



### A Taste of Harmony

Waratah families share their recipes and stories from around the world in celebration of Harmony Day 2020. All the recipes have been compiled into a beautiful cookbook which you can download on our website.

For more, visit page 5

### First Online Assembly

We hosted our first ever online Assembly this morning, to keep everyone connected to our school routine.

Our Principal's Address, Faculty check-ins and lots of humour all broadcast via Canvas.

### Stay up to date

Ms Macdonald will continue to send updates to families via email as the current situation evolves.

NSW Dept. of Education also has a website page: <https://www.education.nsw.gov.au/public-schools/school-safety/novel-coronavirus>

## Principal's Update

*By Ms Hayley Macdonald, Principal*

What a fortnight it has been! I'm really proud of the adaptiveness shown by our students so far. Their engagement with staff has demonstrated a maturity and dedication to learning that has inspired us all. Thank you to all our families who are supporting this from home.

I'm also proud of the professionalism, resilience and creativity shown by our staff in managing the complexity of what we are dealing with, whilst still maintaining a sense of stability and quality education for students.

It is because of their hard work over a number of years in the technology space that we have been in a strong position to support the transition to

online learning so quickly. I appreciate that this is a very rapidly evolving situation and that there will be an adjustment period, however I'm confident that as a community we can solve any teething issues and continue to keep learning as normal as possible - even if school life will be different for a while.

I know families have lots of questions. I will continue to provide regular updates via email as the situation evolves and we have put together a Q&A section on page 8 of this newsletter to provide answers to commonly asked questions.

Stay safe and well and please say hello to your children from staff. We miss them!

# OUT & ABOUT

## A snapshot of the activities beyond the classroom

We appreciate that we can't be out and about at the moment, but here's a snapshot of some of our events and excursions from earlier in the term. As per the department's 'social distancing' guidelines, we have postponed all further Term 1 and 2 excursions and large events until further notice.



In early March we hosted the first of our Year 6 Taster Days for 2020 to support the successful transition of our partner primary school students into high school. Thank you to our wonderful peer support leaders for their assistance on the day.



Our deadly combined College Didj and Aboriginal Dance groups proudly opened the 2020 Wandiyali Surfest Classic in February.



More than 100 students across the College auditioned for a role in the upcoming College production of Grease. The selection process is still underway. Pictured here, part of the selection panel in deliberations. Call backs have been postponed due to COVID-19.



Team and individual success for Waratah in chess with a Round 1 win in the NSW Junior Chess League, 4th place in the Interschool Chess Competition and a 2nd place for Connor (centre of picture holding trophy) in the individual competition.



## Out and About in the Classroom

Our junior Special Education classes have been learning all about Asia through history and cooking. The Spring Rolls were delicious!  
\* Ms Macdonald also received a phone call from the owners of a local business to compliment our students on their outstanding representation of the College during their recent Community Access excursion.



# Accessing Learning from Home

By Mrs Blight and Ms Boswell, Head Teachers of Teaching and Learning

Our primary online learning platform at Waratah Campus is Canvas. Here's some tips for students on accessing and using Canvas from home.

## Accessing Canvas:

- Using Chrome as your web browser, access Canvas via our school website [home page](#).  
Note: Canvas doesn't work properly when accessed via Internet Explorer so always use Chrome.

- Select the blue Canvas Student button and log on using your school email address and password.

- The first screen you see should be your Canvas Dashboard showing all your subjects.



**Tip:** If you can't see your subjects, click on the three dots in the top right corner and select 'Card view'. If you still can't see one of your subjects, it means the learning material for this subject is not published yet.

## Accessing Classwork:

You can access your classwork for a subject by selecting that subject in your Dashboard. From here, you can:

- Access topic learning materials and class tasks set by your teacher.

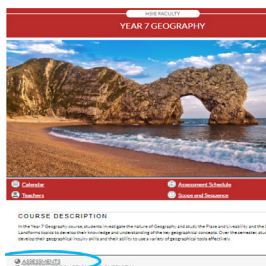
**Tip:** Use your timetable as a guide (as much as possible) for scheduling when to work on tasks for each of your subjects. Your teachers will be online during the allocated periods to support you. Make sure you participate in discussions and reach out when you need assistance.

## Accessing Assessment Tasks:

Assessment task notifications are accessible via the assignment/assessment tab at the bottom of the landing page for each of your courses.

Please be aware that current assessments scheduled up until Term 2, Week 6 will now be completed as class tasks. Teachers will still provide feedback on these tasks.

Keep an eye out for an updated Assessment Schedule which will be published on Canvas soon.



## Using the Calendar:

- Use your calendar to view a brief outline of what you need to do each lesson. You can choose to view all your subjects at once, or turn subjects off and on so you can only view tasks for one subject at a time.

**Tip:** You can also add items to your calendar. This is a great tool when breaking down larger assessment or class tasks into smaller steps or goals.

## Using your inbox:

Like your email in Student Portal, you can compose messages using your Canvas inbox. You have the option of choosing a course, teacher or student as your message recipient.

**Tip:** Use your Canvas mail to message your teachers if you need help or have any questions when learning from home.

## Interacting with your class:

- Using the Discussion tool on Canvas, you can participate in whole class discussions with your teacher, you can also attach and share files, images and videos.

**Tip:** remember the same rules apply online as in the classroom at school - content you share needs to be on task, respectful and add value to the discussion.

## Parent access:

- Parents and carers can access Canvas as an 'observer', and view their child's learning, upcoming assessments and class tasks, as well as task feedback. Instructions are available on the new [Home Learning Support](#) section of our website.

### Recent Feedback

✓ Financial Maths 5.2/5.3  
Assignment 2020 Submission  
page  
9MAT5220  
41 out of 46  
"Great work! A few minor errors but  
overall real quality work!"

Remember: if you're having problems logging onto Canvas please phone the school office or email us at [waratah-h.school@det.nsw.edu.au](mailto:waratah-h.school@det.nsw.edu.au)

NB. If you don't currently have a device to use at home, please contact the school to request a paper learning pack or a loan device.

## 2020 SRC Update



Our Student Representative Council is gearing up for a busy Term 2 and 3, that will be focused on the design and delivery of several student leadership projects.

This term, our Year 8 to 10 representatives have engaged in team building activities. It is hoped that developing personal connections across every year level of the team, will further empower our young leaders to engage with the additional responsibilities of leadership across the whole campus.

Our captains, Ava, Joy, Griffin and Miranda have recently undertaken a student-led survey during our year assemblies held in week 3 and 6, with the permission of Ms Macdonald. This great initiative is to identify issues that students would like to see resolved in our learning community. The captains are now in the process of preparing a report with recommendations for our school community based on student feedback, which we will publish in upcoming newsletters.

### Year 7 representatives announced Week 10

Year 7 students have voted for their 2020 student leaders from a group of seven applicants who presented their candidacy speeches in Week 7. Congratulations to all candidates who stepped forward to offer themselves for these positions.

Leadership is all about giving extra time and energy to other people, above and beyond our normal responsibilities and we very much appreciate the interest from all candidates.

Ms Macdonald announced the newly appointed Year 7 SRC members at this morning's assembly - congratulations to Alice Bradley, Shannon Smith, Zanetta Hanwright and Nguyen Ngo.



## Lemon Myrtle Tea Recipe

*By Darren Woodhouse*

Nan Russell shared this bush medicine recipe with me. It is a refreshing, uplifting drink with many health benefits. I use it to help with coughs and colds, it also helps to reduce stress.

Collect 3 to 4 fresh young Lemon Myrtle leaves and 3 to 4 more mature Lemon Myrtle leaves. Rinse under fresh water to remove any contaminants.

Place in a teapot or suitable container, pour boiling water over leaves, and let steep for 3 to 5 minutes.

Use a strainer to pour the Lemon Myrtle tea into a cup.

Tip: Add honey if you need to sweeten.



## More home learning resources

Further links to fabulous resources to support home learning:

[NSW Department of Education Learning from Home hub](#) - includes advice and resources for parents and carers to support student success when learning remotely.

[TED ED@Home](#) - video based lessons available on a daily basis for free.

[ABC Education](#) - curriculum linked resources for secondary students and teachers.



## A Taste of Harmony

Welcome to our Harmony Day recipe book, a celebration of our cultural heritage through the sharing of food and stories. We thank all our contributors, who have so generously shared their treasured family recipes for others to enjoy.

It is so important to celebrate cultural diversity, it makes a society much richer to be inclusive, sensitive to different needs and to be welcoming to all members of our community. We are so lucky at Waratah Campus to have one of the most culturally diverse student populations of any school in the Hunter region.

The students and staff at Waratah speak more than 50 languages, covering every continent in the world, and almost one in four students speak more than one language.

A wide range of ethnic and cultural backgrounds brings a richness to our classrooms, with new perspectives and experiences. This in turn, helps prepare students for the diversity in our work places and the world at large.

Harmony Week is a great opportunity for Waratah Campus to honour this diversity. Each year, we come together as a whole school and celebrate our backgrounds, languages, beliefs and family stories through cultural performances, stalls and food. Unfortunately, we've had to postpone this event this year. However please enjoy an [electronic version](#) of the cookbook as a gift and keepsake of Harmony Week 2020. We hope in some small way it helps you feel connected to our community here at Waratah.



*Hard copies of this beautiful cookbook will be available from the school for a donation once school operations are back to normal.*

## Behind the scenes of online learning



Are you curious about how we are working at school when most of our students are home?

Here's Mr Tarrant teaching circus skills (juggling) with students using household objects (L). Auntie Robyn and Mel working hard getting learning packs together. Ms Marcelle providing a modified Brekkie Club. Mrs Worth is full of smiles at seeing students engaging with atomic structures and chemical change in Science online.



# Dealing with uncertainty

*Extract adapted from the Reachout website*

So much about COVID-19 is outside our control - not just the virus itself, but all the other aspects of our lives that might be impacted, from socialising, and finances, to school routines and events. At times like this, it can be helpful to remember that there are things we can do to deal with the uncertainty. Here are some suggestions:

## Hold onto your 'stability rocks'

A stability rock is a process, practice or routine that adds something reliable to your life when other parts of life are disrupted. Stability rocks are really grounding and help you to remember that there are some things that are within your control.

Some examples of stability rocks include:

- Waking up at the same time every day
- following your regular school timetable to schedule your day's learning
- doing some form of exercise everyday
- reaching out to a friend each day (e.g. call, text or use WhatsApp, Skype, Zoom etc)

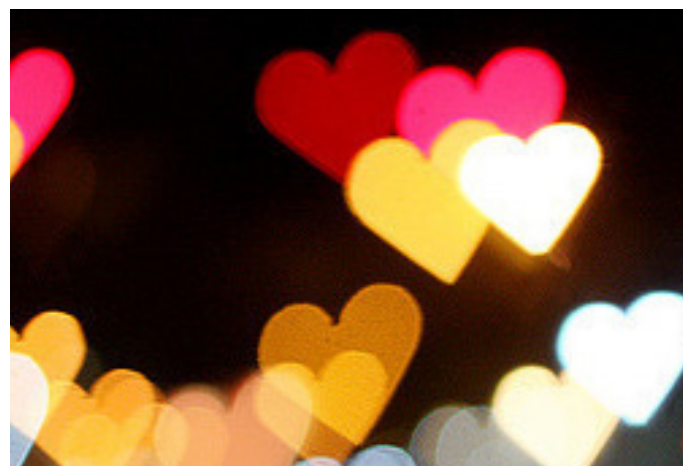
## Accept that it's normal to be feeling stressed

Feeling stressed is an understandable response to the current coronavirus pandemic. You might be worried about catching the virus, about how your loved ones will cope, about the disruption to your studies and routines. These stressors, along with the constant media hysteria and dealing with disappointment (when things you were looking forward to are cancelled), add up to a pretty difficult time.

As hard as things are, sometimes it can be comforting to know you're not alone and others share your feelings. When you check in with your mates, take note of how they are feeling - it's likely they are in the same boat as you.

## Stay up to date with facts

Keeping up to date with factual resources can provide some more certainty about what's happening. Choosing media sources wisely means that you're less likely to get overwhelmed with the constant coverage and it will be easier to stay grounded. Some good resources include:



- Healthdirect (for Australian health advice related to coronavirus)
- World Health Organisation (WHO)

It's a good idea to limit your media intake to a few times a day so you don't become overwhelmed.

## Draw on skills you've used before

It's likely that you've dealt with uncertainty before, and you can do it again. Reflect on what skills you have used in the past to cope, or ask someone who knows you well. Write a list so you have a little toolbox to refer to whenever you're getting anxious. Your skills could include:

- focusing on what's in your control, and working with that
- writing down what's troubling you and what you can do to improve the situation
- practising self-care activities like listening to your favourite music

## If you're feeling overwhelmed, seek support

Sometimes things can become overwhelming, even if you've been practising these skills. If this happens, it is important to seek professional support. As most people will be social distancing, a great option is telephone and online services:

Kids Helpline (1800 55 1800) can be accessed for phone and online counselling. Eheadspace also offers free online and telephone support and counselling. **Our school counsellors will also be available. Call the school office to make an appointment.**



## News from Around the Grounds

It was an exciting start to the year in representative sport with campus and College teams competing in rugby league, waterpolo, basketball, swimming and cricket. A special acknowledgement to our amazing female swimmers who continued to excel at the regional carnival. Our College Waterpolo Team also performed strongly, qualifying for the Hunter Region Semi Final. Unfortunately, all interschool and representative sport events have been postponed, a huge disappointment for these students.

To support all our students staying active during this time, we are developing a sport section to Canvas with loads of sport challenges. Stay tuned and well done to everyone making the most of the situation.



Year 7 girls enjoyed a session on the ice with Ms Lenton in fortnightly elective sport earlier this term.



Jed, Cooper, Fletcher, Sam and Kaiden after their first round win as part of our College Cricket Team.



Hard work and determination pay off for our girls at the Regional Swimming Carnival with Amber, Amie, Sanne and Jemima for qualifying for the Combined High School State Swimming Championships.



Congratulations to Laumua, Tyson and Saxon (absent) for their selection in the City Zone Rugby League Team.



A day of wet weather footy for our girls at the under 16's Katrina Fanning Cup Qualifier. The girls played exceptionally well and represented Waratah Campus with pride.



Kaiden, Jed and Gabi qualified for the Hunter Region Waterpolo Semi-Finals as part of our College Waterpolo Team. Great effort boys!

# Your Questions Answered

Our wonderful Administration Team have been busy responding to parents' questions over the last week. Here are the answers to some frequently asked questions from our community.

## **Q. Is the school remaining open?**

**A.** Yes. The advice from the Department at time of publishing is that schools will remain open. However, parents are being encouraged to keep their children at home where practical. All classes in NSW are now being delivered online (whether students attend school or study from home), at least until the holidays. Students attending school will be supervised to complete units of work on Canvas.

## **Q. How will I be refunded for cancelled excursions or activities?**

**A.** Contact the school via phone or email to obtain a refund form. You need to complete this form and return it to the school so Ms Macdonald can approve the refund. We can transfer refunds to Fees in Advance or refund the amount into your nominated bank account.

## **Q. How do I structure my child's learning from home?**

**A.** We have set up a [Home Learning Support](#) page on our website, providing guidance and tips for parents. Ideally, continue to use your child's timetable to schedule their learning throughout the day. Make sure they take breaks and encourage them to work through the lesson material available from Canvas.

## **Q. What about NAPLAN and assessments?**

**A.** The Education Council has cancelled NAPLAN exams for 2020 in order to assist school leaders, teachers and support staff to focus on the wellbeing of students and continuity of education at this time.

## **Q. What if my child is having trouble with Canvas?**

**A.** In the first instance, check out the support resources in the new [Home Learning Support](#) section of our website. If this doesn't help, please contact the school and ask to speak to Ms Boswell for technical support.

## **Q. What if my child doesn't have access to a device at home?**

**A.** We are producing paper learning packs for students without devices. Please contact the school via phone or email to arrange a learning pack for your child. We also have some devices available for loan.

## **Q. What's happening with Assessment Tasks?**

**A.** There will be no formal assessment tasks for Year 7-10 until Week 6 Term 2. Assessment tasks that had been scheduled between now and then have been changed to class tasks. Students are still encouraged to submit these tasks to the school (via Canvas, email or in print form) and will receive task feedback from their teachers. The percentage weighting of these tasks will be moved to future assessment tasks towards the end of the year for each subject.

A new Assessment Schedule will soon be available via Canvas.

## **Q. Will we still receive an Interim Report?**

**A.** Yes. These reports have been completed and will be emailed to families and uploaded to Sentral today (Monday 30 March 2020).

## **Q. When will school resume as normal?**

**A.** We don't know but Ms Macdonald will keep you updated as the situation evolves via email.

## **Q. What's happening with Year 7 Immunisations**

**A.** All immunisations have been cancelled for now. The school will be given dates for later in the year when school returns to normal.

