

NEWSLETTER

Senior Campus Newsletter

Term 2 Week 10

Friday 3 July 2015

**Reminder new Senior School phone number is: 614 23550
Junior School phone number is: 614 23555 (old phone numbers have been disconnected).**

Dates to Remember

Wednesday 29 July Fete meeting @ 6:30pm Junior Campus

Principal's Report

Dear Families

The Philosophy program on the Junior Campus, entitled *Ignite Our Thinking* is an enrichment program that taps into children's natural curiosity and assists them in their search for meaning. It encourages intellectual courage and rigor and helps to develop the qualities that make for good judgment in everyday life. For the last two terms we have had a K-2 group taught by Ms Waugh and Y3-5 group taught by Mrs Ovchinnikov. A recent Learning Intention for the younger students was to see the difference between fear and bravery and to have an opportunity to practise overcoming fear by being brave and indeed they did. This group of 5, 6 and 7 year olds elected to demonstrate being brave by singing a song in front of the entire junior campus students and parents at a morning assembly. What champions!



Another group of accomplished and courageous students who deserve our recognition are our senior campus Drama and Hospitality students. These students have performed the absurdist play, *The Bald Soprano*, to the delight of two sold out audiences who each also enjoyed a delicious four course meal. This huge undertaking has been inspiration of our Drama teacher, Jacki Henneberger and Hospitality teacher, Donna Smythe. I thank them and their support team of volunteer teachers for once again challenging our students to excel. On Thursday evening our special guest was Ms Joy Burch, the Minister for Education, who kindly had her photo taken with the students.



I include for your perusal a message from our Minister.

A Message from the Minister

During Public Education Week this year, I launched the Canberra Public Schools web portal.
<http://www.det.act.gov.au/canberra-public-schools>

The *Canberra Public Schools* webpage is a 'one-stop shop' for you to find information specifically about Canberra public schools. The webpage has a fresh look and feel, and contains important information, feature articles and useful links. It also has a search function for you to search for schools by geographic area, details on curriculum, programs and student enrolment. The page also links to useful information including school websites, holiday and school term information, ACTION Buses and SunSmart.

The *Canberra Public Schools* webpage is also links to the '[Parents and Students at the Centre](#)', '[Trending #successstories](#)', and '[Public School Alumni](#)' pages. These pages contain stories and articles about the achievements our schools, teachers, principals, alumni and students.

I encourage you to explore the new webpage, and let us know your thoughts. Please email DET.Media@act.gov.au with your feedback. As you know, Canberra public schools are fantastic and students deserve to have their successes shared.

Kind regards

Joy Burch
Minister for Education and Training



Gold Awardees

I congratulate the following students for their tireless efforts and believe this quote from the late and great Steve Jobs sums up their endeavours "We don't get a chance to do that many things, and everyone should be really excellent. Because this is our life."

Gold Academic

Jordan Cross
Sonya Lynch
Ashley Cooper
Curtis Weatherburn
Isaac Turl

Nathan Foley
Nicole Gocevski
Britnee Olson
Kay Liddiard

Gold Citizenship

Tara Graham

The Term has concluded with teachers providing students and parents with comprehensive reports on student progress for Semester 1. The junior campus families have already received these, whereas the senior campus students have been posted. I encourage you to discuss your child's report with him/her during the next two weeks and use the feedback from teachers to celebrate achievements and set goals for the coming term.

Wishing you a safe and restful holiday.

Kind Regards

Wendy Wurfel
Principal

Deputy Principal's Report

It has been an enjoyable term with many major events such as transition programs, Open Night, chess tournaments, Interhouse sport, NAPLAN, Waterwatch and of course the inaugural theatre restaurant.

Theatre restaurant

Thanks to all of the students and staff involved in "The Bald Soprano". I went for both nights and was highly impressed with the artistic and culinary talents on display. A huge acknowledgment must go to Jacki Henneberger, Donna Smythe, Annalise Pippard and Michael Medveczky for the organisation of the event.



Reports

Semester 1 reports will be sent out this week. This is an opportunity for students to reflect on the growth they have shown over the semester as well as identify the areas in which they would benefit from further work. A reminder that students receiving a C grade have displayed evidence that they have achieved the national standard for their year group. This standard is set to a high benchmark and it is pleasing to see the increasing numbers of our students achieving this standard and beyond.

Validation

Early next term a panel will visit the school to explore the performance and growth of the school. We have been busily gathering evidence and data from the last 5 years for the panel to explore. It has been very apparent the great improvements in school culture, student learning and engagement over this time. Thanks to the parents who provided information to assist with this process. More information about the validation commendations and recommendations will be published after the process is completed

Have a safe break and I look forward to seeing everyone next term.

Kris Willis

ACTION Bus route in Gilmore Expression of Interest

ACTION buses will consider a daily school bus for our students if there is sufficient interest. Would you be interested in your child catching an ACTION bus to school daily from the Gilmore area?

Number of student's _____

Street address in Gilmore _____

Parent Name _____

Contact No _____

Please return this information to the Front Office.

Year 6 News

As part of our Science unit on 'Natural Disasters', we invited a firefighter, Tom, to come and speak to us about his job. He told us about how he fights and prevents fires and let us try on some of his safety-wear! Check out the photos below!



Middle Years

At the end of last term our information from Middle Years was about how to engage in positive and productive conversations regarding school. Following this, and with end of semester reports ready to be finalised, we believe it is timely to touch on two topics - setting goals and motivation. For many young people, the need to set goals and explicitly think about motivation is not something that they consider in the hustle and bustle of everyday life. Often such skills are picked up through modelled behaviours from family and friends.

When the a time comes that a student actively desires to work towards a goal it is important to remember as a parent that they may need support and guidance not only in achieving the goal itself, but also in how to put the process of goal setting in place and to stay motivated to meet that ideal goal.

The following information comes directly from <http://au.reachout.com> , a not for profit organisation started with the purpose of providing clear information for teens and their families. It outlines strategies for young people on goal setting and keeping up motivation.

The process of goal setting

When you have an idea about what it is that you do want, there are three simple steps you need to take to set a goal.

1. Define your goal. There are two important parts to defining a goal:

- Make your goal specific. Goals should be measurable and have an end point.
- Make your goals realistic. Taking on challenges can be really motivating, but don't set yourself up to fail. If you're not sure if your goal is realistic, talk to someone you trust about it.

2. Set sub-goals.

- Break up your goal. Breaking up your goal into sub-goals is really important to staying motivated, particularly for larger goals that take a long time to achieve. Sub-goals help you recognise and celebrate when you've made progress.

3. Work through a plan of action. Having a tangible plan of action helps you to stay focused:

- Write down your sub-goals. Once you've worked out your sub-goals, make sure you write them down and keep them in a place that you can see. Having them close by will help keep you motivated.
- Include a time frame. Deadlines are important. They keep you on the go and help you stay motivated. For each written sub-goal, write down a deadline to prevent you from putting things off or forgetting your goal.

Why motivation is important

To make things you want to do or achieve happen, you need motivation. Motivation is what drives you towards a goal, gets you up in the morning, and keeps you working through a task, determined to succeed when things get tough.

Everything that could possibly motivate you can fit into one of two categories:

- **Positive motivations**, which focus on the positive things that will happen when you take action. For example, 'Finishing this assignment means I'm only a step away from being qualified'.
- **Negative motivations**, which focus on the negative backlash that will occur if you don't take action. For example, 'If I don't finish this assignment in the next few hours I will fail'.

Both negative and positive motivation can be effective in different circumstances. However, people are much more successful when they're doing something because they actually want to, rather than if they're acting to avoid an outcome they don't want. That means positive motivation usually has a bigger and better impact.

Middle Years continues

Negative motivation can sometimes be quite dangerous. That's because it only works if you know exactly what steps you are going to take to reach your goal. If you don't have a positive plan of action, using negative motivation to approach a task can make you feel really helpless, and actually reduce your motivation. Knowing how to find effective motivation strategies is really important to getting stuff done.

Tips for finding/keeping motivation

- **Set goals.** When you set a goal you make a decision to act upon what you want. This gives you a direction to focus on - one that's measurable and has an end point; all factors which can help a person stay motivated.
- **Choose goals that interest you.** You're much more likely to stay motivated if you are working towards something that you genuinely want to do or achieve.
- **Find things that interest you within goals that don't.** Sometimes other people set goals or tasks for us that we don't find interesting or want to do. So, try and find something within that task that does motivate you. E.g. 'I hate maths, but it's going to help me become a builder, which I want more than anything.'
- **Make your goal public.** If you state to someone else you are doing something, or write it down, you've essentially promised to keep your word.
- **Plot your progress.** When you are working towards something, it can be really motivating if you can see evidence that you are making progress. Draw or create a visual representation of how you are coming closer to achieving something.
- **Break up your goal.** Start with easier tasks and work your way up to bigger challenges. Breaking up a task in your mind into achievable chunks helps build confidence.
- **Use rewards.** Promise yourself some sort of reward each time you complete a step/task.
- **Don't do it alone.** Join a class, find a teacher or someone you can share the experience with. Other people's encouragement to keep going can be a big boost to your motivation, particularly when you're doing it tough.
- **Learn how to use self-talk.**

In middle years at CCS we would like students to take the time to read their reports and set some academic goals for Semester 2. It would be great if they could communicate these goals to the teachers who can directly help the students achieve them, so we can all work together for academic success.

Have a restful break,

The Middle Years Team.



7 IGNITE English:
Students are dressed
ready to perform in
the "Blueback" town
meeting.

Students needed to
set a series of goals in
order to perform
successfully as their
characters.

WELL DONE Year 7

Year 9

Firstly congratulations to all Year 9 students and their families on making it through the first semester of Senior Years! I hope that you are all proud of your hard work throughout the semester and also the comments and grades in your reports.

Please pay particular attention to the 'Areas for Improvement or Extension' and 'Recommended Strategies to Further Improve Learning' sections within the report. Working on these areas next semester will give students the best possible chance to take advantage of every learning opportunity and further develop within each subject area.

The beginning of each semester provides both a fresh start for those who feel they are not achieving to their potential and also an opportunity for others the hit the ground running and strive for excellence right from the start of Term 3.

Term 3 will be another busy term with many extra-curricular activities to look forward to including the snow trip, athletics carnival and Wellness Week just to name a few.

I hope you all have a safe and relaxing break and I look forward to seeing students back and re-energised for Term 3.

Tim Hawke – Year 9 Coordinator

Timothy.hawke@ed.act.edu.au

Year 10

Formal

Formal notes have been handed out to students and deposits are due soon. I apologise for the short notice for this but we need to finalise numbers fairly early. I will be sending these notes home in the reports and also sending them through my emailing list. If you do not receive the email, could you please email me your details as I will need to keep in close contact with you all.

Uniform

Year 10 Jumpers – Thank you parents for the support in purchasing the jumpers. It certainly makes the year group look fantastic.

College Visits

We had Tuggeranong and Erindale Colleges visit their prospective students this week with information given on course selection. They will be coming back in Term 3, to allow students to choose their subjects.

Stay tuned.

Michael Medveczky

Year 10 Coordinator

Michael.Medveczky@ed.act.edu.au

Theatre Restaurant 'The Bald Soprano'

Dear Caroline Chisholm School,

Last night I felt privileged to be part of a very special event.

If you didn't know, CCS had its very first Theatre Restaurant, where students performed The Bald Soprano and our Hospitality students provided a 4 course dinner.

On Tuesday we had an audience consisting of family, friends, teachers, Wendy Wurfel, Kris Willis, Sally Alexander, Lyndall Henman and Helen Witcombe from Erindale College, and our Network Leader, Stephen Gwilliam.

On Thursday night we had another packed night, including invited guests, P&C President, Lisa Maybury and special guest, Joy Burch, Minister for Education and Training, and Minister for the Arts.

Both nights were absolutely spectacular.

The performers had everyone on the edge of their seats while they took us on a very magical, hilarious and absurd journey.

The Hospitality class cooked a wonderful and very filling Italian four course dinner, with Veal Campagnola for the main meal.

I would like to thank and acknowledge the following people:

Jacki Henneberger and Donna Smythe for their leadership, energy and professionalism for the nights.

Michael Medveczky and Annalise Pippard for their supporting role, including make-up and set design.

Rebecca and her singers who performed brilliantly in sub zero conditions.

The performers who were absolute professionals, performing at a level far above their years.

The Hospitality class who created and delivered a four course dinner with professionalism and restaurant quality.

All the staff who supported throughout the day and on the night (including the wonderful Livia).

One more thing that stood out for me was the relationships our staff and students have with one another. The mutual admiration and respect that they all have is beyond comprehension. This bond is what brings out the very best in all of us and you can't buy that.

CCS is a wonderful place to be and I am very lucky and feel very proud to be part of a great team.

Congratulations on two fantastic nights.

Warm regards,

Gavin McClory

Executive Teacher of the Arts and Technology





Pierre de Coubertin Awards

The Pierre de Coubertin Award is named after the founder of the Modern Olympic Games. Annually the Australian Olympic Committee offers the prestigious Pierre de Coubertin Awards to recognise senior secondary students who demonstrate values which are consistent with the Olympic Movement through participation in sporting activities. The theme for 2015 was 'Participation in sport being a core value of the Olympic Games'. Students who are nominated for the awards are to create a piece of original art work which illustrates the student's appreciation of the Olympic Movement. This year at CCS we had 5 students who submitted creative pieces of work, they were, Thomas Knight, Zoe Podmore, Josh Harper, Chili Mambue and Jake Lewkowicz.

Congratulation to Caroline Chisholm School Year 10 recipient Jake Lewkowicz



I have created a model of a tree to artistically express the theme of "Participation in sport being a core value of the Olympic Games". My artistic model has four main components that I believe represent the core values of Pierre de Coubertin's contribution to the modern Olympic culture.

The trunk of the tree represents Pierre de Coubertin himself. One man with one vision, standing alone.

The root system below signifies 'participation' and the thousands of people who have shared the same belief as Mr Coubertin. It shows how inspiration has spread to the masses creating an integrated network of strength that provides the foundation of Mr Coubertin's legacy.

The branches and foliage on top of the tree represents how Mr Coubertin's vision has blossomed and everything it stands for today- not only on the field and in the classroom, but for life itself.

The figure beside the tree represents me. An individual who has been impacted by sport, from a very young age. My hand on the tree represents my shared believe of Mr Coubertin vision and the foliage above shows my future – a lifetime with strong morals, fairness, self-knowledge, confidence, respect for others and most importantly, to have a dream.

By Jake Lewkowicz

Jade Reid

Caroline Chisholm Senior Campus Sports Coordinator

ACQUITTALS 2015

Excursion: Pirate Pete	
Income	\$571.00
Expenditure	\$550.00
Surplus	\$ 21.00

Excursion: Broulee Surf & Boarding	
Income	\$2090.00
Expenditure	\$2100.00
Deficit	\$ 10.00

Excursion: IMP Band Rehearsals	
Income	\$240.00
Expenditure	\$246.00
Deficit	\$ 6.00

Excursion: Jewish Museum	
Income	\$2080.00
Expenditure	\$2066.00
Surplus	\$ 14 .00

Excursion: Outdoor Ed Swimming Competency	
Income	\$128.00
Expenditure	\$130.00
Deficit	\$. 2.00

Excursion: MOAD Who's the Boss	
Income	\$405.00
Expenditure	\$400.00
Surplus	\$ 5.00

Excursion: Birrigai	
Income	\$4263.00
Expenditure	\$4080.00
Surplus	\$ 183.00

Excursion: National Eisteddfod Band	
Income	\$320.00
Expenditure	\$306.00
Surplus	\$ 14.00

Wellbeing Update

Wellbeing Lessons

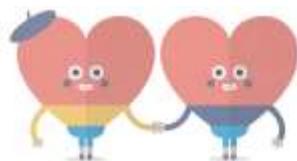
This term the Wellbeing Team introduced fortnightly Wellbeing lessons to build the social and emotional skills of students. Our focus this term has been on introducing students to mental health and giving them strategies to deal with life's difficulties. The program is being developed by the Mind Matters Action Team and implemented by classroom teachers.



Mind Matters Action Team

The lessons have had a lot of positive feedback from students and they will continue next semester. The Mind Matters website is a good place to look if you want more information on the programs implanted in our school

Food for Thought - Meditation



Meditation can **IMPROVE RELATIONSHIPS** with everyone you meet.

You become **MORE COMFORTABLE WITH YOURSELF**, which makes it easier for others to get on with you, and you find it easier to accept them as they are.

FOCUS

NEUROSCIENTISTS find that people who get 10 MINUTES of meditation experience real physical changes in the part of the brain involved in controlling the **FOCUS** ... **SELF CONTROL**.

Research from Penn State, compared with the people who didn't meditate, those who meditated **STARTED ON TASKS 10% FASTER** and **COMPLETED FEWER TASK SWITCHES**.

[FIND OUT MORE](#)

ANXIETY

Research from **16 DIFFERENT STUDIES** suggests that mindfulness meditation practice had an overall **POSITIVE EFFECT** on improving anxiety and stress.

ALSO... Research in people with clinical levels of anxiety has found that 8% experienced **SIGNIFICANT REDUCTIONS** in anxiety.

[FIND OUT MORE](#)

SMILING MIND MEDITATION MADE EASY.

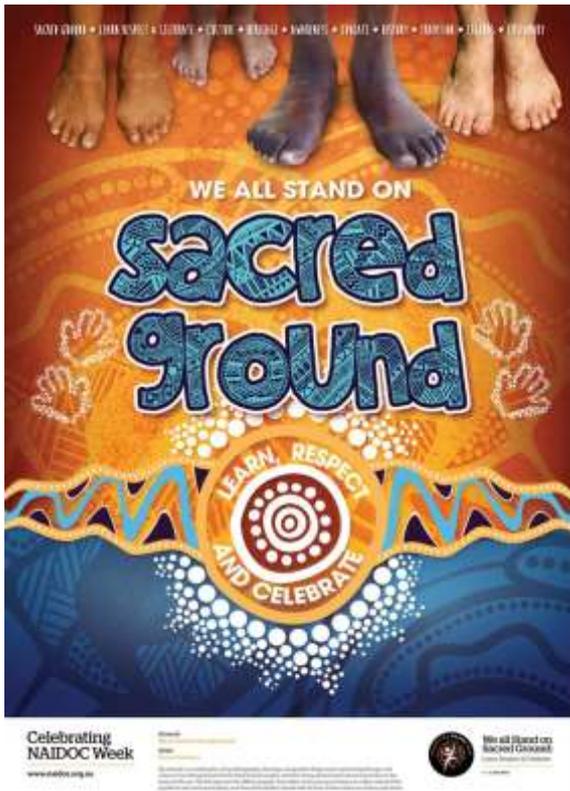
STRESS

ACCORDING TO NEUROSCIENTISTS as you continue to meditate your brain **PHYSICALLY CHANGES**, even though you're not aware of it. **RE-SHAPING** itself.

Mindfulness meditation activates the **BEST AND CHEAPEST** part of our nervous system **HELPING** with stress management.

[FIND OUT MORE](#)

NAIDOC Celebrations



This week on the Senior and Junior Campus students participated in NAIDOC week celebrations...

Thank you to Tania Davis for joining the senior campus assembly to address our students about her connection to land and her beliefs in education. It was great to hear positive messages about her life and how education has helped her reach her goals.

Thank you to the team from Gugan-Gulwan for joining us at lunch to help with the celebrations on the senior campus.

NAIDOC celebrations are happening around Canberra in the first week of the school holidays.

Farewell Mrs Marton and Hello Mrs Reid

As always, if you or your child needs some additional support, please contact one of the Wellbeing staff or Year Coordinators.

The Wellbeing Team

Caroline Chisholm School P&C Fundraiser



From OR every

Entertainment™ Book and Entertainment™ Digital Membership we sell, \$12 goes towards our fundraising. The more Memberships we sell, the more we raise – so please forward this email to your family and friends.

Click the link below to order yours now!
<https://www.entertainmentbook.com.au/orderbooks/27z709>

The new Memberships are available now and packed with thousands of up to 50% off and 2-for-1 offers.

For just \$60, you'll receive over \$20,000 worth of valuable offers.

Use just a few of these offers and you'll more than cover the cost of your Membership!

CONTACT:
 Eden O'Mara
THANK YOU FOR YOUR SUPPORT
edenomara@gmail.com if you have any questions.

80+ OFFERS!						
90+ OFFERS!						
130+ OFFERS!						
1,600+ OFFERS!						

Use the 50% OFF digital, 50% OFF online and 50% OFF in-store.

Whole School Event and Assessment Phone Application

Dear Parents/ Caregivers,

Caroline Chisholm School has investigated a number of ways to continue to improve the communication between the school and its community. We already have in place the Caroline Chisholm School website (<http://www.chisholm.act.edu.au>) as well as the newsletters which are emailed 3 times each term. If you haven't left your email address and you would like to have this option please contact the Front Office with your details.

In addition, we have set up an optional service called 'Assessment Alert' (<http://assessmentalert.com>).

'Assessment Alert is an innovative and convenient way for you to organise and plan for assessment tasks and other community events. It is a smart phone application which allows you to download all assessment/exam due dates, plus sporting and calendar events to your smartphone and synchronise them to your calendar and receive regular alerts before they are due. Additionally Assessment Alert allows schools/universities to send messages to your smartphone regarding any important information.'

Caroline Chisholm School aims to use this app to inform you of events that are happening in the school or the community. This can either be from the Whole campus, Junior campus, Senior campus and/ or Year level perspective. You can also elect to receive information about assessment from your children's individual classes.

The Assessment Alert smartphone application is available for download for free from the Apple (<https://itunes.apple.com/au/app/assessment-alert/id585344168>) and Android AppStores (<https://play.google.com/store/apps/details?id=com.assessmentalert.android.app>). However, once subscribers have downloaded it, it will cost \$2.49 per year.

Instructions on how to use this app are included within the app itself or hard copies will be made available from the Front office of each campus.

If you have any questions or concerns please contact the Front office.

Gavin McClory

ICT Co-ordinator

P&C Fundraiser

Fridge Note Holder

Available for purchase from the Uniform Shop.

Price is \$8 each or two for \$15.





On Tuesday 9th June a selection of CCS Dance students had a guest performer, Shyamla, lead a workshop on Hip-Hop moves from Bollywood to Brazil. We had a great time and expanded our dance repertoire. —Mrs Bindle



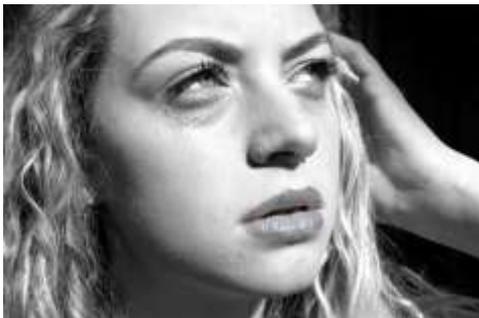
Digital Photography and Design

This semester my Photography class have been very busy taking photos and manipulating them in the computer lab using Photoshop. Some of the projects have been around positive and negative space (ilmage), creating layers (Ghost image or Larger than Life) and the students own choice. The creativeness and quality has been varied due to the students individuality. Overall, it has been very exciting and rewarding to see the students flourish and create fantastic images. Please enjoy the selection of photographs from this semester.

Gavin McClory

Photography Teacher





Year 8 Visual Arts

I would like to acknowledge and congratulate my Year 8 Art class. They have been absolutely fantastic to work with this semester. We have done a range of activities including charcoal drawing, ceramics (working with clay), perspective drawing and painting. Every student has been working to the best of their ability producing some outstanding work. I'm actually awaiting news to see if some were selected for the Limelight Art Exhibition at the ANU School of Art. Please enjoy and appreciate a small selection from a very talented class.

Gavin McClory

Arts Executive





If you haven't returned your Google Apps and Office 365 note you are missing out

Last term a *Google Apps and Office 365 – Stage One and Two* note was sent home with students. If these weren't brought in, a second copy was posted home with the Term 1 reports. A third copy was then sent home with students.

These services have major benefits for our students at school and at home.

Google Apps for Education provides students and teachers with online productivity tools for classroom collaboration. Google Classroom offers students and teachers the ability to share learning in one place, share ideas, announcements, and track and submit assignments. With unlimited cloud storage in Google Drive, our students and staff can store all their resources online and within reach from any device with internet access. Student learning stays with them, no matter which ACT Public School they attend. The Google Apps platform also offers a student email service hosted on our secure SchoolsNET domain, which provides the Directorate with added security, control and support.

The Directorate also has a new licensing agreement with Microsoft. All students can download the latest version of Office Pro Plus (Word, Excel, PowerPoint, OneNote, Outlook, Publisher, Access and OneDrive) completely free on up to 5 personal computers or devices. Students will be able to access it through the Backpack on their school desktops or at the following address:

<https://backpack.ed.act.edu.au>

Detailed information, help guides and information regarding privacy can be found on the ACT Education and Training Website:

http://www.det.act.gov.au/teaching_and_learning/learn-anywhere-ict-for-students/resources-anywhere-digital-backpack

If your son/ daughter hasn't returned their permission note can you please do so as soon as possible.

If you have any concerns or questions please do not hesitate to contact the school.

Thank you,

Gavin McClory

ICT Co-ordinator

Google Apps and Office 365

Consent Form

Please return this form to the Front Office

Student's name: _____

Parent or Guardian's Name: _____

I (please circle) **consent** | **do not consent** to the use of **Google Apps for Education** for my child.

I (please circle) **consent** | **do not consent** to the use of **Microsoft Office 365** for my child.

I acknowledge that my child must act in accordance with the IT Code of Practice for Students when using Education and Training Directorate systems, including the use of the Directorate's systems outside of the school.

Parent/Guardian's Signature: _____

Student Signature: _____

Date: / /2015