

NAIDOC Week Celebrations

Preparations are underway for our different, but no less special 2020 NAIDOC Assembly. We've pre-recorded our annual Deadly Awards, speeches and performances to share with our community next week. For more, visit page 7.

Our Debaters' Winning Streak

Our Stage 4 Debating Teams are on a winning streak with wins against HSPA and Newcastle HS and a pool final against each other. Our A Team will take on Girraween HS in the Zone final this Thursday. For more, visit our Facebook page.

Virtual ONSITE Exhibition

Our Year 10 Visual Artists have taken their annual ONSITE Exhibition of major works online using the Artsteps App.

For instructions on how to view their exhibition and leave your feedback for students, visit page 7.

Principal's Update

By Ms Hayley Macdonald, Principal

The end of the year will be upon us before we know it so I thought I would update you on some important news and events.

Presentation Days

Although there's been an easing of many COVID-19 restrictions for schools, the current guidelines will heavily impact our end of year presentation days.

Unfortunately, we will not be able to share our assemblies face to face with families and we also won't be able to have a whole school end of year presentation day assembly.

Instead we will be holding year assemblies during Week 9 where we present our award winning students with their certificates and trophies.

We will film these assemblies and make the file available to families on our website. If your child is receiving an award we will notify them in advance and request your permission to film and publish their image. If you do not wish your child's image to be published we will ensure that they do not appear in the finished product. Please see our back page for the final schedule of dates and times for these assemblies.

Strategic Improvement Plan 4-year Cycle

Our staff have commenced work on our next School Improvement Plan (2021-2024) with a situational analysis to help us establish where we are at and where we need to go next to be the best school we can be.

As part of this analysis we are reviewing data from our Tell Them from Me surveys, along with other recent sources of community feedback.
(continued page 9)

Out & About

A snapshot of learning beyond the classroom

Applying Learning in Geography

Our Year 8 Geography classes had the opportunity to apply their learning from their 'Water in the World' topic with a fieldwork incursion.

They worked in small groups to investigate the impacts pollution can have on water and made weather observations related to the water cycle.



Beautifying Local Spaces

Waratah Visual Arts students contributed to the recent transformation of Waratah Station by working with artists Olas One and Brontë Naylor to create a stunning mural.

To learn more, visit: <http://www.transport.nsw.gov.au/.../waratah-station-upgrade>



Our Year 10 History students continued their exploration of their Holocaust topic with a Zoom excursion to the Sydney Jewish Museum. They heard moving stories of Holocaust survivors and were invited to consider the way memories inform our understanding of the past.



Our Chess team took on a very strong Senior Merewether HS team in the Hunter Regional Grand Final. Our boys played strongly but were beaten after a board count. We are super proud of them for making it to the finals.



Our Year 9 PASS students have started visiting our partner primary schools to put their learning on sports coaching into practice. These sessions have been a hit with the primary school students!



Year 9 History students participated in a History Site Study Incursion to learn all about World War I trench warfare. Shane from WWI Living History shared his vast knowledge and war artefacts with our students.

Inclusive and Special Education

Our Deputy Principal of Inclusive and Special Education, Jeff Bull introduces our Inclusive and Special Education Faculty and talks about some of the ways we are implementing our school's vision for a learning environment that is supportive and safe for all our students.

What is Special Education?

Our Inclusive and Special Education Faculty is for students with barriers to learning across a wide range of areas – catering from moderate/severe learning disabilities to emotional behavioural or physical disabilities. Staff from the Special Education Faculty are highly trained and have a passion for helping students achieve their personal goals.

How are students with disabilities supported at Waratah?

Students are supported in various ways, from smaller class sizes and additional staff in the classroom, to highly flexible classroom spaces and curriculum.

All our students have highly personalised learning plans with targeted goals and strategies to help support their academic, social and emotional growth.

What does a typical day look like in our Special Education classrooms?

Students follow a mainstream curriculum (with adjustments) and have the opportunity to attend electives in mainstream classes. Our students are given the opportunity to broaden their ability as a member of their local community. In Stage 5 students are prepared for life after school by attending Work Experience. All students participate in Special Programs each week, including a range of activities like school beautification, gardening, cooking, and completing other small jobs around the school that reinforce work readiness. We also participate in different sports inside and outside the school.

How does our Special Education Faculty engage with families?

We engage with families on a daily basis. Each student in the Special Education Faculty is assigned a case manager who becomes the first point of contact for families and carers.

What is your vision for Inclusive and Special Education at our school?

Our vision is to see more students regularly attend school, actively engage in our educational and social programs and grow in confidence as they become positive members of the school and local community. Together with our families and students, we are creating a learning environment that is supportive and safe for all our students.



Our staff and students work together on school beautification projects. Above, Jeff and Toria construct a timber planter box for the new outdoor learning area.



Biff Ball in action in our school hall. Students practised team work skills as they rotated between groups. They had so much fun!



Our Onyx class have been investigating The Black Death as part of their unit on Medieval Times. This is Clive's shadow puppet theatre and plague doctor puppet.

Meet Waratah Alumnus Daniel Mathwin

Daniel Mathwin, Master of Industrial Research candidate at the University of Melbourne and CSIRO, shares how his love of Science in high school has shaped his future learning pathways.

Can you tell us about your time at Waratah Campus?

I started at Waratah during Year 8 in 2009 and finished Year 10 in 2011. Science has forever been my favourite subject and I had some great Science teachers at Waratah who helped feed my interest. I was also part of an accelerated class at Jesmond Senior Campus that allowed me to finish one of my HSC subjects a year early.

What is your fondest memory from Waratah Campus?

I always loved going to variety nights where my friends would regularly play music. One year they even managed to convince me to sing a Tenacious D song!

Describe the journey you embarked on post leaving Waratah Campus

After going on to complete my HSC at Jesmond Senior Campus, I went straight into uni the following year. I started a Bachelor of Science at the University of Newcastle (UoN) with a chemistry major.

I had a few bad semesters along the way but managed to pull it together towards the end of my degree. One of the best things I did was to get some research experience outside of the classroom. I started by volunteering in a medicinal chemistry laboratory and, by my final semester, I was being paid as a research assistant. This experience was crucial for everything that followed.

In 2019 I was accepted into a Bachelor of Pharmaceutical Science (Honours) at Monash University and so I made the move to Melbourne which was an exciting experience. After finishing Honours I worked in industry for a few months before being accepted into a Master of Industrial Research at the University of Melbourne in August 2020 (working with CSIRO on a research project into pharmaceuticals).

What are some of the challenges you've faced in your post-school learning journey?

I have had to learn how to manage my time effectively and overcome a fear of public speaking.



I think one of the hardest things has been learning how to ask good questions. It might sound trivial, but it can be very daunting when you are in a room full of academics.

What's the most rewarding part of your work?

Throughout school and university you spend a lot of time learning the fundamentals of science, but in research I really enjoy being on the cutting edge and keeping up to date with new discoveries.

What advice would you give current Waratah Campus students wanting to pursue a similar path?

Keep an eye out for extracurricular activities and then apply for them! When I was at UoN I was selected to visit a university in China for one of my subjects. My marks were not the best so I wasn't sure if I would get in, but I took some time with my application and was rewarded with an unforgettable experience.

These sorts of things will help to set you apart from other people and assist you to grow as a person. Don't be afraid to apply, you never know what might happen!

Staying connected across the College

By Kylee Owen, College Principal

We wish all our Year 12 students at Jesmond Senior Campus well as they are now in the midst of their final HSC exams. Despite the challenges we have all faced this year, our Year 12 students in particular have shown remarkable resilience in continuing their learning.

We celebrated the achievements of the 2020 Year 12 cohort at the Graduation Ceremony in our new Auditorium on 15 October. Regardless of restrictions, we had more than 500 family members viewing the proceedings via an online live stream - including some overseas! All students were presented with their Academic Portfolio, with Special Awards given to more than 50 students for outstanding achievements in Academics, Sports, Community and Leadership, along with Faculty Awards.

In recent weeks we have continued our strategic planning for 2021-2024. Feedback from students and families is highly valued as part of this process and I urge you to take every opportunity offered by Waratah Campus to assist in our future planning.

Our Year 10 students are now looking forward to the next stage of their transition to the Jesmond Senior Campus. As restrictions have eased, we are now able to welcome them on site to their new learning environment. Details of the Term 4 Transition program will be shared to all Year 10 students and families in the coming weeks.

I would like to congratulate our families and staff who are involved in our STARTTS Newcastle Multicultural Youth Group who recently won the NSW Outstanding Work with Young People from Diverse Backgrounds and Experiences Youth Work Award. This award recognises the outstanding achievements this initiative has made since it started in 2016. This wonderful collaboration supports young people from Refugee and Multicultural backgrounds from across Newcastle.



Year 12 students celebrate their achievements at their recent Graduation Ceremony (above). Left, the staff and students involved in the award winning STARTTS Newcastle Multicultural Youth Group.



What is resilience and why is it so important?

By Cale Wallace, Head Teacher Human Society and its Environment, Jesmond Senior Campus. Cale is currently completing his PhD on student resilience.

Having resilience is not just an individual strength of character. It is also about how we use our strengths within the context of our environment and the people around us.

There has been a lot of research around resilience, which has identified that resilience is a complex relationship of psychological strengths and environmental social supports. It's also about how we use the resources at our disposal.

Far too often our children can build up reserves of resilience capital only to have that resilience reduced from the interactions they have with their environment – friends, peers, and people they associate with.

If we use the analogy of charging a mobile phone, an individual's resilience capital is like the charge on a phone. When we are having a good day, feeling happy and empowered we are fully charged. Yet, just like a phone, events happen throughout the course of our day that power down our charge and resilience.

How can we build resilience?

Having a growth mindset is an important factor in developing resilience. A growth mindset shows that the ability to learn is not fixed, and can change with effort and application to a given task. When children understand how the brain responds and adapts to challenges, they are much more likely to persevere when they fail because they realise that failure is not a permanent condition.

By reframing situations with positive thoughts such as 'I can't do it YET', students can develop a growth mindset.

Taking stock at where we see ourselves at a given point in time is a powerful way of promoting resilience in children and young people.

Get your child to answer these simple questions:

I am really good at.....right now.

I have a little trouble with.....for now.

I can't.....yet.

But if I:

a).....

b).....

c).....I will achieve this.

Other scientifically proven strategies to enhance resilience include:



- Providing emotional support for your child through regular conversations and activities.
- Giving children responsibility to undertake a task and see it through to the end e.g. doing chores like washing the car, mapping out their homework schedule etc. This develops trust and autonomy which in turn promotes resilience.
- Engaging in regular physical activity. This is one of the best ways to restore balance in our lives.
- Limiting screen time. For every hour of screen time, adolescents can lose up to 10 minutes sleep! Adolescence is the most crucial time for growth, development and maturation, so balance in this area is vital.
- Getting enough sleep.
- Taking time out for gratitude by focusing on the good things in your life (a gratitude journal is a great way to achieve this).
- Seeing failure as a 'check point' NOT an 'end-point'.
- Nurturing the 'Brave' in your child. Courage is not that we don't get scared but about finding ways to push through fear, self-doubt and anxiety. We can build courage by trying something new, giving permission for imperfection, not worrying about the end result but trying to get the process right, and reinforcing that you won't always feel ready – that's why it's brave!

Everybody can be resilient– you just need to find the way that works best for you.



Sneak Peek of next week's NAIDOC Assembly



We are extremely proud of our 76 Deadly Award winners who received their awards in recognition of their Academic Excellence, Commitment to Learning and School Cultural Representation.

As part of the ceremony's official party, Ms Macdonald reflected on the meaning of this Year's NAIDOC theme. Here is an extract from her address:



"The theme 'Always was, always will be' invites all of us to embrace and acknowledge the true history of this country.

Aboriginal and Torres Strait Islander peoples were Australia's first explorers, our first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, astronomers and artists.

We are here today because the elders of the past cared for, nurtured and protected the land, skies and sea.

This is why we must continue to give voice to the history of Aboriginal and Torres Strait Islander peoples, acknowledging that their thousands of years of connection to land and sea gives us the opportunities of today, so we can move forward together for a shared future.

As you celebrate NAIDOC Week next week remember that under the concrete, steel and asphalt, this land is, was and always will be traditional Aboriginal land."



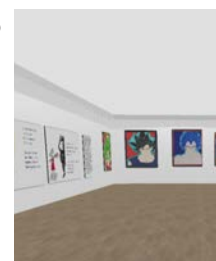
Accessing the ONSITE Exhibition

Our ONSITE Visual Arts exhibition has been taken online this year due to COVID-19 restrictions. We encourage community members to download the Artsteps App to navigate around the virtual gallery. Once you open the app, search 'CCWTC' to find our exhibition.

Our Year 10 students would love to hear your

feedback on their major works so please leave a comment on the [google form](#) they've created.

You can also view the exhibition on your desktop using this link: <https://www.artsteps.com/view/5f90ec775230064da1d9cf5e>



Every Day Counts

Did you know that if your child misses as little as 9 days of school per term from Year 7, by the end of high school they'll have missed over a whole year of school?

Like many schools, our attendance data has been impacted by the disruptions caused by COVID-19. This has prompted leaders across our 18 Callaghan Education Pathway (CEP) schools to place an intentional focus on improving student attendance and punctuality as we move into our next four year school improvement cycle. We have put together the diagram on the right as a guide for families.

Partial absences such as late arrivals are included in our school's attendance data and this has been identified as an area we can improve on significantly.

Arriving at school and class on time ensures that students do not miss out on important learning activities, helps students learn the importance of punctuality and routine and gives students time to greet their friends before lessons begin which reduces classroom disruption.

We are here to work collaboratively with students and families to help our students make every day of learning count.



Student Scholarships

The Department of Communities and Justice is offering up to 1000 scholarships to students enrolled in education or training in 2021. Successful applicants will receive \$1,000 to help with school expenses and secondary support services.

Can I apply?

You are eligible to apply if you are studying in one of the following in 2021:

- Year 10, 11 or 12 at a NSW high school or equivalent at a TAFE college
- a school-based apprenticeship or traineeship
- a VET subject at a NSW high school.

You must also be either a social housing client or living in out-of-home care.

Further Information: <https://www.facs.nsw.gov.au/families/support-programs/all-families/dcj-scholarships>

Apply now for a \$1000 scholarship

2021 DCJ scholarship applications open 15 October 2020

Apply online at: www.facs.nsw.gov.au/dcj-scholarships

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Principal's Update

Continued from page 1.

Additionally, we are seeking community input on the priority improvement areas that were identified in our External Validation last term. To this end, we will be running informal interviews with randomly selected students and families in the coming weeks.

If your child is chosen to participate in one of these interviews, you will be notified and your permission requested.

If you agree, we will also invite you to answer a series of questions via phone about your child's learning and their experiences at school. There are no right or wrong answers to these questions and there is no need for you or your child to prepare for these interviews. The interviews will be conducted by our College Community Liaison Officers and all feedback will be de-identified when presented to school staff and leaders.

Once we have collated and synthesised all the data, we will commence developing our plan which we will share with our community next year.

NAIDOC Assembly online

This year we have found new and interesting ways to connect with our families without having you onsite.

In Week 3 we filmed our NAIDOC Assembly and our Deadly Award winners were recognised in a small assembly group. This assembly will be shared with our community when we celebrate NAIDOC week next week.

I would like to thank the Aboriginal Education Team: Darren Woodhouse, Aunty Mel Towers, Aunty Robyn Hill-Smith, Anna Milat and Luke Kendall for their organisation of this event and their continued commitment to Aboriginal Education at our school.

Communication to the School

Please remember that the best way to contact us if you have an enquiry is by phoning our Administration Office on (02) 4968 1939.

If you are unable to make a phone call please use the school email :

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

Save the Date

Year 7 Presentation Ceremony Monday 7 December 2020 9:30 - 11am

Due to COVID-19 restrictions, only Year 7 students and school staff can attend this event. It will be recorded and shared with families via our school website during week 9.

Year 8 Presentation Ceremony Tuesday 8 December 2020 9:30 - 11am

Due to COVID-19 restrictions, only Year 8 students and school staff can attend this event. It will be recorded and shared with families via our school website during week 9.

Year 9 Presentation Ceremony Wednesday 9 December 2020 9:30 - 11am

Due to COVID-19 restrictions, only Year 9 students and school staff can attend this event. It will be recorded and shared with families via our school website during week 9.

Year 10 Presentation Ceremony Thursday 10 December 2020 9:30 - 11am

Due to COVID-19 restrictions, only Year 10 students and school staff can attend this event. It will be recorded and shared with families via our school website during week 9.

Year 10 Farewell Thursday 10 December 2020 5:30 - 9:30pm

Due to COVID-19 restrictions, this event is restricted to Year 10 students and staff only. It will take place at NEX Exhibition and Convention Centre on King St.

COVID-19 symptoms can include:



fever



sore throat



cough



shortness of breath.

If your child is sick, keep them at home and get them tested for COVID-19.