

# NEWSLETTER

## PRINCIPAL'S MESSAGE

Welcome back to term 4. I hope that you have all had a great break and that you were able to enjoy the sunshine in between the rainy days! There was great excitement on Monday with our students talking about coastal adventures, time with friends and camping with their family. Term four is set to be an exciting one with excursions, camps, end of year events and transitions to preschool, kindergarten, year 7 and year 11. With so much happening, please ensure that you stay up to date with events through the school website, Facebook page and the newsletter.



### JC Classes for 2023

This term we will be working as a staff to plan our classes for 2023. A great deal of time and effort is involved in planning our classes each year. Staff have an in-depth knowledge of ways to enhance learning and they will use this knowledge to support the placement of students in classes for 2023. This information is combined with student strengths, personalities, friendships and student support requirements. Students on our junior campus will be asked to complete a sociogram where they are asked to list five children they feel they work well with. Students will then be placed into classes with at least one child from their list. We work closely with our preschool educators to best plan for kindergarten placements as well. If you believe your child's placement needs special consideration please let us know in writing by Friday 11 November 2022. . This can be done via email, [Nicky.smith@ed.act.edu.au](mailto:Nicky.smith@ed.act.edu.au), or by making an appointment through the front office. **It is imperative that all requests are made directly to Nicky so that she is able to ensure appropriate considerations are made.** Please remember that requests cannot be made for specific teachers. Junior Campus families will be informed at the end of January 2023 through teacher introductory letters as to staffing arrangements and class placements for 2023.

### Congratulations Hillary Swann

SC Teacher and School Leader Hillary Swann has been shortlisted for the 2023 Australian of the Year Awards. This is an incredible honour to acknowledge Hillary's contribution to the lives of young people and particularly, young women through the Empower program. Hillary champions the wellbeing of students, staff and the community and her leadership has a significant impact on the wellbeing of many. A huge congratulations to Hillary for this nomination.

Friday 14 October 2022  
TERM 4 WEEK 1

## DATES TO REMEMBER

### TERM 4

#### WEEK 2

**MONDAY 17 OCTOBER**

Yr 7/8 Camp  
Wombaroo

**TUESDAY 18 OCTOBER**

Outdoor Ed Class 03  
Pool Swim Test

**WEDNESDAY 19 OCTOBER**

Yr 7/8 Camp return

**FRIDAY 21 OCTOBER**

Outdoor Ed Class 01  
Pool Swim Test

#### WEEK 3

**TUESDAY 25 OCTOBER**

Outdoor Ed Class 02  
Pool Swim Test

**THURSDAY 27 OCTOBER**

Year 7 Mash Up Day

**FRIDAY 28 OCTOBER**

Teacher's Day

Staff Planning Day  
(Pupil Free Day)

## **Social Media and a Positive Digital Footprint**

It is timely to revisit the importance of respectful and safe online chat. We often hear about negative interactions online involving concerns where children and young people have shared information about themselves in public online spaces.

We appreciate that it is really important for children, and indeed all of us, to know what's OK to share online and what's best to keep private. Families can also support young people when it comes to managing their online presence in a positive way. Anything posted online becomes part of a young person's digital footprint.

Your child's digital footprint is any information that exists about them online for people to see. Examples include photos, videos and posts that they have shared, comments made on posts and information about them on public pages or blogs.

Some key information which may assist you at home is to:

- **Share with care:** One of the most important parts of looking after your digital footprint is thinking about who can see any images you share, messages you send or public comments you post. Ask your child to think about how everything they share fits into their online persona – does it represent how they want others to see them?
- **Use the right settings:** It's best to only post things you're happy to make public, but that doesn't mean there should be no separation between what you share with the world and with your friends.
- **Get involved:** A thoughtful and carefully curated digital footprint that highlights your child's skills and interests could help them stand out in a good way. If there is a particular cause they are interested in, encourage them to seek out the relevant organisations or charities online that they can follow or engage with.
- **Keep on checking:** If your child is working to have a positive digital footprint they should check regularly to see what it looks like and what comes up.
- **Be safety conscious:** It's hard to have a positive online presence if you're not in control of what 'you' share. Your child should use strong passwords and keep them private to keep anyone else from getting access to their accounts.
- **Delete old accounts:** Social media platforms go out of fashion quickly, once you post something online it's hard to guarantee that it will disappear completely, but it's best to have a digital spring clean and delete any old profiles instead of leaving them unattended.

If you haven't already seen it, take a few minutes to read through the Facebook Community Standards page:

<https://transparency.fb.com/en-gb/policies/community-standards/>

Thank you for your ongoing support!

Jen



**For student absences please send an email to:**

[Chisholm.absences@ed.act.edu.au](mailto:Chisholm.absences@ed.act.edu.au)

## COVID -19 UPDATES

### Changes to COVID-19 Safety Assurance Plan

There have been a number of changes to ACT Health restrictions in relation to COVID-19 this term which have impacted our COVID-19 Safety Assurance Plan. All changes are outlined below for families.

<b>Illness</b> <i>(no changes from term 3)</i>	<p>Anyone who is unwell or symptomatic must not be sent to school. If they attend when unwell, they will be sent home. Staff, visitors and students should at all times maintain appropriate hand and respiratory hygiene.</p> <p>Students who have medical conditions which present similarly to COVID-19 symptoms are asked to provide a doctor's certificate with their diagnosis and expected symptoms. This will allow us to support all young people to be safe.</p>
<b>Masks</b> <i>(updated from term 3)</i>	<p>Face masks are no longer required for ACT Public Service (ACTPS) workplaces – including ACT Public Schools. This applies to staff, students and visitors.</p> <p>ACT Health continues to encourage people to wear a mask if they can't physically distance. Mask wearing is a personal choice, and individuals can continue to wear a mask if they choose.</p> <p>Face masks are still required for people leaving COVID-19 isolation and for asymptomatic household contacts. Please always check the ACT Health COVID-19 website for the latest advice.</p> <p>Wearing a mask may also remain as a risk mitigation measure in certain settings and circumstances. Please ensure you observe any signage across the school if you are attending for an appointment, should this advice change.</p>
<b>Physical Distancing and cohorting of staff and students</b> <i>(updated from term 3)</i>	<p>Cohorting is no longer required however it may be necessary to use cohorting for a number of reasons. Any changes to this advice will be communicated with families.</p>
<b>Household Close Contacts</b> <i>(updated from term 3)</i>	<p>Household close contacts can attend school providing:</p> <ul style="list-style-type: none"> <li>• they are well with no symptoms</li> <li>• they wear a mask (7-10), encouraged to wear a mask (3-6)</li> <li>• the school must be informed by a family if a young person is a household close contact, please do this by emailing: <a href="mailto:carolinechisholm@ed.act.edu.au">carolinechisholm@ed.act.edu.au</a></li> </ul>
<b>Hand hygiene and COVID smart behaviours</b> <i>(no changes from term 3)</i>	<p>No changes to the advice throughout 2022. All current practices will remain in place.</p>
<b>Environmental cleaning</b> <i>(no changes from term 3)</i>	<p>Our school cleaning program includes regular cleaning of high touch point services, frequently used objects, common areas etc.</p>
<b>Ventilation</b> <i>(no changes from term 3)</i>	<p>All schools are following an Indoor Air Quality Plan. This plan is available on the school website for families to access. With the warmer weather returning windows will be opened more frequently.</p>
<b>Vaccination</b> <i>(no changes from term 3)</i>	<p>The ACT has one of the highest vaccination rates of any city in the world and this is reflected in our teaching workforce. Vaccination remains an option for families.</p>

<b>Visitors and use of Check in CBR app</b> <i>(updated from term 3)</i>	<p>Check in is not required for staff and visitors on school sites.</p> <p>Activities that involve parents and carers which are held indoors and during school hours will be limited in numbers. Relevant information for each event will be communicated with families when the event is advertised.</p>
<b>Wellbeing supports</b> <i>(no changes from term 3)</i>	<p>Wellbeing and learning supports, such as face to face appointments with the school psychologist or access to a Learning Support Assistant, will recommence with the return to school. They can be accessed through the schools established referral process. If the school psychology position is temporarily vacant, you can book an appointment for your child with our Central Telehealth team by filling a booking request form or emailing <a href="mailto:Telehealth@ed.act.edu.au">Telehealth@ed.act.edu.au</a>. Central Telehealth Service is available between 9:30 am – 4:30 pm during weekdays.</p>
<b>Managing COVID-19 in schools</b> <i>(updated from term 3)</i>	<p>Families continue to be required to inform the school if their child or young person has attended the school during their COVID-19 infectious period. This should be done through calling or emailing the school:  JC: 6142 3555      SC: 6142 3550      <a href="mailto:carolinechisholminfo@ed.act.edu.au">carolinechisholminfo@ed.act.edu.au</a></p> <p>You will be asked for the following information when you contact us:</p> <ul style="list-style-type: none"> <li>• Student(s) name</li> <li>• Day of test</li> <li>• Day the students tested positive</li> <li>• Type of test (RAT/PCR)</li> <li>• First day of symptoms</li> </ul> <p>Notifications of exposures will continue to be sent to families once per week. Families will be notified by Schools must notify parents and carers via text message when there is a higher incidence of cases in a particular cohort/class group, or if an exposure is considered higher risk.</p>
<b>COVID-19 screening</b> <i>(no changes from term 3)</i>	<p>Anyone with COVID-19 symptoms should get a PCR or Rapid Antigen Test immediately. Free Rapid Antigen Tests will continue to be provided to students and staff as requested. To make a request, families are asked to complete the online form:  <a href="https://docs.google.com/forms/d/e/1FAIpQLSdcZHdSA8JagQiFyZrly1t2tneZ3OcCtX2efLA3IHgFhiTolw/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSdcZHdSA8JagQiFyZrly1t2tneZ3OcCtX2efLA3IHgFhiTolw/viewform?usp=sf_link</a></p> <p>RATs will be sent home with the student nominated on the form. Generally, this is a 24 hour turn around.</p> <p>Families of SC students are asked to let their young person know they have requested RATs. Their name will be called over the loud speaker to collect the RATs from the front office.</p>

## YEAR 7 2023 MASH UP DAY

**Date:** Week 3, Term 4 - Thursday 27<sup>th</sup> October

**Time:** Between 10am – 2:30pm

**Who:** Students who have enrolled or are intending to enrol at CCS for Year 7, 2023

**What:** Students will experience high school life through attending:

- Mini lessons (English, Maths, Visual Art, Team building, challenge & initiative games and activities)
- 'Meet and Greet' with class teachers, as well as a catch up with the Year 7 Coordinator
- School Tour
- Hands on activities designed to get young people connecting with their peers, teachers and our school community including Cooking, Woodwork and Science



**World Teachers' Day**

Internationally World Teachers' Day is celebrated annually in October and in Canberra, will be celebrated on Friday 28 October this year. This initiative provides a great opportunity to thank a teacher for all that they do in the holistic development of your child or young person. Our teachers enrich the lives of children in many ways, from providing daily education at school, to attending camps over several days and nights, to planning enriching experiences through excursions. Why not drop your young person's teacher an email, send in a note or just tell them about the difference they make in your child's life!



## SECOND HAND UNIFORM FOR SALE



Second hand, pre-owned school uniform is for sale at the school. Each item costs \$5. Please contact the front office via phone or email regarding size and availability of item.

## COMMUNITY NEWS

### The Journey Through Adolescence

Looking to help your teenager:

- Develop a healthy self-esteem
- Gain Independence and feeling safe and part of the family
- Manage your stress so you can do your best as a parent



There for any human



The group program will help parents and caregivers to promote the optimal family environment for healthy adolescent development.

The 3 session group focuses on 3 themes:

- Parents are People too!
- What makes an Adolescent Tick
- Promoting Family Harmony

#### The Journey Through Adolescence

When: 26 October, 2 November and 9 November 2022  
Time: 4pm – 6pm  
Location: 57 Hicks Street, Red Hill  
Corner of Nuyts and Hicks Street  
Entry to building via Nuyts Street



A contribution of \$50 is welcomed to provide you with the course materials and light refreshments.

**BOOKINGS ESSENTIAL:** Please contact us on (02) 6162 6100 or email [info@catholiccare.cg.org.au](mailto:info@catholiccare.cg.org.au).

[www.catholiccare.cg.org.au](http://www.catholiccare.cg.org.au)