



PPP Exhibition Goes Virtual

Year 9 and 10 students from our Personal Pursuit Program elective have created documentaries and podcasts to share their learning with our community.

Check out their exhibition and leave your feedback in ['News'](#) on our website.

Science Week Spectacular

We had so much fun celebrating all things science during Science Week 2020. Our Science Faculty delivered an amazing array of engaging activities around the deep blue theme.

For more photos, visit the ['Gallery'](#) on our website.

Artworks head to Nagoya

Congratulations to Liam (Yr 10) and Izobel (Yr 9) who have been invited to exhibit their artworks as part of the International Nagoya Sister City Art Exchange in Nagoya, Japan.

For more, visit our [Facebook page](#).

Principal's Update

By Ms Hayley Macdonald, Principal

Welcome to Week 8 Term 3! I hope you all had a great weekend celebrating Father's Day and the first weekend of spring.

It's been a hectic few weeks on campus with our Science Week celebrations, Year 10 Valid tests, Year 7 and 9 Check-In Assessments, student subject selections for 2021, External Validation and the commencement of our planning for 2021-2024.

Our students and staff never cease to amaze me the way they continually rise to the challenge of adapting to the ever changing COVID-19 guidelines for schools.

Our PPP elective students have taken their annual community exhibition online; our Creative License class brought the cinema to campus when their

excursion was cancelled (see page 2); our Sports Coordinator has organised a modified athletics carnival (see page 6) and our teachers are rescheduling all their break-time activities so every year group has the opportunity to participate.

It is looking like our school community will also need to adapt the way we run our end of year award ceremonies next term. At this stage, we will hold a separate formal assembly for each year group in Week 9 Term 4 which we will video in order to share with our families. I will send you more details when arrangements are finalised.

Finally, I'd like to extend a huge congratulations to Matthew Casey and Mitchell Moore (Year 10 class of 2019) who have just been selected as School Captains at Jesmond Senior Campus for 2021.

Enjoy the last few weeks of term everyone!

Out & about

A snapshot of learning beyond the classroom

While excursions, camps and community events are still on hold due to COVID-19, there's still been loads of activities beyond the classroom for students to get involved in.



The cinema came to campus for our Year 7 Creative License students. They visited the candy bar, watched and critiqued a film and showcased their movie poster design projects. Huge thanks to Mrs Seferovic and her helpers for making it all possible.



Staff and students supported Wear it Purple Day on August 28th to show our LGBTIQ+ young people that they have the right to be proud of who they are.



Students get the opportunity to learn more about their elective options for 2021 and talk to elective course teachers at our elective expos.



Students participate in a virtual deep dive as part of our Science Week celebrations. The theme this year was 'Deep Blue' to help raise awareness of the importance of protecting the future of our oceans and its inhabitants.



Our Tutorial Centre students are travelling the globe from their classrooms. In the last few weeks they've studied Egypt; including building pyramids and trying their hands at making Egyptian cuisine.



Year 9 students spoil their teachers with a cooked lunch as part of their 'My Kitchen Rules' assessment.

Real World Mathematics

Throughout the COVID-19 pandemic we continue to witness the power and use of mathematics in data modelling and analysis as well as informing government decision making. Mathematical terms such as “flattening the curve” and “seven day average” have become part of our everyday conversations and news bulletins, demonstrating that mathematics is far more than just numbers. We talk to Mr Densham, our Head Teacher Mathematics about his much loved subject area.

Why is maths such an important subject area?

- Maths is the only subject that's the same in all languages
- Maths opens the door to a huge range of jobs, from engineering to trades and everything in between
- Mathematical modelling and data analysis are critical in informing industry and government decision making
- Maths helps us understand and speak the language of money and finance.

What does a typical day look like for a maths teacher?

We might be teaching time zones with Year 7, then jump to a Year 8 class focused on graphing straight lines from given equations, followed by talking about exponential graphs in relation to the COVID-19 virus with a Year 10 class and expanding and factorising Algebraic expressions with Year 9.

How has the teaching of mathematics changed since our students' parents were at school?

- Teachers give more examples to connect what students are learning to the real world
- Maths teachers use programs like Geogebra and Desmos to demonstrate graphing curves and straight lines on the projector
- We don't rely on textbooks as much as in the past
- We utilise digital programs and platforms like Canvas, Powerpoint and Onenote on an everyday basis and often draw on Youtube videos to teach a specific skill.

What does it take to excel in mathematics?

To be successful at Mathematics, students work through easy to challenging problems in every lesson, bring their correct equipment to class (especially a calculator), revise the skills learnt in class at home and seek out their teacher when they need help.

One of the challenges with mathematics is that the concepts are hierarchical. That is, if students don't develop a deep understanding of foundational topics, gaps in learning begin to occur. That's why it's really important that students stay up to date with their class work and seek help when needed.



Students use clinometers, tape measures and trundle wheels to help them measure the heights of different objects around the school



Below, students work in teams to find QR codes around the school and solve related numeracy problems.



Need help with maths?

Students can come to the 'Maths Help Tutoring' every morning from 8.15 - 8.40am in Room 16. Students can get help with homework, classwork, designing their summary sheets, revising for an assessment and Mathspace.

Meet Waratah Alumna Neisha Manning

Nominated for a 2020 NSW Health Award for Excellence in Midwifery, Waratah alumna Neisha Manning shares her learning journey and tips for success...

Can you tell us about your time at Waratah Campus?

I was a student at Waratah (2005-2008) and was fortunate to be one of four School Captains before transitioning to Jesmond Senior Campus. My favourite subjects were definitely English and Science. Never did I think how much of an impact those two subjects would have on my career!

What is your fondest memory from Waratah Campus?

The unwavering support from staff and my friends. My whole middle school experience was so positive and really shaped me as the person I am today.

Describe the journey you embarked on post leaving Waratah Campus

I knew I wanted to work on the frontline, but was uncertain which helping profession I should choose.

I quickly realised my first degree (in psychology) at the University of Newcastle (UoN) wasn't for me. A friend suggested midwifery as an alternative. The more I investigated the more I wanted to learn about it.

Fast-forward to 2020 and I now hold a Bachelor of Midwifery from UoN, a registration with APHRA as a Midwife and I am currently undertaking a Masters in Clinical Midwifery with a major in Education.

What challenges have you faced along the way?

There's been many hurdles along the way; from balancing full-time study and work, to adjusting to the self-directed learning environment at university after all the support provided in high school.

Despite these challenges, I have had the most amazing supports and mentors who have shaped me as the midwife I am today. Although sometimes there are barriers, I want students to know that you really can achieve what you put your mind to. No barrier is too big for you to conquer!



What's the most fulfilling part of your work?

The most fulfilling part would have to be supporting women and their families to grow and have a positive birth outcome. This has been such a life changing experience for me and no two days are the same.

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

Apply yourself and give 110% all the time. Nothing good comes from no work. My undergraduate degree was 3 years of on-call work, late night study, assignment writing and on-campus lectures, but it was worth it!

Access the people in your community: your teachers, parents, friends and family; they want to see you succeed and will ultimately be your biggest supports.

Who or what inspires you?

Far too many people to mention! I've had so many inspiring women and men support me to achieve what I have thus far. My school experience at Waratah Campus definitely provided a solid foundation for my success.

Staying connected across the College

By Kylee Owen, College Principal

This is a very exciting time of year when our Year 12 students undertake their final examinations, many of which include major work projects. This is an opportunity for individual student talents across a vast range of subjects to be showcased and rewarded. Despite all the disruptions to their final year due to COVID-19, the students have done an outstanding job rising to the challenges of learning from home and have produced outstanding work.

Thank you to our families who have been involved in preliminary discussions for our 2021-2024 School Improvement Plan. Your feedback has been very informative and valuable. There will be further opportunities for families to get involved as we continue to consult with the community throughout the process.

I hope to see some of you Zoom into the annual general meeting for P&C next Monday (14 September), which will be held online. The College P&C is a forum where families can meet with the principals each term and discuss school matters in an intimate setting with other families. For more information, email callaghanpandc@gmail.com



Year 12 textile and photography major work projects from Jesmond Senior Campus.



Focus on Ability

Jesmond students produced Shakespeare's Macbeth play in August. Performed in the new auditorium in front of students and staff, the play was also filmed and submitted to the 2020 Focus on Ability Short Film Competition.

This international film festival began in Australia in 2009 to bring the ability of people with disability to the world through the medium of film. It now attracts entries from dozens of countries and is voted on by over 900,000 people from 186 countries.

Fingers crossed our school's extraordinary performance grabs the attention of the judges. <https://www.focusonability.com.au/FOA/films/2020.html> "The Making of Macbeth".



The cast of our Jesmond Senior Campus Special Education production of Macbeth

Move your mind with music

By Claire Hinchley, School Counsellor and registered Music Therapist

Here are some great ways to use music to manage stress.

1. Relaxation music that you can hum along with

A study by Victoria University (2011) found the recipe for the ideal relaxation music. A slower tempo, a melody that is quite repetitive, a constant pulse, pretty harmonies that blend well together, a simple rhythmic structure, no dramatic changes throughout the piece and a narrow range of notes in the melody. Find a song where the vocals are soft, quiet and smooth, accompanied by piano and strings and you will be chilling out in no time.

Tip: ABC classic FM commissioned the Hush Collection specifically designed to lull your body and mind into a quiet and relaxed state.

2. Rock it out with some metal

Why do some people prefer heavy rock music to de-stress? Research from the University of Queensland found that rather than making us angrier, heavy metal music might actually be cathartic to the listener as it emotionally matches the listener's state. The rugged, up-tempo beats and raw lyrics may be the key to matching the mood you are in and provide a way to process angry feelings in a healthy way. It's like a really great venting session with a good friend.

Tip: Make a playlist for different moods for a decompression session as you commute to and from school.



3. Music and Exercise

Exercise is one of the most effective ways to manage stress. Three or more aerobic workouts a week has enormous benefits for your physical and mental wellbeing. But have you ever thought about the role that music plays in your regular exercise routine?

Regions of the brain that process musical beats are linked to brain regions that coordinate movement. This is why dancing to music is so much fun. Music is used as a therapy in many different settings. For example, a music therapy technique called "rhythmic auditory stimulation" is often used to train people to learn to walk after a stroke (using the beat of music).

Tip: Include music in your next workout session to maintain a steady pace in jogging, weightlifting or any other rhythmic activity in your workout session. A sneaky way of tricking your body into going faster is to simply increase the tempo of the music.

Sports Update

We continue to run finals for our Canvas Sports Challenges each week with students earning critical points for their house and individual point score. Congratulations to Amie, Paddy and Amber for taking out the abdominal plank challenge and Jed and Jazmyn for the alternating single-hand wall pass.

Our Break-Time Soccer Competition wrapped ended in an upset with a Year 7 team (pictured) getting up against a combined Year 8&9 team in the final. Nice work boys! We are currently in round 3 of the hotly contested Break-time Netball Competition with the finals scheduled for early next term.

Finally, don't forget to return permission notes to participate in our modified, 6 event, competitors-only athletics carnival on the 22nd September. For more, see page 8.





News from the Gunya Room

Year 10 Subject Selection Interviews

It was wonderful to have so many families join us for the Year 11 2021 subject selection interviews at Jesmond Senior Campus. These interviews are such an important step in our students' transition to Year 11 and 12, helping them establish clear and proactive future education and career pathways.

Personalised Learning Pathways

Our Aboriginal Student Support staff have been busy working with students and families to develop Personalised Learning Pathways for each of our students. PLPs document students' individual academic, cultural and personal goals.

We encourage our students to utilise their fortnightly mentoring sessions to work towards their PLP goals.

NAIDOC Week Celebrations 2020

Given the current guidelines around COVID-19 it is looking like our postponed NAIDOC Week celebrations will take place online next term.

Welcoming Anna Milat

Congratulations to English Teacher Anna Milat, our newest member of our Aboriginal Education Team. Anna will work out of the Gunya Room on Fridays providing support for our engagement and transition programs.



Our Aboriginal Student Support Team - Darren Woodhouse, Anna Milat, Luke Kendall, Auntie Robyn Hill-Smith and Melissa Towers.

Our Deadly Aboriginal Performance Group

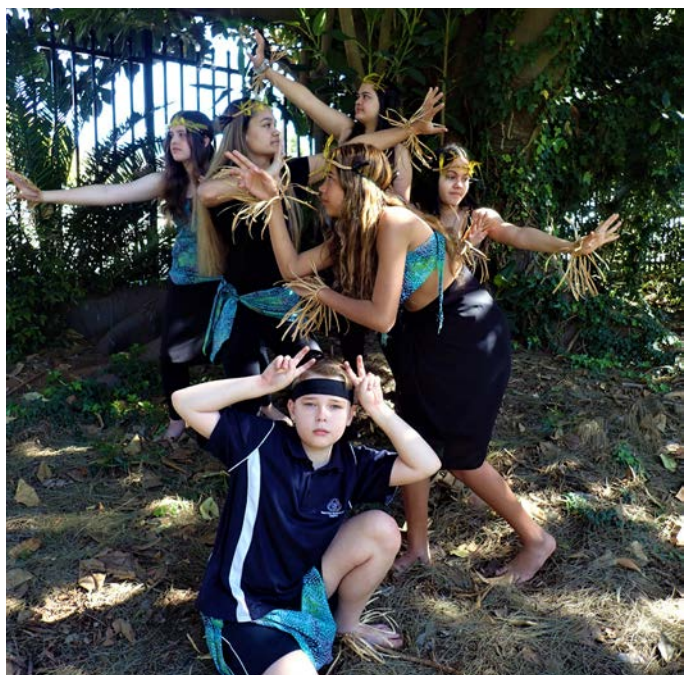


You may not have seen much of our Aboriginal Performance Group this year but we wanted to let you know that we are still working extremely hard.

Usually by this time of year we have been part of Star Struck, numerous celebrations, recognition assemblies and spent days visiting our Primary Schools to run workshops, build relationships and share culture within the Community.

While we have not been able to do this, we have still maintained a positive approach to our performances and have been working hard as a team to develop a new routine that will showcase our commitment and pride in our work.

We have been rehearsing every Monday ensuring that we have followed COVID safe procedures and while this has been challenging we have made the best of the situation and are looking forward to showing you our finished performance to "My Island Home" next term.



Save the Date

College P&C AGM Monday 14 September 2020 via Zoom

All welcome to join us via Zoom. Meeting ID 93938169199. All positions will be open.

For those of you worried about how much is involved, our P&C is not a fund raising P&C and meet once a term. Please RSVP to callaghanpandc@gmail.com

University of Newcastle Open Week Online 14 - 18 September 2020

This is a week-long virtual event featuring over 40 degree webinars, live information webinars including sessions with our admissions, pathways and scholarships teams, live tours and more.

Students can register online (<https://www.newcastle.edu.au/study/open-day>) and go into the draw to win a pair of Beats by Dre Headphones.

Modified Campus Athletics Carnival 22 September 2020 at Waratah Oval

This is a competitor-only, 6 event carnival. Each year group are allocated a different period for their events to ensure compliance with COVID-19 guidelines.

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

Thank you to Bunnings, Kotara

A huge thank you to Bunnings Kotara for their donation of soil, a planter box and seedlings for our new outdoor learning area which is currently in development in the area in front of the CAPA building on Turton Road.

This project was initiated by our Special Education Faculty and will lead to the regeneration of a currently unused area of the school.

Administration Office Updates

Excursion Refunds

Keep an eye out for email notifications of refunds for the Year 7 camp, Year 10 History and Geography excursions, PASS excursions as well as the Germany study tour which were all cancelled due to impact of COVID-19.

Statement of Accounts

Statement of accounts were sent out to families last week for all outstanding school contributions. Please contact our Administration Office if you have any enquiries regarding your statement.

Copies of Negative COVID-19 Tests

If your child is sick, please keep them at home and get them tested for COVID-19 if they are showing symptoms.

Please email us a copy of your child's negative COVID-19 via the school email address before sending your child back to school.

Sentral Parent Portal

Sentral Parent Portal access keys were emailed to all families who haven't yet created a Parent Portal account during week 6 of term. If you need assistance connecting, please contact the school.

The Sentral Parent Portal gives families access to their child's attendance information, academic reports and timetables. It is also the platform we ask parents to use to book interview slots for parent teacher evenings.

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.