Cliff Top Walk guided tour

Join a Discovery Ranger on a 3-hour guided tour along the Wentworth Falls section of the newly constructed trail. Learn about the unique ecosystems and how this spectacular 19km walk on Gundungarra country was created.

Operates every Saturday during school holidays

For bookings visit: www.nationalparks.nsw.gov.au/things-to-do/guided-tours/grand-cliff-top-walk-guided-tour

#NSWParks

Join our team this October for some exciting school holiday activities.

L Living Country 9-14yrs Navigation, Mapping and Orienteering Tuesday 1 October	B Bush Abse 7-11yrs The Buzz on Bees Wednesday 2 October	J Junior Ranges 7-11yrs Aboriginal Games for Kids Thursday 3 October
L Living Country 8-12yrs Spotlight Friday 4 October	J Junior Ranges 10-14yrs Navigation, Mapping and Orienteering Tuesday 8 October	L Living Country 7-11yrs The Buzz on Bees Wednesday 9 October
L Living Country 8-12yrs Spotlight Friday 11 October	Claustal Canyon Virtual Reality \$10pp All holidays	

Grand Cliff Top Walk Guided Tour

Operates every Saturday during school holidays

Holiday activities \$20 per person. Most activities are onsite at Blackheath 10am-12pm. Spotlight is held at Katoomba 5pm-8pm. Grand Cliff Top Walk is held at Wentworth Falls. Meet 15 mins before activity start time.
T 02 4784 7301 E BlueMtns.Education@environment.nsw.gov.au

nswparks.info/bluemountainkids

#NSWParks

Community Noticeboard

Programs & activities for families in the Blue Mountains



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

RECLAIM THE NIGHT ♀

FRIDAY THE 25TH OF OCTOBER

SAVE THE DATE!

SPRINGWOOD TOWN SQUARE
MACQUARIE ROAD, SPRINGWOOD (NEXT TO PRICELINE)

FROM 3PM:
BANNER PAINTING! BADGE MAKING!
BBQ!

FROM 5PM:
RECLAIM THE NIGHT RALLY



cava
Blue Mountains Coalition Against Violence & Abuse

Trans and Gender Diverse Youth in the Mountains

First Tuesday of every month
3:00 to 5:30 pm Ages 12 to 17


Enjoy a FREE, confidential and inclusive safe space at Loft 31 for young people who are transgender, gender diverse, in support of trans identities or have questions about gender

Adult trans peers will be present for support or if you have any questions

Located at "Loft 31"
31 Waratah St, Katoomba 2780

Any enquiries, contact - 1800 MYST (6978)

Supported by The Gender Centre and MYST



MAKING SPACE 9-12 years

Making Space is a safe, welcoming space for children to connect, share and express themselves through artmaking.

TERM 4 **FREE program**

9-week* Art Therapy program
Sundays 13 Oct - 15 Dec

@ Blue Mountains Cultural Centre, Katoomba

TIME OUT 13-18 years

Timeout is a program just for young people to slow things down, relax, reconnect with themselves + express their thoughts + feelings through art.

Art Therapy is an evidence-based expressive process where artmaking and conversation are used to promote well-being.

These programs provide a space for children and young people to express themselves through making art. In each session participants have the opportunity to explore different aspects of their lives and experiences through creative expression and voluntary reflective discussions guided by facilitators.

Participation in the programs may encourage the development of an on-going creative outlet.

These sessions with qualified Art Therapists can assist with low to moderate intensity mental health issues or distress.

Engage with artworks
Develop creative self-expression
Access a variety of art materials
Create art at your own pace

STRUCTURE FOR EACH WEEKLY SESSION:

- 10 min Arrival
- 20 min Check in with group members / introduction to session topic / gallery visit
- 40 min Artmaking
- 10 min Refreshment break
- 30 min Group discussion
- 10 min Farewell

Acceptance is via an application form, please scan QR code to complete.



This activity is supported by funding from Nspcc Blue Mountains Primary Health Network (NSBPHEM), Wentworth Healthstars is the provider of NSBPHEM.

Long LaZY Lunch at the View

Relax! We'll take care of everything



Grand View Hotel, Wentworth Falls
Saturday, 26 October, 2024
12.30pm till 3.00pm

Canapés - alternate mains Osso Buco and Chicken Royale - Dessert
Drinks at bar prices

Entertainment - Raffles - Silent Auction
Lucky Door Prizes

Central Blue Mountains Rotary Club

\$85 per person - incl. GST
Dress smart/casual

Booking essential before 17 October
<https://www.trybooking.com/CUX0X>

Proceeds will be used by Central Blue Mountains Rotary Club for youth enrichment programs



Newsletter

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

2024
 Term 3
 Week 10

Community Noticeboard



Parenting Programs TERM 4, 2024

Phone 4720 6500 or groups@gatewayfamilyservices.org.au



Program	Date/Time	Location	Register
Circle of Security DADs GROUP: Eight week program to form secure relationships and stronger bonds with your children.	Every Wednesday 23rd Oct – 11th Dec 6:30pm – 8:00pm	Heatherbrae 1 Benang Street LAWSON	 Click here to register.
Tuning in to Teens Six week program that teaches parents to help teens understand and regulate their emotions.	Every Monday 28th Oct – 2nd Dec 6:30pm – 8:00pm	Online via ZOOM	 Click here to register.
Fear-Less Triple P Three hour seminar to help your child manage anxiety and become more emotionally resilient.	Wednesday 13th November 9:30am – 12:30pm ** Childcare available ** Must register	Gateway FS Office cnr Station & Henry St PENRITH	 Click here to register.
Cybersafety Talk 1.5 hr seminar to help your kids and teenagers be safe and responsible users of technology.	Tuesday 12th November 6:30pm – 8:00pm	Blaxland High School 3/9 Coughlan Rd BLAXLAND	 Click here to register.
Circle of Security Eight week program that helps parents form secure relationships and stronger bonds with their children.	Every Thursday 24th Oct – 12th Dec 6:30pm – 8:30pm	Gateway Office 70 Old Bathurst Rd BLAXLAND	 Click here to register.



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



Online safety

A guide for parents and carers



eSafetyparents

esafety.gov.au/parents

THE STREET UNIVERSITY
 EST. 1987

KATOOMBA Program 2024

THE STREET UNIVERSITY PRESENTS
DJ SKILLS

FRIDAYS 4pm
 Drop in or Book a session to learn how to use our DJ gear. From Hip Hop to Electronic we can show you a range of styles and Levels. Come become a DJ today!

KATOOMBA CAMPUS: 93 KATOOMBA STREET KATOOMBA NSW 2780

TO REGISTER CALL 1800 151 045 (TOLL FREE) OR EMAIL STREETUNIVERSITY@NOFFS.ORG.AU

WWW.STREETUNI.COM.AU

NSW Department of Education

Free internet for eligible families

The Australian Government's School Student Broadband Initiative offers free home internet for eligible families.

Check your eligibility

- Call the National Referral Centre on 1800 954 610
- Visit anglicarevic.org.au/student-internet
- Email studentinternet@anglicarevic.org.au



Find out more:
 Call the National Referral Centre on 1800 954 610, visit anglicarevic.org.au/student-internet or scan the QR code for more information

