



CALLAGHAN COLLEGE WARATAH CAMPUS NEWS

2019 Term 4
Newsletter



Quick Highlights

CELEBRATING EXCELLENCE

Join our College community to celebrate outstanding student achievement and citizenship during 2019 at our end of year presentation ceremonies. Invitations will be sent home later this term. See the page 8 for dates.

YEAR 10 SHOWCASE THEIR CREATIVITY

CAPA, Industrial Technology (Timber) and Future Technologies students showcased their major works to our community at Onsite in October. An outstanding display of hard work and creativity. See photos on our website.

ONLY HUNTER HIGH SCHOOL IN STATE CHESS FINAL

Our College Chess Teams continue to excel, achieving great results in the State Final - our Waratah Team placed 7th and Wallsend Team 9th.

Congratulations boys!

TERM 4 UPDATE

by Ms Hayley Macdonald, Principal

Term 4 has certainly got off to a flying start with our Onsite Showcase, *Films by Callaghan* digital media festival, Student Leadership Symposium and more. It has been wonderful to see so many community members at these events - thank you for your ongoing support of our students.

Term 4 is always a big term for students. Not only are they preparing for and completing final assessments, but also participating in events and ceremonies to mark their transition to the next phase of their learning journeys. I encourage all students to stay focused on their learning goals and to enjoy the upcoming celebrations.

As always, there's been loads to celebrate since our last newsletter:

- Year 7 and 9 NAPLAN results were very pleasing with strong overall growth from Year 7 to 9 in literacy and numeracy and excellent Year 7 results in writing;
- Year 10 final works in CAPA, Industrial Arts and Future Technologies were of a very high standard;
- Our Waratah Chess Team placed 7th in NSW (against government and private schools);
- Josh C. from Year 7 finished 4th in Shot Put and 7th in Discus at the NSW All Schools Athletics Championships (see page 7);
- 16 Waratah Campus students received awards at our College Aboriginal Recognition Awards Ceremony (see page 4).

Congratulations to all students involved and the staff and family members for their behind the scenes support and guidance.

Have a wonderful Term 4 everyone! Online Reports will be available on the Parent Portal in Week 10.

OUT & ABOUT

A snapshot of some of the activities beyond the classroom.

YARNING TO CONNECT

Our SRC and 16 other students were recently treated to a fabulous workshop and presentation at UoN with researcher and artist, Simon Munro. Simon is an Indigenous Project Officer in the Department of Rural Health.



The students learnt about Aboriginal ways of knowing and how the practice of 'yarning' and making artefacts (such as cane weaving) can be used to encourage people to come together and exchange ideas.

CAPOEIRA ANGOLA

Waratah students join students from 21 schools across the state for a day of Afro Brazilian music and dance at 2019 Youth Capoeira Angola Encounter.



DOWN TIME AT WERRI BEACH DURING THE YR 9/10 CROSSFIT CAMP TO GERRINGONG



YR 7 LEARN MORE ABOUT CLASSIFICATION AT THEIR SCIENCE STUDY TRIP TO TARONGA ZOO



SUPPORT UNIT STUDENTS LEARN ABOUT BOOMERANG THROWING, NATIVE BEES, ABORIGINAL ART AND BUSH TUCKER DURING A RECENT VISIT TO MURROCK ABORIGINAL EDUCATION CENTRE



WW1 TRENCH WARFARE AT YR 9 LIVING HISTORY SITE STUDY INCURSION



YEAR 7 GEOGRAPHY FIELD TRIP TO HUNTER WETLANDS

TAS OFFER SKILLS FOR EVERYDAY LIFE

After the outstanding display of innovation and creativity by Year 10 Future Technologies and Industrial Arts students at the Onsite Showcase, we're putting the spotlight on TAS in this Newsletter. We talk to Head Teacher Brent Scrivener:

Q. What's so special about TAS?

A: Without doubt, it's the extraordinary diverse range of subjects our TAS teachers cover, coupled with how Technical and Applied Studies(TAS) are designed for students to learn skills that they can easily apply to real life contexts.

Students can learn about hospitality, food, agriculture, childhood studies, digital technologies, engineering systems, as well as using materials including textiles, timber and metals. There are a number of compulsory subjects we cover in the curriculum, as well as a host of enrichment electives that students can explore.

Q. How has TAS changed since our students' parents went to school?

A: The shift towards using current technologies such as CAD, 3D printing, coding and robotics is probably the most noticeable difference – not many parents would have foreseen the possibility of designing a product and then printing it in 3D at school.

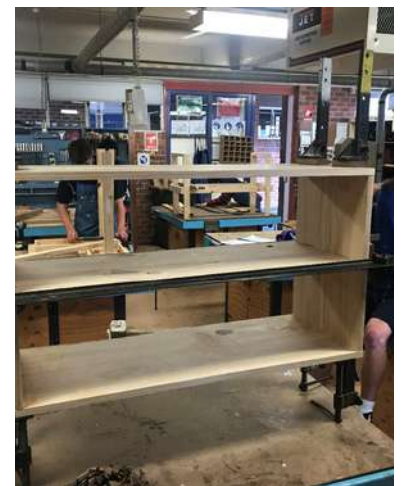
There has also been a more inclusive approach to the syllabus, with the inclusion of more cultural perspectives, including Aboriginal and Torres Strait Islander, Asia and its influence, as well taking into consideration the environmental impact of how we live and work as a society.

Q. What does a typical day look like for a TAS teacher?

A: Full of variety! From theory-based lessons to practical-based, from teacher-led demonstrations, to student directed classes where the teacher is more of a facilitator in the students' learning. I might start the day coding with Year 7, move to a practical class working with timber or cooking with Year 8, then onto concepts such as motion and aerodynamics in STEM with Year 9. Finishing the day with a VET class where I deliver a TAFE-based subject that is overseen by the Australian Qualifications Framework (AQF).

Q. What does it take to excel in TAS subjects?

A: TAS subjects aim to teach students the 4Cs of 21st Century skills – critical thinking, creativity, collaboration and communication. If students apply these skills they can succeed in any TAS subject. Plus, it does help to have patience, dedication and resilience as sometimes the process can be a little longer than some other subjects as students can be working on projects for an extended period of time. The rewards of completing a TAS project often exceed our students' original expectations of what they can achieve – which is just one of the bonuses of teaching TAS.



INQUIRY BASED LEARNING IN PRACTICE

Exploring Future Technologies is an Inquiry based learning elective where students are given a question that they are then responsible for testing, based on their own design and procedures. How they present and communicate their results and findings is also part of the learning process. The driving question the students had to respond to this year was "how to use current and emerging technologies to help support future human exploration?"

Inquiry-based learning helps students make their own connections about what they learn. Their curiosity helps them gain a deeper understanding of topics and content, instead of primarily memorising and recalling rules, ideas or formulas. This approach produces a wide range of final products and results. Some of this year's products include obstacle avoiding robots with sensors; drilling mechanisms; modified remote control cars with 3D printed components and a terrain mapping drone.

LISTENING TO THE VOICES OF OTHERS

By our School Captains - Mya, Natalia, Cala and Fletcher

Our Student Representative Council and 16 others students participated in the 'Listening to the Voice of Others' Symposium at Newcastle University in Week 2.



We were supported during the previous term to identify the issues that matter most to us as students in our local community and share our perspectives on these issues through the development of short videos.

We identified drug and alcohol abuse, violence and domestic violence, bullying, mental health and homelessness as important issues.

At the Symposium we presented our videos to panels of community-based health and welfare specialists and then had to respond to their questions and comments. We then worked in small groups to identify recommendations for resolving these issues.

It was an intense and rewarding day of reflection and discussion and we realised that the four issues we identified were all interwoven. We will be publishing our recommendations soon.

A big thank you to HSIE Teacher, Ms Roberts, for the countless hours she spent mentoring us and encouraging all the students involved to have a voice on important community issues.



News from the Gunya Room

As always there's been loads happening in the Gunya room since our last newsletter:

- Our Junior AECG is being reformed for 2020 with voting occurring in the next couple of weeks to elect committee members.
- Our BroSpeak and SistaSpeak programs are wrapping up this week after some wonderful recent cultural excursions to Biame's Cave and Glenrock.
- Our Aboriginal Dance and Yadagi groups continue to attract requests to perform at community events. They've been busy preparing for performances at the Creative Cultures Concert at the Newcastle Conservatorium of Music and will open two major Psychology conferences during term 4, an honour for all involved.

A special shout out to all our students who were involved in the College Aboriginal Awards Ceremony at the end of last term as performers and reward recipients. As always, you did yourselves proud!



LOCAL COMMUNITY EVENTS TO WATCH OUT FOR

Welcome to the Beach – a free beach safety project for new migrant families – 16 and 23 Nov 1:30pm – 5:30pm at Cooks Hill Surf Life Saving Club. Free return buses available.

Real Film Festival 2019 – Bold films and cutting edge documentaries screening in Newcastle, Lake Macquarie, Maitland and Port Stephens from the 15 Nov to 5 Dec 2019.

Saturday School of community languages – enrol now for 2020 classes! For all the details visit www.saturdaycl-h.schools.nsw.gov.au

CALLAGHAN'S CREATIVE PATHWAYS



OUR HIGH ACHIEVING MUSIC STUDENTS SHOWCASE THEIR TALENT AT LIVE@LIZOTTES. CONGRATULATIONS TO ALL THE WARATAH STUDENTS WHO PERFORMED



Since our last newsletter, Callaghan College has hosted a number of big events showcasing the amazing talents of our students in creative and performing arts.



From *Live@Lizottes* (above) to the annual *Films by Callaghan* digital media festival with our Callaghan Education Pathways partner primary schools, it's been wonderful to see our students and families coming together from across the College and our wider community network. Congratulations to Tighes Hill Public School who took home the winning prize with their incredible short film, *Ghoul's School*. Spooky indeed.



OUR WHOLE OF SCHOOL COMMUNITY GETTING INVOLVED WITH FILMS BY CALLAGHAN - WHERE WE SHOWCASE OUR CREATIVE TALENTS FROM KINDER TO YEAR 12 ON THE BIG SCREEN

Looking after each other.

LESSONS ON THE SAFE USE OF SOCIAL MEDIA

Thank you to our College P&C for hosting the recent Safe on Social Seminar for parents. For those who missed it, here's a quick overview of the main tips from expert, Kirra Pendegast, CEO of Safe on Social Media:

Talk to your child about safe use of social media:

- Online privacy issues: making sure they know to never identify their name, school or city / state in which they live and to respect other people's privacy by not sharing their personal information online
- Understanding the importance of passwords
- How to recognise a scam
- the importance of gaining for consent before sharing pictures and videos of other people
- Using apps and games that are age appropriate
- Using devices in common areas (and not bedrooms and bathrooms)
- Being respectful online (don't do, say or repeat anything that you wouldn't say if the person was standing in front of you)
- Recognising that other people's opinions may be different from your own
- Always talk to an adult (parent, teacher) if you have any concerns about online activities that you might be exposed to.

The P&C will be hosting more sessions like this in 2020, and we hope we'll be able to have Kirra back. To join our mailing list, please email callaghanpandc@gmail.com



A special thank you to Julie Iveson for everything you do for our school.

With thanks to some of our community supporters.



TEENS AND SLEEP

By School Psychologist,
Candice Byrnes

"I always feel tired..." is one of the most frequent concerns from young people when talking to our counselling team. Sleep and wellbeing are closely linked – a lack of sleep impacts mood, ability to concentrate and motivation.



How much sleep do we really need?

It's recommended that teens aged between 14 and 17 get 8-10 hours sleep every night. Headspace reports that for every hour of sleep missed, there is a 38% increase in the chance of feeling sad and/or hopeless.

Our top tips for setting up a healthy sleep routine:

- Aim to go to bed and wake up at the same times each day – remembering we need 8-10 hours sleep;
- Avoid regular afternoon or daytime naps;
- Avoid caffeinated food and drinks after lunch time;
- Exercise during the day to help expend your energy;
- Keep bed for sleep only. Avoid studying or watching TV in bed as your brain will start to associate your bed with these activities that require you to be alert and awake;
- Turn off screens at least an hour before bed. The blue light from your screen suppresses your body's production of the sleep hormone, melatonin;
- Instead of screen time before bed create other rituals that promote rest and relaxation, such as reading a book, listening to calm music, having a warm (not caffeinated) drink or practising mindfulness/ meditation. Find something that works for you!
- Try your best to sleep in a dark and cool room.

Creating new rituals and good habits takes time. Encourage your teen to start with small achievable goals and build up little by little each night.

If your family have tried all the above tips and your child is still having trouble sleeping, we suggest making an appointment to discuss the sleep problems with your local GP.

Sports update.

FROM STATE CHAMPIONSHIPS TO YEAR 7 SWIM AND SURVIVE

Term 4 tends to be a quieter term in Representative Sport as the Hunter SSA and CHS competitions are already wrapped up for the year. However, during the recent school holidays Josh C. (Year 7) competed against the best athletes in the state at the NSW All Schools Athletics Championships in Sydney, finishing 4th in Shot Put, 7th in Discus (with a competition PB) and running a PB in the 100m event - congratulations Josh!

Back at school, the BreakTime netball competition between staff and student teams is in full swing. The staff team are proving more competitive in netball than what they were in soccer last term!

Our PDHPE classes have headed indoors over the last few days (due to the poor air quality from the recent fires)- check out our Year 10s Just Dance moves on Facebook!

For Year 7 families, don't forget to return your notes and payment this week for our Year 7 swim and survive program. This is a compulsory part of the PDHPE curriculum for Year 7s and kicks off in a couple of weeks.

Finally, Ms Bradley has been working hard to tally final points (from our carnivals, representative sport appearances and break time sport competition) to determine the winning house for 2019. Stay tuned for the announcement at our Presentation Ceremony next month.



YEAR 10 TEAM, BOYS VICTORIOUS, TAKE OUT THE BREAKTIME SOCCER COMPETITION

WANT TO PLAY?
Any students interested in representing the school in sport during 2020?

Listen out for the Sports Report at Monday Assemblies for a call out.



JOSH COMPETES AGAINST THE BEST ATHLETES IN THE STATE AT THE NSW ALL SCHOOLS ATHLETICS CHAMPIONSHIPS



14'S GIRLS NETBALL TEAM - OUR LAST TEAM TO REPRESENT THE SCHOOL FOR 2019. WELL DONE GIRLS!

The last word.

THANK YOU

By Sarah Nash, P&C President

A big thank you to everyone who helped out on our College P&C stall at the recent CEP Films by Callaghan event. It was lovely to see students, staff, parents and community members working together and enjoying the relaxed, community atmosphere of the festival.

A special shout out to the Sarokhan family who showed us how to make the yummiest Chicken Mashawi ever! Their family recipe is below.



CHICKEN MASHAWI

A family recipe from Khurdistan & Syria

Ingredients:

Lemon juice	All spice
Olive oil	Cinnamon
Garlic	Cardamom
Tomato paste	Chicken breast
Pinch of salt	2 onions (sliced)
Dried oregano	1 large green capsicum (sliced)
Pepper	Parsley

Directions:

1. Cut chicken into small pieces
2. Mix lemon juice, olive oil, plain yoghurt, garlic, tomato paste, salt, oregano, pepper, allspice, cinnamon and cardamom in a bowl.
3. Add chicken and mix
4. Put in the fridge for at least 4 hours
5. Cook on the BBQ
6. Serve chicken in Lebanese bread, with parsley, capsicum and onion.



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SAVE THE DATE...

YR 3 & 4 PARENT SESSION | 19 NOV. 4:30 - 6PM

Partner Primary Parents are invited to come and learn more about the opportunities and programs at Callaghan College.

WARATAH CAMPUS OPEN DAY | 5 DEC. 3-6PM

See our students' work across a range of subject areas, talk to staff and visit our learning spaces.

YEAR 10 PRESENTATION DAY | 12 DEC. 2PM

Come along and celebrate the achievements of our Year 10 students.

COLLEGE AWARDS EVENING | 12 DEC. 6PM

Join us in the Great Hall at Newcastle University to celebrate student achievements across the College.

WARATAH CAMPUS AWARD CEREMONY | 13 DEC.

Join us from 9am in our campus hall to celebrate our students' achievements at Waratah Campus.

LAST DAY OF TERM 4 | 18 DEC.

YOU CAN VIEW OUR ENTIRE TERM 4 CALENDAR
ON THE HOMEPAGE OF OUR WEBSITE.
[HTTPS://WARATAH-H.SCHOOLS.NSW.GOV.AU/](https://waratah-h.schools.nsw.gov.au/)



DID YOU KNOW?

Our canteen
now has eftpos.

Email your story or photos to:
waratah-h.school@det.nsw.edu.au