

Term 3 Week 6

August 2018

Principal's Report

Welcome back to Term 3 – it is hard to believe a whole term has passed since I wrote my first newsletter to the school community.

There have been a number of great things that have occurred over the last 10 weeks here at Callaghan Waratah and all of them make me very proud to be a member of this great team. Just to give you a snapshot of what our students and staff have achieved here are some of the major events and successes we have had:

NAIDOC WEEK



Darren Woodhouse, Aunty Robyn Hill and Mel Towers along with our Aboriginal students have made us proud over and over again in the last few weeks. Not only did they perform at our own NAIDOC Week Assembly they have performed and held workshops for either NAIDOC Week or Reconciliation Week at Heaton Public School, Awabakal Pre School, Shortland Public School, Tighes Hill Public School, Mayfield East Public School, Glendore Public School, Waratah Public School, Jesmond Public School and Newcastle Middle School.

The comments we have received back from the staff at these schools has been absolutely glowing about the leadership of our Aboriginal students and they should be extremely proud of themselves. Some of the comments are listed below to give you an idea of how valued this group is, in and beyond our Callaghan Schools.

"You and your students are an absolute credit to Callaghan College Waratah Campus and you all should be so proud of the work you are doing. To see the pride on your students' faces as they performed is something that will stick with me for a long time. Jesmond Public School looks forward to continuing the wonderful relationship our two schools have together."

"I cannot thank you enough, the kids and the staff thoroughly enjoyed the day and we couldn't of done it without you and your kids! They were amazing and should be proud of themselves, the staff were so impressed with how patient they were and how well they handled themselves."

SUBJECT SELECTION

In my many years of teaching, the advice I always come back to for subject choice is do what you like and what you are already good at. Choosing subjects because friends have chosen it, or because you think you will suddenly become good at it very rarely leads to a successful senior schooling experience. There is nothing worse, than a student finding out that they dislike three of their 6 subjects in the first few weeks of Year 11.

Please make these decisions with your young person and encourage them to talk to their teachers about the best fit for them.

PBL EXPECTATIONS

Our school upholds extremely strong PBL expectations around Excellence, Respect and Responsibility. All students are expected to uphold these expectations, but we acknowledge they do sometimes need a refresher in what that behaviour looks like.

Starting this week all faculties will be running PBL Refresher Lessons around our expectations for learning. These lessons will all be the same, have been devised by the PBL team and will reinforce a key message from our values.

Have a conversation with your student about the PBL focus of the week and what that has looked like in their refresher lesson. Reinforcing the lesson at home helps us to continue to place value on our universal messages.

CLASSROOM EXPECTATIONS

EXCELLENCE

- Ready to learn
- Participate & complete all work

RESPECT

- Care for all
- Use manners

RESPONSIBILITY

- Right time-right way
- Follow procedures
- Own your actions

AUSTRALIAN EDUCATION AWARDS

I was lucky enough to attend the Inaugural Australian Education Awards on Friday 17 August with Mrs Powell and Mrs Blight. These awards celebrated the achievements of schools, principals, heads of department, teachers, school initiatives and much more. Over 24 trophies were handed out on the night.

The finalists were selected through a rigorous process of nomination and then selection criteria completed by the nominee themselves.

We were privileged to have a finalist in the Head of Department category: Mrs Allison Blight. Mrs Blight is a dedicated and extremely talented leader and teacher and it was my pleasure to support her in this award. The award was won by Mr Travis Goulter from Ormiston College. Next year we plan to nominate more amazing teachers and initiatives from our school. Watch this space!

I would like to extend my thanks to Marcelle Powell for nominating Mrs Blight in this award and for her attendance on the night. It was a great night for education and a pleasure to support.



Lastly I would like to say thank you to the Deputy Principals, Head Teachers, Classroom Teachers and our Ancillary staff who enable so many great things to happen at this school.

I look forward to another productive and successful term with this great team. Your students are in very good hands.

**Ms Hayley Macdonald,
Principal**

Stage 5 Deputy Principal Report

The end of Term 2 saw the start of TRANSITION events relating to Year 11 and the Jesmond Campus. This first meeting with Jesmond staff was a revelation to students (and to staff who are having a hard time watching another Year group grow up and move on!). The students start realising that their time as the “elders” of the school is coming to an end and they are reaching real independence and real decision making.

Term 3 started with more information directed at students from Head Teachers at Jesmond, with a subject selection booklet and an invitation to attend the Jesmond Expo which was held on the 8th August. Anne Grieve, Careers Teacher, is also working with students individually to refine their understanding of choosing subjects and ensuring that their choices will allow them to access the direction they want; this may be SBAT's, University or other pathways.

There are a number of other transition events that have also been noted on an “IMPORTANT DATES TO REMEMBER” sheet that was handed out to students at the end of Term 2.

If you or your child would like any further information concerning Year 11 and subject selections please call the school and talk to Anne or myself.

I have also included an article from Michael Grosse who has a great reputation for supporting parents and teachers with relevant information about young people. I hope that you can get something from this. I know I went home and did a little more work on OPTIMISM with my kids after reading through the article:-

Five forgotten skill sets that contribute to student success

At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success. These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school:-

1. Friendship skills

The ability to get along with others is hugely important for children and teenagers. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.

2. Organisational skills

The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

3. Optimism skills

It may seem strange to see optimism as a skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.

4. Coping skills

Kids will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each kid's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some kids will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.

5. Relaxation skills

The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's kids live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, kids will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers "Very Important People" in the process of acquiring them.

**Mrs Nicole Avard,
Stage 5 Deputy Principal**

SPORT NEWS

School Teams - the following students have represented the school

Athletics

Year 7 – Isabella A, Abbegail C, Edeni D, Grace E, Indra G, Alisha G, Phoebe M, Bailey N, Samantha S, Jarrah T, Lucas W

Year 8 – Shannon B, Sebastian B, Rhys B, Will B, Amber C, Tayla G, Joy N, Michael R, Bailey S, Kaiden W, Laura W

Year 9 – Jane A, Cody H, Charlotte J, Cala J, Fletcher M, April R

Year 10 – David B, Harry B, Isaac B, James C, Chloe G, Clarissa M, Amy P

Rugby League

Year 7 – Samuel D, Jesiah D, Jayden G, Steele H, Caiden H, Kynan K, Tyson M, Shay M, Trindal M, Rudy R, Tally R, Kaiden W

Year 8 –Jordan B, Alfred D, Tyrone E, Bailey S, Saxon S, Laumua V, Kaiden W

Year 9 – Cody H, Fletcher M, Djala P, Kane P, Rylie S, Luke T, William T, Drew W

Year 10 – Jaylan H, Khobie H

15's AFL

Year 7 – Samuel D, Cooper R

Year 8 – Will B, Jed G, Callum H, Isaiah M, Bailey S, Bayden S, Kaiden W

Year 9 –William B, Fletcher M, Jack S

Futsal

Year 7 – Marian A, Ebony B, Savannah H, Brandi-Lee J, Jonathan I, Charlote M, Chloe M, Bailey N, Janellie P, Dion R, Ava S, Miranda T, Anita T, Maddison W, Lucas W

Year 8 – Isaiah M, Lincoln P, Jacob W

Year 9 – Jane A, William B, Breanna B, Caleb G, Charlotte J, Cala J, April R, Fletcher M

Year 10 – Ruby A, Harry B, Isaac B, James C, Brianni G, Jack G, Dylan H, Olivia P, Amy P, Stephanie S

Zone Team – the following students were selected to represent the zone

Cross Country

Year 10 – Amy P

Hunter Region Teams - the following students were selected to represent the Hunter Region at CHS

Hockey

Year 10 – Lachlan M



Northern NSW – the following students have represented Northern NSW at the All Schools Carnival

15's AFL

Year 9 – Jake S



15's Rugby League

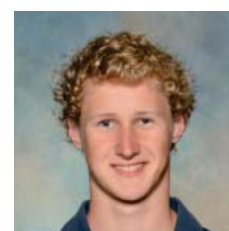
Year 9 – Fletcher M



NSW All Schools - the following students have represented NSW All Schools at the National Championships in Tasmania from the 24th -31st July

National Swimming Championship

Year 9 – Ryley T (Ryley competed in the 14 years 200m and 400m freestyle)



Pierre de Coubertin Award

Congratulations to Amy P who attended the Pierre de Coubertin Award ceremony. This award is given to students across NSW who have represented their school over a number of years in sports with Olympic Spirit. Amy is currently in Year 10 and over the past 4 years at Callaghan College Waratah Technology Campus has participated in Athletics, Swimming, Cross Country, Basketball, Netball, Soccer, Futsal, Rugby League, Orienteering and Triathlon. A honour thoroughly deserved.

Amy has written the following after returning from the ceremony:

"On Friday the 29th of June I was lucky enough to be given the chance to attend the academy day which was followed by the award ceremony for the Pierre de Coubertin award (NSW). During the academy day, I along with about 100 other students from all different schools got to listen to some amazing Olympic athletes as well as Olympic committee members. They talked about various topics, for example, how they got to where they are now, doping in sport, as well as the Olympic movement which included who Pierre de Coubertin was. I made many friends and learnt a lot before being able to celebrate not only my own achievements, but all the other amazing students I was surrounded by. At the award ceremony I shook hands with Jarryd Hughes who is a winter Olympic athlete in the Snowboard cross."



SCIENCE FACULTY

It's hard to believe that half a year is gone already. I guess time flies when you're having fun, and there is more fun to be had in Terms 3 and 4. Year 7 is just finishing a research task and will soon start a unit on "Living Things", which will lead into an excursion to Taronga Zoo in Sydney. Year 8 is finishing a topic on "Plants and Ecosystems" and will soon begin a research task. Year 9 will soon complete a topic on "The Universe", before doing a practical exam and then starting a unit on "Healthy Human Body". Year 10 are just finishing a topic on "Reproduction and Genetics" and will soon start a research task. All of this and more can be viewed on our school's learning management system, Canvas.

Science and Engineering Challenge

A team of selected Year 10 (and some Year 9) students represented the school in the Science and Engineering Challenge at the University of Newcastle this Term. Students competed in several engineering challenges against other schools, with an overall winner announced at the end of the day. Challenges included: bridge building, tower building, catapults, designing electrical systems and creating eco housing.

VR Schools Project

A class of Year 9 students have been involved in the Virtual Reality Schools Research Project (<http://vrschoolresearch.com/>) with the University of Newcastle during 2017 and 2018. Students have been working in groups to research sense organs or information processing organs. Using this research, students use Minecraft to create labelled dioramas of their organs. Students then use Oculus Rift Virtual Reality to view and edit their builds in Minecraft. Once their dioramas are complete students record a video in Minecraft, using Virtual Reality, of them giving a guided tour of their build and explaining how each structure relates to its function. This is world-first research, as VR has never been used in schools before to deliver real content that is part of a regular course.

Community Liaison Officer's Report

Here we are back in Term 3 already. Time certainly does fly, especially when we are having fun and believe me when I say, I am lucky to have fun in my job, **I really do mean it**. There obviously are times when I need to be serious, however my role allows me to enjoy each day with a new outlook. It often gives me the opportunity to meet you all, **our wonderful community**. Our staff is exceptional and our students are great, thanks to you.

At the end of Term 2 the Waratah Technology Campus Plan-it Youth Mentor Program with our mentors and student mentees, celebrated another successful Semester by having a special evening in the Hunter Multicultural Councils Hall in Waratah. The mentees showed maturity and confidence in the way they stood in front of distinguished guests and gave their speech, like young professionals. A big thank you goes to all of our volunteer mentors who showed patience and commitment each week to mentor this group of Year 10 students. We do have another WTC Plan-it Youth Program running this semester with students from Year 9 and we are off to a good start.



If you have two hours each week available and you would like to be involved with our mentoring program, please contact me here at school and we can discuss it further.

Another massive thank you needs to go out to other important people in our community – The Fresh Ingredient in Georgetown for donating a box of fruit each week for our Brekky Club, along with Baker's Delight from Waratah for donating bread, also for our Brekky Club. I have said it before but without your valuable and on-going assistance, we would not be able to provide our students with such fantastic support.

As an initiative for Refugee Week this year we organised a whole school activity to form a giant human sign on our rear field, spelling out **#withrefugees**. This involved all students and staff all coming together to show support for young people and families from refugee backgrounds in our school community.

The aerial photography was done by year 12 students and staff from Callaghan Jesmond Campus as part of their Certificate III Aviation (Remote-Pilot – Visual Line of Sight). Thanks to Dale Garbutt who assisted with the final details.



Our Father's Day brekky is coming up on Friday August 31 at 7.30am in the Drama Theatre. (Multi-Purpose Hall) Hope to see as many Dads, Pops and significant male carers join us to kick off the Father's Day weekend. Please contact me at marcelle.powell@det.nsw.edu.au to book your seat for breakfast.



Community Noticeboard



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KEY DATES

Summer Holiday School	15 - 18 Jan
Term 1, 2018	30 Jan - 13 Apr
Term 2, 2018	1 May - 6 Jul
Winter Holiday School	16 - 19 Jul
Term 3, 2018	24 Jul - 28 Sep
Spring Holiday School	8 - 11 Oct
Term 4, 2018	15 Oct - 14 Dec

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COME AND TRY DAY

Ever thought of playing Softball?
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When: Saturday 1st September 2018
Where: Stevenson Park, Stevenson Ave Mayfield West
Who: Junior and Senior Male and Female 4yrs and up
Time: 10am to 12pm
Cost: Free

FREE Sausage Sizzle afterwards
Bring your friends and come along!

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