



Caroline Chisholm School
Preschool to Year 10

An ACT Public School

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NEWSLETTER

PRINCIPAL'S MESSAGE

Well winter has well and truly arrived! The minus temperatures across the past week have brought with them the winter that I am sure many of us are accustomed to. I am very grateful to see the hours of daylight growing. For our JC families, we have a great pile of lost property, most of which are warm jumpers for the winter. I encourage you or your young person to stop past and take a look through for any items that are missing from your house.

Congratulations to Perrie!

A huge congratulations to Perrie in year 2 who has come third in the NSW/ACT taekwondo competition for 8 year olds! Perrie has trained hard over the last 18 months and last weekend competed in the NSW/ACT competition. He performed exceptionally well and came third in Patterns and Sparring. Perrie shared his achievements and his medals with his class this week. Congratulations Perrie!

NAIDOC Week

Over the past few weeks students have been learning about NAIDOC Week. This year's NAIDOC theme of 'Heal Country!' highlights the spiritual, physical, emotional, social, and cultural connection our First Nations People have with Country but also calls on all of us to continue to seek greater protections for lands, waters, sacred sites and cultural heritage. NAIDOC Week is an opportunity for us all to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people. There has been some amazing learning and discussions done in classrooms around the theme 'Healing Country'. In the coming weeks students will create some art work to represent what they have learnt in the discussions surrounding 'Healing Country', take a walk on Ngunnawal Country and how they can help heal Country.

August is 'Hats On!'

The end of winter is coming! This means it is time for hats back on heads at CCS. All students need to wear their hats at break times when playing outdoors. Thank you for your support in ensuring all students have a sun safe (not a cap), blue hat to wear. We are also encouraging our SC students to wear hats at break times to protect themselves from the increasing UV rays. If your child or young person is in need of a new school hat, please reach out to Jude in the uniform shop and she will be able to assist.



Friday 30 July 2021
TERM 3 WEEK 3

DATES TO REMEMBER

AUGUST

- 4 Year 7 – 10 Maths Comp
- 5 Year 7 – 10 Combined Band Rehearsal
- 9 Year 5 Combined Band Rehearsal
- 24 SC Athletics Carnival

SEPTEMBER

- 8 Dance Fest
- 9 Dance Fest

School Satisfaction and Climate Surveys

As part of our continuous effort to improve ACT schools, each year our Education Directorate invites all parents/carers, school staff and students in years 4 to 12 to give feedback through the School Satisfaction & Climate Survey. Your responses will help the school to identify what we do well and how we can improve. The data will also be used to underpin school improvement practices and inform government priorities, as well as inform research projects and longitudinal studies aimed at improving the quality of education services in the ACT. This year, the survey also includes questions about your experiences and those of your children during the Learning at Home during term 2. The survey is administered via Qualtrics, an online survey platform, and is accessible on any mobile device. The parent/carer survey should take 5-10 minutes to complete. All families will receive an email in the coming fortnight about the satisfaction surveys; including a link to provide your feedback. Your participation is entirely voluntary, but we do hope you will help. It is important that as many parents/carers, staff and students complete the survey as possible to ensure the results accurately reflect the views and experiences of our whole school community.

Senior Campus Playground and Fence Update

Our senior campus playground planning is progressing well. We have been fortunate to have full support from ACT Health, Transport Canberra and City Services and ACT Education; resulting in a funding pool of \$340 000! We are now working with a number of experts in relation to planning the fine details of the build; starting with the bike track and the obstacle course as these were the two components of the playground that students prioritised. We are looking at installation later this year in November to January so that the playground and fence are installed at about the same time. We will keep you updated on the timeframes above.

Nationally Consistent Collection of Data (NCCD)

As part of the annual process we undertake to review the support for students, teachers recently completed the Nationally Consistent Collection of Data. The NCCD focuses on adjustments educators make to support successful learning for all students. This is a significant and worthwhile event, as we take time to moderate and review supports and adjustments we make together with available resources to meet student needs. It is also a great opportunity for educators to reflect on and share great teaching practice as we strive to meet the needs of all learners. My sincere thanks to our staff for their enthusiastic participation.

Vaping – Concerns for our young people

Mid last term I wrote to you about vaping at school and concerns for our young people. There has been a reduction in the number of vapes on site at SC, however we remain concerned about young people accessing vapes. We thank you for the work that you have already done in this space and would appreciate if you could continue these discussions at home to discourage vaping and identify any access to vapes and support us to reduce this within the school community. We ask that families continue to work with us by speaking with your young people at home about these dangers and if they are vaping, what supports they may need. Some really useful information for families is attached below for your reference.

Thank you for your ongoing support

Jen



For student absences please send an email to:

Chisholm.absences@ed.act.edu.au

HEALTH IMPACTS OF E-CIGARETTES FOR CHILDREN AND YOUNG PEOPLE

What are e-cigarettes?

An electronic cigarette, or e-cigarette, is a handheld electronic device used to simulate the experience of smoking a cigarette. It consists of a mouthpiece, a battery, and a cartridge to hold the e-liquid or 'e-juice'. E-cigarettes work by heating a liquid which generates an aerosol or 'vapour' that is inhaled by the user. Using e-cigarettes is commonly referred to as vaping.

What are the health risks?

E-cigarettes are relatively new products so the evidence is still evolving around their health impacts. Studies have shown that people who vape have slower wound healing and irritated airways. Vaping also has a negative impact on asthma control. There have also been some reports of e-cigarettes exploding and causing fires and injuries.

E-liquids used in e-cigarettes often contain nicotine – a type of poison. E-liquid containers bought online often don't conform to Australian standards, which include having child resistant closures and appropriate labelling. Refill bottles may contain highly concentrated nicotine solutions and just one millilitre can be lethal if swallowed by a child.

Ingredients in e-cigarettes

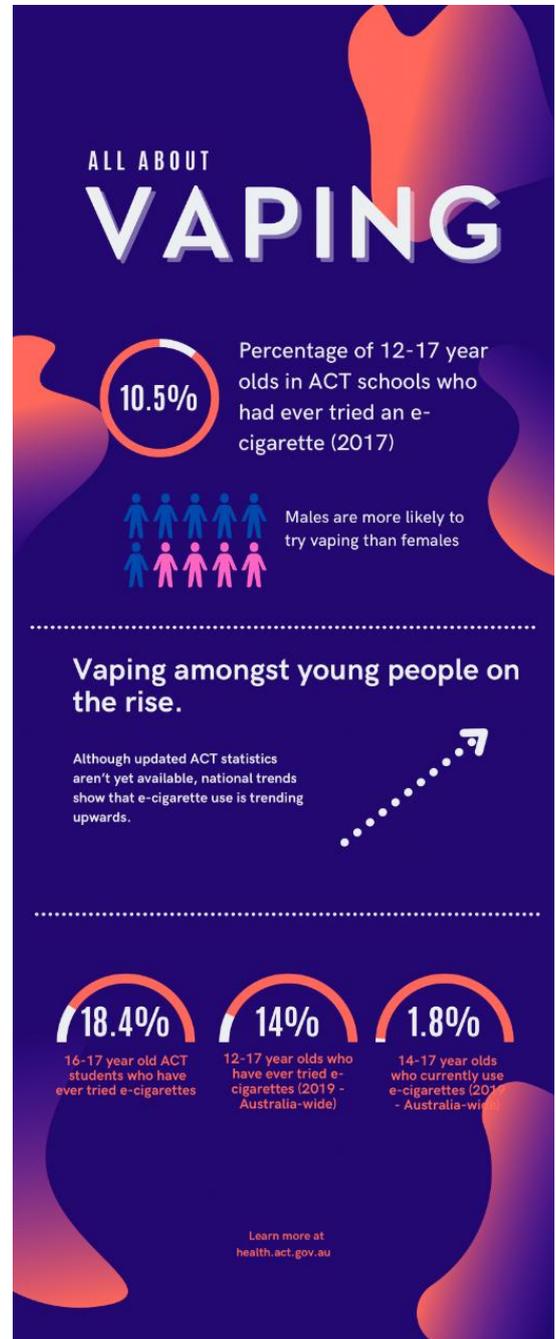
Studies have shown that e-cigarettes are often either unlabelled or inaccurately labelled so you can never be quite sure what's in them. E-liquids contain flavours in combination with propylene glycol, and glycerol. The coil of the e-cigarette releases heavy metals, such as lead and this is inhaled when the e-cigarette is used. Toxic contaminants are also often found in e-liquids, and so is nicotine.

In the ACT, the commercial supply of nicotine for use in e-cigarettes is illegal, however recent testing of online and over the counter e-liquids, labelled as 'nicotine free', found that 60 per cent contained nicotine.

Young people and e-cigarettes

The brains of young people are at a higher risk of developing nicotine addiction than adults and most smokers commenced their addiction under the age of 21. Nicotine can affect learning, memory, and attention in teenagers.

Young people usually start vaping out of curiosity. Some studies have found that young vapers may be unaware that their vape devices are e-cigarettes, or that they may contain nicotine. They are usually sold as vape pens, vape pod kits, starter kits, vape tanks etc.



What do e-cigarettes look like?

E-cigarettes come in a wide variety of shapes, sizes, and styles. Online e-cigarette advertising uses the same marketing techniques that were once used to promote tobacco to children and young people. This advertising is illegal in the ACT, but the sellers are based interstate or overseas and the ACT Government has no jurisdiction over online advertisements. E-liquid flavours are often sweet and may look and sound like confectionary. Some of the packaging is likely to be attractive to children, as well as to young adults. See some examples below.



Figure 1 E-Cigarettes come in many shapes & sizes

Don't you have to be 18 to buy e-cigarettes?

Yes, it is illegal to sell e-cigarettes to people under the age of 18 and nicotine is prohibited in e-cigarettes sold in the ACT. Most children access e-cigarette products through a friend or family member. In addition, young people may purchase e-cigarettes online where there are no effective safeguards to stop them from accessing it or from black-market sellers who use social media platforms such as TikTok, Snap Chat and Instagram to sell teenagers e-cigarettes.

What can parents and carers do?

Learn the facts

Read through these fact sheets for [parents and teachers](#) and [teens](#), as well as our [myth busters](#). It is also helpful to know what the different devices look like and the different words young people may use to describe using e-cigarettes. This will help you to talk about e-cigarettes with your teen.

Have a conversation

It's important to talk to your teen about the health risks of e-cigarettes. Many teenagers are under the misconception that e-cigarettes are safe. Approach the conversation calmly and ask questions. Try not to lecture or judge

Call Quitline (13 7848) for free advice

Quitline counsellors can answer any questions you may have about e-cigarettes and can help you think of ways to approach the conversation.

More Information?

[ACT Health: e-Cigarettes](#)

[National Health and Medical Research Council \(NHMRC\) Statement on Electronic Cigarettes 2017:](#)

[The Royal Children's Hospital Melbourne; e-Cigarettes & Teens; 2020](#)

[Raising Children Network: The Australian Parenting Website](#)

[Quit: E-cigarettes and teens: what you need to know; 2021](#)



Figure 2 Packaging of e-liquids designed to appeal to young people

YEAR 7

During week 10 of last term, year 7 and 8 pupils had the opportunity to experience camp in the picturesque village of Fitzroy Falls NSW. This was a fantastic opportunity for the year group to continue their learning in a practical based environment and to be exposed to new activities and ideas.

Some of the key highlights for pupils included abseiling down a cliff edge adjacent to a waterfall, the big swing and bushcraft skill run by the local Yuin elders of the land.

As the year 7 coordinator it was a privilege to watch the year group visibly grow in their own personal capabilities and overcome barriers to achieve success. The activities pushed pupils outside of their comfort zone and some found these activities significantly challenging. However, every pupil demonstrated growth in their perseverance, courage to overcome adversity and their teamwork and empathy skills to their fellow peers.

To finish off a highly successful and enjoyable camp the group took part in a Corroboree and smoking ceremony. We were incredibly privileged to participate in this welcoming and “coming together” introduction to country. Pupils were taught the purpose and history of the Yuin people and how they would greet and connect to other indigenous countries via dance. All pupils were invited to join in with the various dances that were unique to the people of Yuin country, with many of the groups volunteering to dance multiple times!

Look out for the newsletter in week 5 when the year 8 students will share their experiences of the different activities!



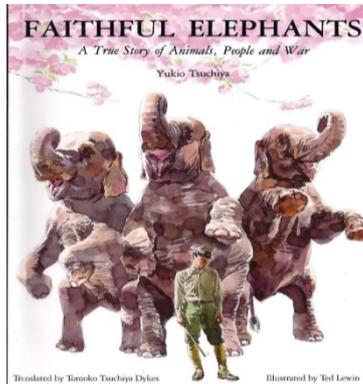
YEAR 5/6

The students have settled nicely back into their classes this term after a much-needed break. We have started this term with some exciting announcements and schoolwide collaboration!



Kindergarten Buddies

The 5/6 students have picked up where they had left off with buddies. This semester, they will be working with new buddies to ensure all students are effectively making friendships and collaborating with others. The 5/6 students will help their Kinder buddies to complete small writing tasks, Art and Craft, reading and develop their gross motor skills. It is wonderful to see the senior school members displaying leadership during these sessions!

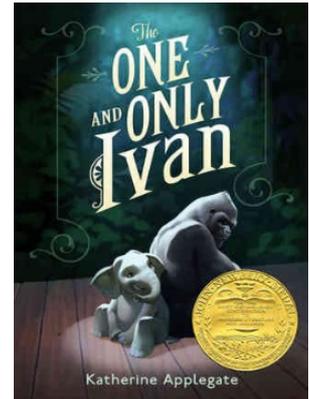


Literacy and Reading

During the first three weeks of this term, we have been discussing book reviews. We have chosen a touching and true story titled *Faithful Elephants* by Yukio Tsuchiya. This tale is about a zookeeper's recount of the lives of John, Tonky, and Wanly, three performing elephants at the Ueno Zoo in Tokyo during World War II. This story poses many questions and responses as it challenges our emotions and moral compass.

To align with our theme of animals and their true stories this term, in reading we have been focusing on

The One and Only Ivan by Kathrine Applegate: a story of Ivan the Silverback Gorilla and his life in a mall circus. The students are applying different reading strategies to critically analyse the text and create deeper connection, understanding and meaning to the story.



Music

5/6 are full of talented musicians! So far, we have investigated the six elements of music (dynamics, pitch, timbre, texture, form, and rhythm) and examined these aspects in songs students know and love. Our focus has been learning the names of various musical notes and rests so we can eventually create and perform a short composition. Watch this space for some seriously unique work!

PRESCHOOL



The preschool children are exploring, investigating and researching a variety of areas of interest. The Pelicans have built a zoo using a variety of materials and are creating areas for the animals to live. Some of the students have questions and are writing to the zookeepers at the Canberra Zoo and Aquarium. The Rosellas are investigating different homes and where we can find them in the world. We will be comparing houses from around the world looking for similarities and differences.



The children have enjoyed finding ice around the yard and discovered that the sand was like small rocks when it froze while wet. They have found various wildlife (mainly insects and birds) in the preschool and some children have started nature journals, drawing/recording what they find.



This year preschool has received a Woolworths Junior Landcare Grant and are starting the planning process. We are creating a Child/ Insect / Bird Attracting Area in front of the cubby house. Part of the grant is to create a Native Bee Haven using plants and creating an insect hotel. The area will involve parents, children and staff. If you would like to be a part of the project, please let the preschool staff know.

THE SALLY ALEXANDER GARDEN



Miss Sally has a long history of supporting sustainability at CCS. In honour of all the work she has done to help grow a greater (and greener) CCS, the Sustainability Squad created The Sally Alexander Garden.

This is a special type of garden bed called a wicking bed. In a wicking bed, rather than watering the surface soil and have the water soak down to the roots, it is watered from below! Capillary action draws water up from beneath the roots of the plants and means that **much** less water is lost to evaporation. As little-to-no water is lost to evaporation, these beds require much less frequent watering which means they save time as well as water!



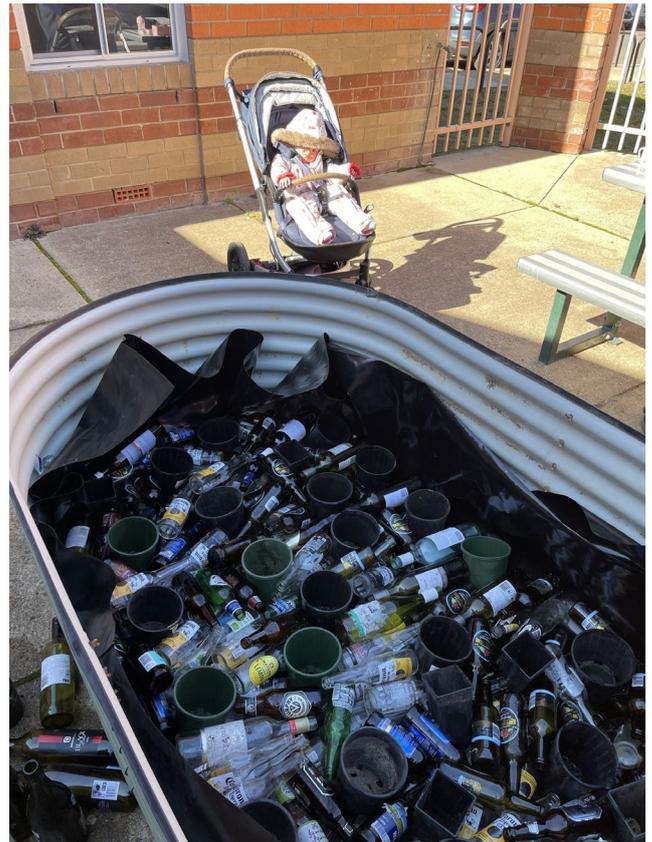
Image from [Gardening Australia's episode on DIY wicking beds.](#)

What is even more sustainable about the Sally Alexander Garden, is that instead of using scoria (pebbles) to create the reservoir to hold the water, CCS collected donated glass bottles from the community - trading them with plastic bottles that can be redeemed for 10c each through the Container Deposit Scheme ([CDS](#)). This meant that our community could still cash

in on the valuable recyclable bottles they collected, while we grew a stockpile of materials to create wicking beds.



Students from Mr Harrison's class helping us transport bottles.



Under the close supervision of our newest Sustainability Squad member the bed was lined with thick (BPA-free) pond plastic to ensure it doesn't leak. Bottles were placed sideways inside to create the water reservoir.



Sustainability Squad Captains, Camden and Dillon stuffing garden pots placed periodically through the bed with coconut fibre. These act as wicks that draw the water from the reservoir to the soil above.

Ranjan from [Canberaised Garden Beds](#) helping us install the geotextile fabric that stops the soil sinking into the water reservoir but enables the water to rise-up into the soil.



Thanks to the community engagement officer, Deb from Bunnings who helped us source the soil for the bed.



Time to plant! To honour the amazing work on the JC that Miss Sally has done, we chose an acacia and a grevillea to accompany a mountain pepper for the garden.



Some top dressing with mulch, a chunk of Chisholm rhyodacite with a plaque, and The Sally Alexander Garden is complete!

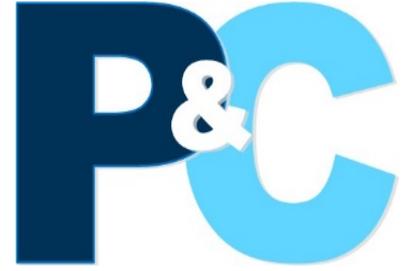
The best news is that we have many more garden beds to convert into wicking beds to install across both campuses so if you would like to donate any materials, would like any information or would be willing to come along to a working bee please reach out through info@chisholm.act.edu.au

Huge thanks to everyone involved in creating the garden, and to Miss Sally for sowing the seeds of sustainability at CCS!

Sustainability yours,
Mr Taz and the Sustainability Squad

Hi CCS Community,

The P&C Committee held our Term 3 meeting last week. The SC Athletics Carnival is being held on the 24th of August, if there are any parents and carers willing to help at the tongs for a special lunch on that day we'd love to hear from you. There'll be a Team Colours Day coming up soon for both campuses, we'll be using the money raised from your gold coin donations to fund some new representative sport shirts for the JC. JC keep an eye out for the dates of the Father's Day Stall and another special lunch soon.



Thank you to our wonderful Fete Committee for meeting again last week, we will keep you all updated soon. We can now officially announce that our fete will be raising money for a new digital sign for the front of the Senior Campus! It will provide information for both campuses and will replace all the current information and front entrance signs we have across both campuses. You'll be able to see it from both sides of the road and will be visible from the entrance to the JC car park. These signs and the installation have previously been shelved because the focus has been on improving in-class resources and equipment for our students. The P&C are really pleased to be able to help towards the cost of the new sign. We are committed to making this a long-term goal for the P&C as well as providing students with Special Lunches, the canteens, and stalls for special days. We appreciate your continued support.

We look forward to seeing you around school,

The P&C Committee

COMMUNITY NEWS

TUGGERANONG VIKINGS WATER POLO

Come and try Flippa Ball for **free!**



Flippa Ball is a simplified form of water polo and is a fabulous alternative to swimming lessons and squad training. It is suitable for kids 8-12 years old who can swim 25m competently.

Vikings Water Polo is offering **two free weeks as an opportunity to come and try Flippa Ball during Term 3 2021**. We train from **7-8pm at the Lakeside Leisure centre**. For more information, please contact vicepresident@vikingswaterpolo.com