CALLAGHAN COLLEGE Waratah Campus News

2021 Term 1 Week 4 Edition



Welcome Year 7 2021

Year 7 have settled into the high school routine beautifully; forming new friendships and tackling the new challenges of finding their way and reading a timetable.

Check out our Year 7 week 3 update video on Facebook.





Our Campus Swim Team excelled at last week's College Carnival – 4 Age Champions and 8 students chosen to represent the College at Zone this week.

See page 7 for more sport results from term 1.



Artists make their mark

Haylee M. and Niamh C. have their HSC artworks accepted for inclusion in the prestigious ArtExpress 2021 and one of our talented Year 8 students wins the department's "Identity and Education: A Deadly Combination" competition. See p. 5

Term 1 Welcome

By Ms Hayley Macdonald, Principal

Welcome to our Week 4 Newsletter and a very warm welcome to all of our new students, staff and families!

It's been a wonderful start to the 2021 school year and we have much to be proud of already. Our new staff have settled in beautifully and are already making significant contributions for our students. We've also had cause to celebrate some significant student sporting, cultural, leadership and extra-curricular achievements.

At our first formal assembly for the year I introduced our 2021 Captains, 8-10 Student Representative Council (SRC) and Aboriginal Student Leaders. 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. Be sure to read our captains' profiles on page 4.

The Department of Education recently signed and agreed to our new Partnership Agreement with the AECG. This is a 10 year agreement with the AECG that will help us walk together and work together to bring about the best outcomes for our Aboriginal students (see page 5).

For staff, this term is all about developing our next 4 year school plan. We look forward to sharing our three new strategic directions with our school community at the end of Term 1. Our focus for the next four years is to lift our student growth and achievement in attendance, literacy and numeracy. We will also strive to create the best classroom teachers and to grow our students into the young adults the world needs for the future.

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, and music groups, to chess club, debating and so much more. Please encourage your child to get involved. Here's a snapshot of just some of the groups still calling for participants for Term 1.

Environmental Club

Think global and act local by getting involved in initiatives to help make Waratah Campus more environmentally friendly. Meetings take place Tuesday lunchtime in Room 16. See Mr Densham in the Math staffroom for details.

Aboriginal Performance Group



Choreograph and share routines which combine traditional and contemporary dance techniques.

There will be opportunities to participate in workshops, performances and excursions throughout the year (including Star Struck). Rehearsals: Tuesday lunch in the Drama Theatre. See Ms Freeman in CAPA for more information.

Waratah Band

Enhance your musical skills by playing and performing with other students. Vocalists welcome. Rehearsals once a week at lunch.

See Miss Salter in CAPA for more details.

Chess Club

Prepare for the Interschool Chess Tournament in Chess Club. Practice is available every lunchtime in the quiet areas of the library.

See Mrs Seferovic in the library for more details.

College Concert Band

Enhance your musical skills by playing collaboratively in a large ensemble. There are many performance opportunities throughout the year.



This band is for students who already play or have a keen interest in playing an orchestral instrument. Rehearsals take place every Friday morning in the Music Room. We have some instruments available if you don't have your own. Speak to Miss Hooker in CAPA for more details.

Greece Musical

Our College musical is finally hitting the stage this July. Additional casting calls and rehearsal details coming soon. See Miss Hooker for more.

Debating State Champions receive their trophy

Our 2020 Stage 4 Debating Team (Chelsea, Rifah, Tesla & Emarehi) proudly received the Lloyd Cameron Cup trophy in a formal assembly this week. The trophy was presented by Justine Clarke of the Department of Education's Arts Unit who visited the school especially to meet the team and present the trophy.

The girls were coached by Teacher Librarian Brody Seferovic and Head Teacher Jess Rose, and defeated Armidale Secondary College in the final of the Premier's Debating Challenge successfully arguing the negative to the motion that 'Australia should boycott the 2022 Winter Olympic Games in China'.



Term 1, Week 4 2021 A focus on learning

Re-visioning homework

By Margo Bowen, Head Teacher, Teaching and Learning

At Callaghan College Waratah we recognise that every student has the capacity to be a transformative learner. Our aim is for all our learners to take ownership of their learning so that they can reach their potential and inspire others to do the same. Developing a practice of learning at home is one important component in becoming an empowered learner.

A question students commonly ask when they start high school is - "how much homework do I need to do?" While you will receive set homework for various subjects, we would encourage you to think of learning at home as an opportunity to craft your own approach to achieving deep learning.

What could this look like in practice?

Think back over what you learned today, at first without looking at your notes. This is a technique called 'retrieval' and it helps your brain practice getting information.

Read over your work from the day. Notice what you have learned and, more importantly, how you have learnt it.

Reflect on your understanding of what you learned in class:

- What did I learn?
- How does it connect to what I already know?
- What do I still have questions about? (Write down these questions to ask your class teacher next time you see them)

Aspire - complete work you didn't get a chance to finish and/or undertake any homework tasks set.

Value - share with someone at home parts of your learning that you especially value.

- What or who do you find interesting?
- How is your experience of learning influencing your growth as a person?
- What or who are you grateful for?

Homework can assist with gaining deep knowledge in an area and is an opportunity for students and parents to connect with the learning in classrooms.

Get off to a great start to the school year

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

- Print or photocopy your school timetable to place in your diary and on the fridge
- Check through the timetable each night while packing your bag
- Set a dedicated space at home for home learning/homework
- Clean out your backpack regularly and keep assignments or classwork you are proud of for your learning portfolio
- Consider a term wall planner or diary to organise your time. Make sure you write down when all assignments are due. You can download a term planner at <u>https://education.nsw.gov.au/</u> <u>content/dam/main-education/</u> <u>public-schools/going-to-a-public-</u> <u>school/media/documents/School_</u> <u>Planner_2021.pdf</u>
- Break big projects into parts. Record the dates when each part needs to be completed. Mark in your planner when you'll work on each part
- Work on one task at a time. 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.



Got a BYOD?

Callaghan College participates in the Bring Your Own Device (BYOD) program. We encourage our students to bring a personal learning device (e.g. laptop or similar) to school to support their learning.

To participate in the program you first need to read, sign and return our school's <u>BYOD User Agreement</u> which can be found on our website. See Miss Boswell in the CAPA staffroom for more info.

Term 1, Week 4 2021 Student voices

Introducing our 2021 School Captains

It is with great pride that we introduce our four School Captains for 2021 (L-R: Grace, Bailey, Shaqayeq and Abbegial). 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 about themselves by answering four questions. You can read an abridged version of their responses below. The full version will be published on our website.

Three words your friends would use to describe you: Honest, trustworthy and hardworking



Main interest or passion:

wouldn't say that I am passionate about anything specific at the moment but I am currently interested in photography.

What would you most like to achieve as school captain? Be able to bring at least one fun day in school that students find memorable.

Who or what inspires you? I always look up to successful, young people who have achieved things in various fields through their hard work. They inspire me to work harder to reach what I desire in the future.

Three words your friends would use to describe you:

'Bad with stairs' (up or down... I am absolutely terrible). In all seriousness though, my friends would say I am diligent, loyal, and conscientious.



Main interest or passion: I flitter between passions; my main interests are continually changing, depending on my mood. But I tend to come back to crafting, cooking, basketball and netball.

What would you most like to achieve as school captain? Work towards improving the school with more personal, student centred ideas.

Who or what inspires you?

Along with my amazing Mum and Dad, I would say my best friend and co-captain, Shaqayeq.



Three words your friends would use to describe you: Kind, approachable and responsible.

Main interest or passion: My main interest would be sport and fitness, soccer and volleyball. I



love to be out and about; I'm always moving or exercising.

What would you most like to achieve as school captain? I would love to help the school to develop and do what I can to help it improve in any way possible.

Who or what inspires you? My parents are my biggest role models, they do so much to help me and I look up to them and I aspire to be like them when I'm older.

Three words your friends would use to describe you: Hardworking, independent and empathetic.



Main interest or passion: netball, maths and science.

What would you most like to achieve

as school captain? To make a difference. Balancing school, sports, careers, friends and your mental wellbeing can be hard work - I just want to help out, make everyone feel welcome and for people to feel like they have a safe place to come to.

Who or what inspires you? My older brother. He is very ambitious, hard working and is very understanding. He always wants the best for my sisters and I. I learn a lot from him; leadership, growth as a human being, empathy, respect and kindness. Term 1, Week 4 2021 Community Connections



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

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

Congratulations to our 8-10 students who have put themselves forward to serve our school community as members of our Aboriginal Student Leadership Team. These students were officially inducted in a formal assembly this week. See our website news for more details. We are also thrilled to announce that one of our talented Year 8 Aboriginal students has won the Department of Education's "Identity and Education: A Deadly Combination" art competition. In addition, Haylee M. (pictured bottom left) had her HSC body of work, titled Bush Medicine, selected for the prestigious ArtExpress 2021 exhibition in the Art Gallery of NSW. Haylee was part of our Year 10 class of 2018 and graduated from Jesmond Senior Campus in 2020. We are so proud of both the girls.

Finally, a heads up that our timetabled support periods will be starting up again soon and staff will be working with students to develop their Personalised Learning Plans.



Sacred process: Haylee M. working on her HSC artwork, which was selected for ARTEXPRESS 2021 (left); Winning artwork in the Identity and Education: A Deadly Combination" art competition by Year 8 student (middle); Darren Woodhouse (Aboriginal CLO) and Hayley Macdonald (Principal) with our signed Partnership Agreement with the AECG (right). This is a 10 year agreement that will help us walk together and work together to bring about the best outcomes for our Aboriginal students.

Intensive reading support program

The government and department have recognised the challenges of COVID-19 throughout 2020 and the disruptions that impacted on student learning including seven weeks of remote learning.

In response to this the government have announced a \$337 million program aimed at ensuring that schools can identify students who would benefit the most from intensive support. This will be tailored to their requirements to ensure that students' educational outcomes continue to improve in 2021.

The 2021 COVID Intensive Learning Support program will provide small group tuition for students who need it most across NSW primary, secondary and specialist schools. All public schools across the state will benefit with an allocation to employ additional teachers to support student learning through small group tuition.

At Waratah, our focus is on literacy and numeracy, working with small groups of students to support learning. We have already established a team of Learning and Support teachers who are identifying students and beginning to work with them. If your child has been identified as requiring extra support you will receive a letter and an outline of the program of support.

If you would like more information on this government incentive visit the <u>department's</u> <u>website</u>.

Term 1, Week 4 2021 Looking after each other

Teens and Sleep

By Candice Byrnes, School Counsellor

"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.

Safe online

Did you know? Only 46% of Australian parents feel confident about dealing with the online risks their children face and 95% want more information about online safety.

Last Tuesday was Safer Internet Day 2021, a great reminder of the importance of continuing to chat with your teen about being safer online and building your family's digial skills.

The Office of eSafety has loads of resources to support families and their new new research report on the Digital Lives of Aussie Teens is now available on their website.



Term 1, Week 4 2021 Sports Update

A splashing start to the sporting year!

It's been a busy start to the year of sport, with our girls and boys College Volleyball teams and Waratah Campus swimming team doing us proud at the Hunter Regional Volleyball Knockout and College Swimming Carnival respectively.

Our boys' volleyball team have progressed to the Hunter Region Final against Morrisset HS after finishing the knockout tournament undefeated and qualifying for the State section of the draw. Our girls were narrowly beaten in the quarter finals.

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

Our Waratah Campus Swimming Team achieved some exceptional results at the College Swimming Carnival last Friday, including 4 Age Championships (see details below). Good luck to the whole College Team (including Jessica, Harry, Alfred, Orlando, Chahlisah, Rowan, Sanne and Amie from Waratah) at Zone this week!

Don't forget our Campus Aquatics Carnival on Friday 5 of March at Lambton Pool. This is a fun day of aquatic activities, including 50m events and novelty relays catering for all swimming abilities. 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, including Jessica D. (College 12 Years Girls Age Champion), Sanne D. B (College 15 Years Girls Age Champion), Amie S. (College 14 Years Girls Age Champion) and Harry D. B (College 13 Years Boys Age Champion).





Congratulations to our College Volleyball teams, including Corey, Raymond, Bailey, Alicia, Jule, Nicole and Abbegail from our campus.

Second hand jumpers

We have a small supply of second hand, plain navy jumpers and cardigans available. Please contact our Administration Office if you need one for your child.

Assessment schedules

Assessments schedules will be distributed to students this week. These booklets outline your child's formal assessment tasks for the year ahead, including due dates and task weightings.

PERFECTION

GOOD

Equates to 7 school days

NEEDS TO IMPROVE

EXTREME IMPACT

ates to 2 months

uates to 11 days

Term 1, Week 4 2021 The last word

Attendance makes a difference

Below you will see an attendance graphic designed by our Callaghan Education Pathways attendance team. If you have children in our Partner Primary Schools you may already have seen this graphic. To improve student outcomes we first of all need to lift our student attendance. The CEP's goal is 95% attendance for every child. We will be delivering our message that "Attendance Makes a Difference" to all students on a regular basis. It would be great if families could reinforce this message as well.

Did you know?

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?

Office reminders

- Look out for your Statement of Accounts which will be emailed to families next week.
- If your child needs to leave school early please send them to school with a note

or ring our Administration Office early that day.

Attendance and punctuality:

IMPRESSIVE

NEARLY THERE

DANGER ZONE

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Where does your child sit on the attendance ladder?

98%

95%

90%

100%

96%

94%

80%

The Department of Education has advised that we can no longer accept card payments over the phone. Instead, we ask families to pay via the online payment portal on our website or to visit our Administration Office.

What's on?

18 February



Catch up school photo day

 ♥ 9:00 AM-2:30 PM
♥ Waratah Campus
Photo catch up day is for students and staff who were absent for school photos last week. Photos can...



Year 7 Immunisations

18 March O All day Waratah Campus NSW Health works in partnership with schools to offer the vaccines recommended for adolescents by th...



Fri

19

MAR

P&C Meeting

22 February O 6:00-7:30 PM
9 Jesmond Senior Campus
First meeting of our College P&C for 2021. New and existing parents and community members are welcom...



Fri

05

MAR

Waratah Campus Aquatics Carnival

■ 05 March ② 8:45-2:55 AM Q Lambton Pool

Our campus carnival is a fun day of aquatic activities, including 50m events and novelty relays. Stu...

Harmony Day Celebration

Our annual campus Harmony Day celebration for staff and students.

mended for adolescents More details will be sent home to familie...

Year 8 Medieval Day

19 March 0 9:00 AM-2:55 PM

Year 8 students participate in

our Medieval Day Incursion.

Incursion

Waratah Campus

See the events calendar on our school website for all the details of upcoming events.