



## Welcome Year 7 2020

Year 7 have settled in quickly to the high school routine, getting to know each other and tackling the new challenges of finding their way and reading a timetable.

Check out our website gallery for photos.

## Swimming Team Excel

Our Campus Swim Team excelled at our recent College Carnival – 3 Age Champions, 3 new College Records and 10 students chosen to represent the College at Zone.

See page 7 for more details.

## Blind Date with a book

The 'blind date with a book' Valentine's Day initiative was a smashing success in our school library

Hopefully it was love at first sight for the students who participated!

For more, information visit our Facebook page.

## Term 1 Welcome

*By Ms Hayley Macdonald, Principal*

Welcome to 2020 at Callaghan College Waratah Campus, and a very special welcome to all of our new students and families!

It's been a positive start to the new learning year. Our new Year 7 students are settling in beautifully to high school life; our Year 8s and 9s are demonstrating excellent engagement in the classroom; and our Year 10s are enthusiastically embracing the increased responsibilities associated with being the seniors of our campus.

At our first two formal assemblies for the year I introduced our 2020 Captains, 8-10 Student Representative Council (SRC) and Sports Captains.

School leadership is an important part of our school life and I'd like to congratulate these students and thank them for their willingness to serve our school community in the year ahead.

Make sure you read the student voices column on page 4 to meet our captains and find out more about student leadership at our campus.

Finally, you may have noticed our fresh new Callaghan College brand appearing on some of our school communications. This new look coincides with preparations for our 20 Year Anniversary. Find out more on page 5.

Have a wonderful Term 1 everyone!

# OUT & ABOUT

## A snapshot of the activities beyond the classroom

There are so many co-curricular and extra-curricular opportunities available in the College – from dance, circus and music groups, to chess club, public speaking and so much more. Please encourage your students to get involved.

Here's a snapshot of just some of the groups still calling for participants for Term 1.



### Chess Club

To assist students to prepare for the Interscholar Chess Tournament, chess practice is available every lunchtime in the quiet areas of the library.

See Ms Seferovic for more details.



### Circus Jam

Join in the fun of the circus each Tuesday lunchtime in the hall. It's free and open to all students and staff.

Participants learn the skills of ground apparatus (juggling, hula hooping, unicycling, diabolo, poi, plate spinning), as well as aerial skills on the tissu/silks in a fun and safe environment.

If they love circus, students can go on to select the circus elective and/or take part in circus workshops outside of school.

Speak to Mr Tarrant for more information

### Campus Concert Band

The Waratah Campus Concert Band is a place where students who already play an instrument can come together to enhance their musical skills by playing collaboratively in a large ensemble. There are many performance opportunities for the ensemble throughout the year.

Rehearsals take place every Friday morning from 7:45 to 8:45am in the Music Room. Some instruments are available to use if you don't have your own.

Speak to Mr Simpson in the CAPA staffroom for more details.

## Excursion News

Our Callaghan Tutorial Centre students have been out and about already this term with excursions to both the Newcastle Museum and the Merewether Ocean Baths. Students were involved in planning the excursions and using trip planner to determine routes, mode of transport and times for travel.

There will be numerous opportunities for students to attend excursions throughout the school year. These opportunities are designed to extend students' studies, enhance their enjoyment of learning and reward effort and achievement. Teachers send home excursion permission notes when excursions are planned for your child's class.





## Support for learning

In this edition of Faculty in Focus we put the spotlight on our Learning and Support Faculty. We talk with Head Teacher, Ms Eunice Hsu.

### What is the role of Learning & Support in the School?

Learning and Support play a key role in ensuring the needs of students with specific and additional learning and support needs are met.

We assess student learning needs, provide in-class support, develop individual student learning plans, determine appropriate extension programs for high achieving students and determine appropriate adjustments (including modification of curriculum, assessment and exams) so that all students can access learning successfully.

### What does a typical day look like for a L&S Teacher?

It's so varied. We could be running Great Start testing with a Year 7 class in the morning, then jump into a Year 9 Maths class to support a teacher to differentiate the learning for talented students. Later we might be meeting with a parent to devise an Individual Education Plan. After school, we are often involved in facilitating whole staff professional learning sessions to deepen teachers' experience in the explicit teaching of literacy and numeracy.



### If a parent is concerned about their child's learning, what should they do?

If your child is struggling or has concerns about their learning we encourage you to address these concerns early.

Start with a conversation with your child - find out what they find challenging and what would make a difference for them. We also encourage you to contact your child's classroom teachers for support. Our Learning and Support teachers are here to help with more complex issues, such as learning or wellbeing difficulties and social or emotional issues that may be impacting on learning.

If you would like to know more, or want to provide information to assist us in meeting your child's learning and support needs, please contact Ms Eunice Hsu for an appointment.

## Getting Organised

*By Mrs Blight,  
Head Teacher,  
Teaching  
and Learning  
and Personal  
Development,  
Health and Physical  
Education Teacher*



Learning how to get organised, stay focused, and get things done are must-have skills when it comes to managing your schoolwork.

These skills help you in everyday life and can make life far less stressful.

Here's some tips to assist students get organised for the learning year ahead:

- Have a dedicated space at home to study
- Clean out your backpack regularly and file returned assignments for your portfolio
- Use a planner to organise your time. Make sure you write down when all assignments are due (parents, Waratah Campus Assessment Schedules are currently being distributed to students - these outline when all tasks are due)
- Break big projects into parts. Note the dates when each part needs to be completed. Mark in your planner when you'll work on each part
- Work on one project at a time in each study session. When you multi-task you're less focused
- Avoid distractions. Park your devices and only check them after your work is done
- Be realistic with your time. Doing a little bit often is a great habit to develop
- The more you practice these skills, the better you'll become!

# Introducing our 2020 School Captains



It is with great pride that we introduce our four School Captains for 2020 - Miranda, Joy, Griffin and Ava. These four exceptional students were elected by their teachers and peers. We know they will be excellent ambassadors for our campus and the College.

We asked each of them to share one goal for 2020:

"My goal is to make the school an even nicer place to be by always being positive and approachable, listening to the needs and ideas of my fellow students and doing my best to make their ideas a reality." - Miranda

"I would love to help make our school a healthier environment by reducing our school's carbon footprint through sustainable and achievable actions." - Joy

"I'm really looking forward to working with the student body and staff to improve the school. This term we have planned for all students to be given an opportunity to share their ideas about the school. Over the course of the next four terms I am excited to work alongside my fellow student leaders to make some of these changes for the betterment of the school." - Griffin

"I wish to continue to help the school to grow and flourish within itself and the community. This school is incredible and I want the community to know that. I hope to create stronger bonds with our partner primary schools to truly showcase how amazing our College is." - Ava

## News from the Gunyah Room

Our Aboriginal Education Space, the Gunyah Room, is set up as a learning hub that provides students with access to:

- learning support from our Aboriginal Learning Support Officers
- Guest speakers, workshops and classes
- Cultural activities and links across the College and community.

This term we've voted in our 21 members and 5 executive positions for our Junior Aboriginal Education Consultative Group (AECCG) and kicked off our new Dreaming for Tomorrow Program.

### Support us at Surfest

Come along to the Wandiyali Surfest Opening Ceremony on Saturday 29th of February at Merewether Beach to support our Yadagi and Dance Groups in a combined performance with students from our senior campus. You'll also get a chance to check out our local surfing talent.

## Got a BYOD?

If you haven't signed up to bring your own device to school yet, you need to:

- Take a BYOD user agreement note home for your parent and you to sign
- return the signed BYOD note to Miss Boswell
- Take your device to the CAPA staffroom during breaks, where it will be connected to the school network
- now you can use your device in class (with teacher's permission).
- We recommend devices with 128GB storage, 4GB RAM.

# A Fresh New Look for Callaghan College



As Callaghan College approaches its 20th anniversary and we open our new Creative and Performing Arts Centre at our Jesmond Senior Campus, we are celebrating with a new logo.

The logo has evolved to show the continued growth and collaborative spirit of the College and the variety of educational opportunities our students have access to.

The change will be phased in over a three-year period across all campuses. The new logo design was informed by consultation across all campuses, including staff, students and parents.

As part of the rollout, we will be conducting consultation on the school uniforms during 2020. We will send more information about this process at a later date.

## Starting Year 11 at Jesmond Senior Campus



*Matilda Newton and Matthew Casey give the low down on moving into Year 11 at our senior campus.*

### What do you love most about Senior School?

- Having goals to work towards that link to my schooling.
- Finishing early on Wednesdays (unless you do extension classes).
- Learning interesting new content every day (because you pick 5/6 of your subjects).
- Meeting new people with different skills and strengths - Matilda

### What have you found most challenging so far?

- The bell times are different, so it takes a little bit of getting used to the new daily routine
- Finding where classes are (this only lasts a few days)
- Balancing school and personal life, especially with extracurricular activities.
- When your friends have different interests than you, you might see them a little less because they are in different classes - Matilda

### How is learning different in Senior School?

- Choosing 6 subjects and an extension subject provides room for academic growth in areas that I am interested in, as well as extending on current ideas and content.

- The content in each chosen subject is more challenging and indepth.
- Receiving constant home study, which feels simpler to do because you enjoy the subject - Matt

### What do you both miss most about Waratah Campus?

- The students and teachers!
- The familiarity of knowing everything and everyone – the routine, the teachers, the classes.
- Matilda also misses catching the bus to school!

### Matilda and Matthew's tips for our current Year 10s on preparing for Year 11:

- Organise yourself prior to starting Year 11
- Try to get into habits that will help you be more organised for next year e.g. taking notes, highlighting, making lists, routines for homework and fun.
- Work out a schedule that works for you (and includes any part time work or other activities)
- Talk to people who have experienced Year 11 and 12 to help you prepare – parents, friends, siblings, teachers.
- Think about life after school to help with subject selections.





It's normal for a young person to feel anxious from time to time. Here are some tools, including mindfulness, to help manage anxiousness.

These tools were recommended by Michael Grose, from Parenting Ideas.

## Defusion

Young people often tell themselves stories - about how they appear to others, how they will do in an assignment or how they will handle challenging events for example. These stories can be helpful - "I know I can do this!" or unhelpful - "I'm hopeless at sticking with projects."

You can use the skill of defusion, or thought distancing to reduce the impact of unhelpful thinking on someone's emotional state.

Here are some examples you can use:

- "Everyone will find this test hard." Ask, "Is that a thought or a fact?"
- "I feel awful about this exam." Ask "Is that helpful thinking?"
- "I'm hopeless at school." Add "I had a thought that I'm hopeless at school." - it places them one step away from the thought.

## Mindfulness

When someone is anxious, they are often worried about a future event. Settling back into the present can help someone to relax and calm down.

The practice of mindfulness, even if just for a few minutes, is a wonderful way to let go of worries or anxious thoughts.

Here's a mindfulness exercise that can help to bring focus back to the present. Ask the person to count out loud on their fingers:

- Five things they can see
- Four things they can hear
- Three things they can feel (such as their feet in their shoes)
- Two things they are grateful for

## Deep Breathing

When someone is stressed, their whole physiology is on edge. Deep breathing activates a relaxation response to relieve stress. As a result, the body starts to respond - the heart rate decreases, muscles relax, pupils constrict and the stomach starts to do its job.

You can encourage someone to be mindful of their breath:

- Say to them "Come on, let's take three deep breaths together"
- Encourage them to breathe into their belly to get control over their body and steady their mind.

## Exercise

Exercise releases chemicals called endorphins that increase our feelings of wellbeing. It also relieves the muscle tension that builds up over a day.

There are many ways to get more movement into your young person's life including:

- Engaging in regular sports
- Walking to school and to other activities
- Taking regular movement breaks during study
- Joining you in a morning walk.

## When Anxiety Becomes a Problem

Anxiety is the most common mental health issue facing young people today. It can impact significantly on happiness, wellbeing and learning.

Anxiety becomes a problem when it impacts on someone's quality of life and prevents them from participating in everyday activities such as school, interests and social events.

If this happens, it is important to seek professional support. Your local GP can assist and you can make an appointment for your child to see one of our School Counsellors, Head teacher Wellbeing, or one of our Partner Agency Youth Workers that work with us onsite.

# Diving into the New Sporting Year

It's been a busy start to the year of sport, with the election of our 2020 House Captains and lots of sporting activities well under way.

Our boys and girls College volleyball teams have both progressed to the regional finals after outstanding performances in their tournaments in Week 3.

"The teams were sensational," said coach, Mrs Blight. "They worked hard, demonstrated exemplary sportspersonship and thoroughly deserved their wins."

Selections have also taken place for the College Basketball Teams. Congratulations to Gabi from Year 10 for his selection.

Our Waratah Campus Swimming Team achieved some exceptional results at the College Swimming Carnival on Friday the 14th of February, including three Age Championships and three new College Records. Stay tuned for our College Team's result at Zone!

Don't forget our Campus Swimming Carnival on Friday 28th of February at Lambton Pool. This is a fun day of aquatic activities, including 50m events and novelty relays. Students are encouraged to dress up in their house colours.

**Want to play?**

Interested in trying out for a College Team this Term?

Listen out for the Weekly Sports Report at Assembly, or speak to our Sports Coordinator, Ms Bradley



Our Waratah Campus Swim Team - Sanne (College 14 Years Age Champion), Jemima, Billie-May, Ruby, Ede, Paddy, Amie (College 13 Years Age Champion), Amber (College 16 Years Age Champion and 3 College Records) and Jed

Congratulations to Janellie Yr 9 & Gabi Yr 10 for their selection in the College Volleyball and Basketball Teams respectively

# Introducing our 2020 House Captains



Amber & Shannon



Alijawad and Tayla



Lincoln and Sharnee



Laura and Kaiden

## Front Office FAQs:

### Need to leave early?

*If your child has to leave school early to attend an appointment, as a parent or guardian you need to contact the school before roll call (either call 02 4968 1939 or send a note with your child to hand in at the front office).*

*We will then give your child an early leavers pass which they show to their class teacher at the time they need to leave.*

### Too sick for school?

*If your child is unwell and not attending school for the day, you will need to inform the school of their absence.*

*You can either respond to the school's text message to explain their absence, call the front office on 02 4968 1939, email [waratah-h.school@det.nsw.edu.au](mailto:waratah-h.school@det.nsw.edu.au) or send a letter with your child when they return to school.*

## Links to support home study

Maths:

<https://wootube.mathspace.co/>  
<https://www.khanacademy.org/>  
<https://mathtv.com/>  
<https://www.pbslearningmedia.org/collection/pbs-math-club/>

Science:

<https://www.nationalgeographic.org/education/>  
<https://nsdl.oercommons.org/>  
<https://phet.colorado.edu/>

Geography / History:

<https://arvr.google.com/earth/>  
<https://www.history.com/>  
<https://www.thoughtco.com/geography-4133035>

## Save the date

### High School Information Session for Year 6 Families

Tuesday 25 February at 5 - 6pm in the Waratah Campus Hall

### Year 7 Parent Seminar Series: Session 2

Tuesday 25 February at 5 - 6pm in the Waratah Campus Library

- Come along to learn how to use a study planner, how to break down a task, how to message teachers for assistance and how to use a marking criteria.

### College P&C Meeting - All welcome!

Tuesday 25 February at 6 - 7pm in the Waratah Campus Library

- Your chance to meet other families and get a heads up on the year's activities from our Principals across the College.

### Campus Swimming Carnival

Friday 28 February 9am to 3pm at Lambton Pool

- A fun day of aquatic activities, including 50m events and novelty relays. Students come to school as normal and are transported to and from the pool on buses. Parents and carers are welcome to attend the carnival.

### Informal Parent Teacher Afternoon

Tuesday 7 April at 4-6pm, Waratah Campus Hall

- This is an opportunity to informally meet with teachers and discuss your child's progress during Term 1 (more formal Parent Teacher Interviews will take place at the beginning of Term 3).

**Our entire Term 1 calendar can be viewed on our website:**

**[waratah-h.schools.nsw.gov.au](http://waratah-h.schools.nsw.gov.au)**