

NEWSLETTER

PRINCIPAL'S MESSAGE



It certainly has been a cold start to winter. It is wonderful to see our young people rugged up for the season. Please remember that we do ask that students wear school uniform. Our wonderful uniform shop has many options for you and as always, if you need support please just reach out. Also, please make sure all items are labelled so that they can be returned if they are left at school, we really would prefer that students can wear them rather than we accumulate them in lost property.

Online Behaviours

You will have received an email from me in week 7 detailing ongoing concerns about student safety online and the impact this is having on their behaviour at school and ultimately their learning. As a school, we are keen to work with families in partnership to encourage safe online behaviours for all.

At all ages we have education programs to explicitly teach students about speaking safely and interacting respectfully. We also explicitly teach what to do if they experience unsafe behaviours.

We encourage families to help their children safely navigate their digital world and educate them to avoid harmful online experiences. This can be done through a range of different actions.

Three key strategies include:

1. Be engaged, open and supportive
 - a. Get involved. Share online time with your children as part of family life. Play games together. Talk about favourite apps, games or websites.
 - b. Keep lines of communication open. Ask about their online experiences, who they are talking to and whether they are having any issues.
 - c. If you notice a change in behaviour or mood, talk to your child about it. If you are concerned, consider seeking professional help — from your GP, a psychologist or school counsellor.
2. Set some rules
 - a. Set age-appropriate rules for devices and online access, with consequences for breaking them.
3. Use technology and get some information
 - a. Get to know the devices you and your children use and set them up for privacy and online safety. Take advantage of parental controls to monitor and control screen time.

Friday 24 June 2022
TERM 2 WEEK 9

DATES TO REMEMBER

TERM 2
WEEK 10
TUESDAY 28 JUNE
Bungonia Camp 2
WEDNESDAY 29 JUNE
Bungonia Camp 2
THURSDAY 30 JUNE
Staff Workload Reduction Day (Pupil Free Day)
NO CANTEEN DAY
FRIDAY 01 JULY
Last Day of Term 2

TERM 3
WEEK 1
MONDAY 18 JULY
First Day of Term 3
WEEK 2
TUESDAY 26 JULY
JC Athletics Carnival
P&C SPECIAL LUNCH
WEEK 3
MONDAY 01 AUGUST
Hats on again
FRIDAY 05 AUGUST
Staff Workload Reduction Day (Pupil Free Day)
NO CANTEEN DAY

- b. Ways to tame technology - <https://www.esafety.gov.au/parents/skills-advice/taming-technology>

Nut Aware School

A reminder to all families that CCS is committed to being a nut aware school. We have a number of young people attending school who are highly allergic to the protein in most nuts. For most people the diagnosis of nut allergy is lifelong. The current treatment for nut allergies is total dietary avoidance for most young people. We understand that it can be challenging to avoid nuts as many nut products commercially available use nuts as ingredients.

So why is it so important to be nut aware?

- On average, there are two students with food allergies in every classroom.
- Every three minutes, someone enters an Emergency room due to a food-allergy reaction.
- Food allergies can cause hives. They can also be fatal. Food allergy reactions can range from an irritating rash to life-threatening anaphylaxis. Here's how you can talk to your young people to support their friends:
 - Don't bring nuts to school. At all. Ever. This means no sandwiches, muesli bars, treats or other food that contain nuts.
 - Be a label detective! Food labels have super-tiny print and it can be tricky to read the fine print! Seeking alternatives is a real possibility, for instance WOW butter looks like peanut butter and tastes quite similar, but it is completely nut free. This is one example of a product that can be provided for those young people who love their peanut butter.
 - If a friend shares that they have a food allergy, encourage your young person to take note. Listen carefully and ask how they can help to support them.
 - If your child has a food allergy, encourage them to be open about this and share the information with their friends. It's important that we support each other to stay healthy.
 - What if someone accidentally brings nuts to school? We will phone the family and offer a gentle reminder. An alternate lunch will be requested and if possible, provided.

Why should your family follow the nut aware guidelines?

You are helping other children and families to stay healthy. If your young person has a food allergy or a peer in their class does, you are helping to create a safer environment for us all. It's helping practice being supportive, safe and including others. When we are happy to help other kids, we are building a stronger school community.

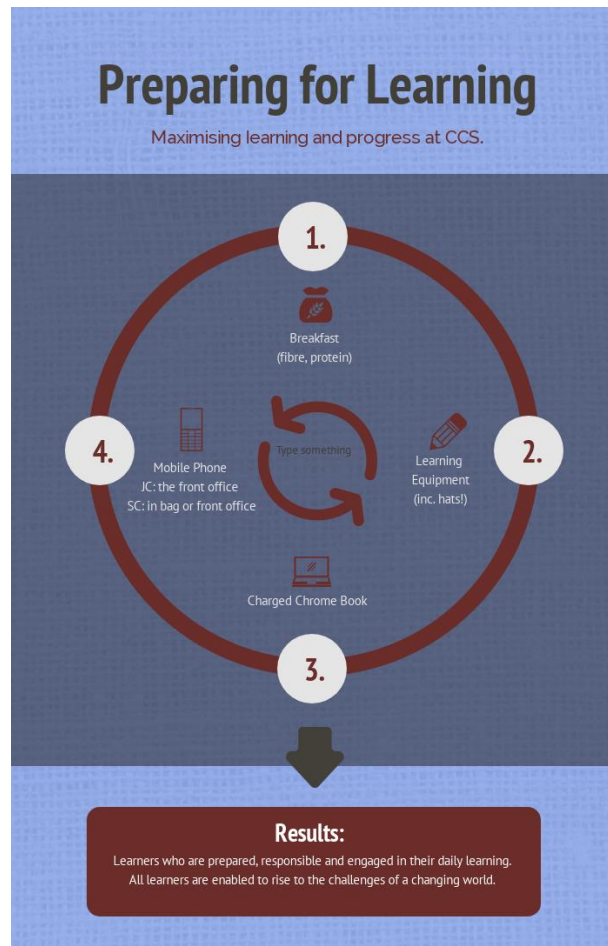
Preparing for a day of learning at school

Each day we work with our students to develop their independence as learners from preschool through to year 10. While preparing for learning looks different at each age, there are some common factors which support their preparedness and ability to learn each day. For instance, encouraging a preschool child to put their hat in their bag is supporting them to take responsibility for their learning so that they can play each day, while encouraging a year 10 student to pack their charged chrome book each day is also encouraging responsibility for their learning.

When supporting your young person to prepare for learning each day, there are some important factors to consider.

- **Breakfast:** Having a breakfast that contains foods high in fibre and protein is a great way to start the day. Recent research has highlighted just how important eating breakfast can be, as it enhances student's memory and attention.
- **Learning Equipment:** In order to learn effectively, students need to ensure that they bring all the necessary equipment to school. Students should be encouraged to pack their school bag the night before; depending upon their age some may need more support with this than others. The aim is to develop independence and responsibility in young people. For JC students, this might include packing a hat, drink bottle and a jumper. For SC students this might include a pen, paper/notebook, PE uniform or hospitality uniform.
- **A charged Chromebook:** SC students are required to have their charged Chromebook with them daily. While we find that many will bring their Chromebook to school, they are not always charged.

- **Mobile Phone:** Mobile phone use can be a significant distraction and hinder learning. JC students are required to hand their phone in to the front office each day. SC students are expected to keep their phone in their bag and should not be using their phone during the day. We appreciate families ask young people to keep in contact through their phone, however this can often lead to the school not being informed when a young person needs help. We encourage you to speak with your young person about raising concerns with a school staff member and we can then support them to contact you to resolve any concerns. We also encourage young people to leave their phones in a common space in the house during the night so they can have a full night of uninterrupted sleep. Sleep deprivation can also have a negative effect on students' memory and the way the brain forms new connections and prioritises information to remember.



Thank you for your ongoing support and have a safe and happy break!

Jen



Please ask your child/children to check lost property for lost or missing items.

CCS PUSH UP CHALLENGE

CCS pushes for better mental health this June.

We sat down with our Push-Up Challenge Student Ambassadors, Alyssa Lukins and Emma Foley (pictured right), to find out what has been happening this month!

What is the Push-Up Challenge?

Alyssa: We see this as a fun challenge for all the students and staff which also brings in some healthy competition. 'The Push-Up Challenge' puts the challenge out to everyone to complete 3,139 push-ups from 1st -24th June and to talk about mental health. This number of push-ups represents the 3,139 lives lost to suicide in 2020. We also raise money for mental health charities.



Emma: It's been a great way to get people talking about mental health. It gives us an opportunity to bring this up as a topic of conversation and it's also a way that people can connect with mental health in an active way.

Alyssa: Yes, doing the push-up challenge lifts the weight off a heavy topic.

Emma: Plus, you don't always have to do push-ups, you can do star jumps or sit-ups. The challenge is also student run, which has been fantastic. We are pretty excited to be the youngest student ambassadors in Australia too. Being able to run an event at school and for a charity outside of school has been a great experience and has been a great way of connecting with our wider community.



How was the school been getting involved?

Emma: We have been doing so much this month! We had a launch day with years 5-10 verses the staff for the most push-ups in 1 minute, the students won of course. Students have been doing push-ups in their house groups and competing against each other, we have been doing push-ups, sit-ups, and star jumps as brain breaks in class and we have come together in some break times to do push-ups in the gym. And the Year 5/6 have been doing push-ups every morning together!

Alyssa: Last week we held a House Colours Day with everyone from years 5-10. We all came together and we did a push-up relay in our houses and did chants and we wrote the word PUSH together as a whole school with our bodies. It was a fun day and was a good way to feel house spirit and come together as a school. Well done to Jumbanna for winning the relay, closely followed by Mullaya.

Emma: Also, lots of groups in the school have embraced the challenge as a way to warm up. Like our Empower Girls group – we talked about mental health and did our push-ups together. We have also been doing our daily movements as part of the warm-up at the Musical.

What has been the best part about doing the Push-Up Challenge?

Alyssa: The best bit has been the competition between the houses, it has been great having some healthy competition. Also, staying active and doing it in a fun way, plus it has been great banking the push-ups and being rewarded as you reach a goal.

Emma: The best part of the challenge, has been raising mental health awareness. All the Year 10 student leaders have been reading the daily mental health fact over the PA each day and this has helped for us to talk about mental health freely, especially because it is something that affects us. We have had people come and talk to us in breaktimes and ask what 'The Push-Up Challenge' is and how it works and this has opened up conversations about mental health.

How many push-ups have we done?

Alyssa: We could not be prouder of all the push-ups our school has done together. We have pushed out over 65,000 push-ups and there are still 3 days left of the Challenge.

Emma: Every push-up or alternate movement has helped us to be healthier and stronger community, both physically and mentally. We have also raised nearly \$700 for Lifeline Canberra and The Push For Better Foundation.

Alyssa: Also, these numbers don't represent every push-up we have done, as not everyone officially registered, so we have actually pushed-up so much more as a school which is amazing. We can't wait to see how many the school does next year.

Emma: There is still time to donate if people want to, you can go to The Push-Up Challenge website and search for the house group, either Jumbanna, Mullaya, Cooina or Karingal. There is also still time to bank your push-ups!

Each morning student leaders have been reading the fact of the day to the school. Read some below:

On June 8 we had the target of 117 push-ups. This was to represent the approximately 11.7 million Australians , or 57.9% of Aussies participate in organised team or individual sports at least once a year. Research shows that participation in team sports helps to improve mental health through social connection and increased resilience, confidence, and self-esteem as well as reduce stress. Australia boasts an estimated 70,000 sports clubs across the country, and the options are endless from AFL, NRL, netball, soccer to basketball, hockey and water polo. Our school offers opportunities for you to participate in team sports. Make sure you chat to Miss Turner about these opportunities and make the most of what this can do for you!



On June 14 our target was 140 push-ups. This represents the 1 in 4 Australians who participate in volunteer work each year. Research indicates that participating in volunteer work can significantly improve mental wellbeing. Volunteering is a great way to meet new people and build social relationships. Regardless of how much you do, volunteering is a fantastic way to make a positive impact on yourself as well as on the lives of others. This is a great time to think about ways you can volunteer your time and skills to our community! Reach out to any of your teachers if you need a hand setting this up.

In Year 10, students have set the term fundraising for formal. If you're following our school's Facebook page, you might have seen some of the awesome work that they have been doing. From Election Day sausage sizzles to non-uniform day to hosting a staff trivia afternoon in collaboration with the Hospitality students, it's been a busy time.

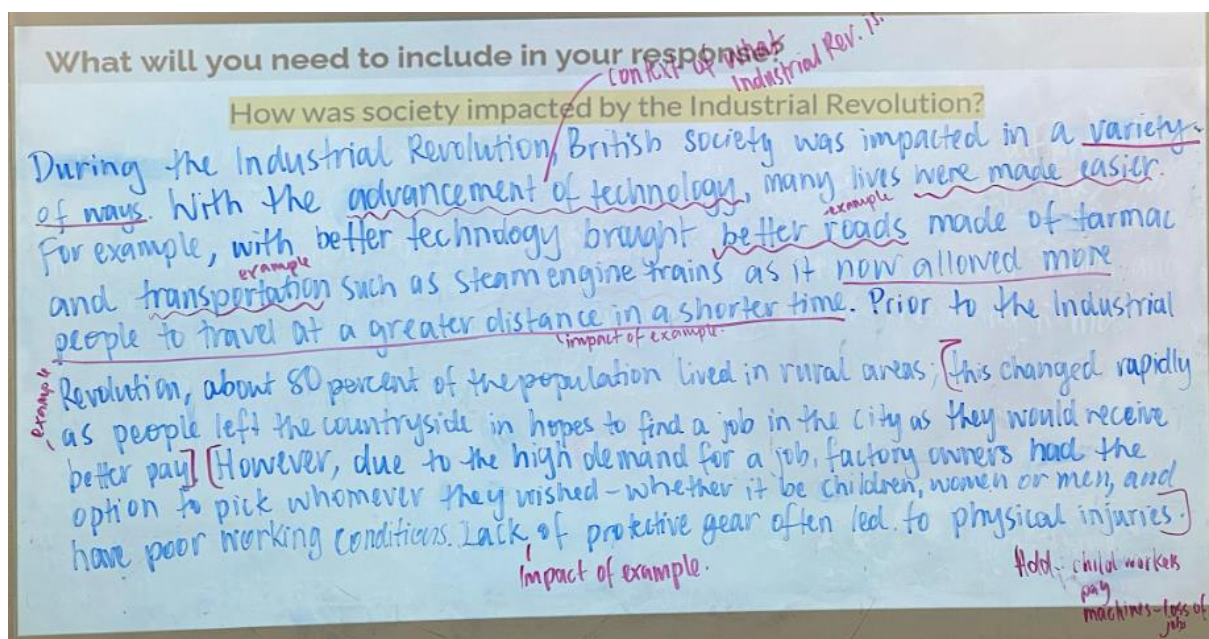
In classes, students have continued their learning. In HASS, Year 10 students are exploring human rights, analysing historical events such as the Stolen Generations, Apartheid in South African and Civil Rights Movements in the United States to grasp an understanding on how human rights have been violated in our history.

Demonstrate your understanding:

In Google Classroom, answer:

In your own words, explain Australian society during the early 20th century, making connections to the policies and beliefs at the time.

Year 9 students have spent the term in HASS exploring the movements of people, with a particular focus on how the Industrial Revolution caused convicts and settlers to find a new life in Australia, and consider the impact Europeans had on First Nation citizens. Below is a class' response to the question 'How was society impacted by the Industrial Revolution?'



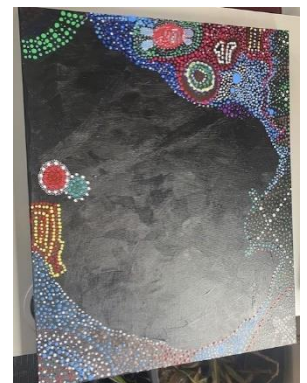
Moving into the 9/10 Electives, in Drama, students have explored various comedy genres, such as slapstick, farce, satire and black comedy. They are in the midst of creating their own comedy skit around a topic of their choice. In Hospitality, students have been successfully running the school cafe, providing coffees and milkshakes to staff. In Dance, they are learning dances around the world; including the Scottish ceilidh, the 1920's charleston, and Kpop.



LSU 7-10

It is hard to believe that we are all ready at the end of Term 2 and students who have accessed the space have had continuing success, achieving many things within the space as well as in the mainstream setting.

The students have been working as a team to continue to develop the courtyard space, making this into a positive space to enable the students to take their learning outside. One of the students has designed a mural that incorporates the varying levels of disability and how the students see this in a positive light. We will keep you posted as the mural continues to develop in this space. In the meantime, enjoy the collaboration, teamwork, and cooperation that students have utilised to build up this space.



Students have also been working collaboratively to create a communal artwork with each student contributing to the individual design and process of this. The students will continue to contribute to this throughout the year.

During Maths across Years 7-10, students have exploring budgeting and how this impacts them in real life scenarios. They have been working through the different stages of earning money, bills that may occur and how lifestyles can impact the amount of money that they earn and spend. Students have worked through problems that may arise throughout their lives working on strategies and skills that will enable them to solve problems into the future.



Students have been provided with the opportunity to develop some life skills through their cooking opportunities. They have found recipes, created shopping lists, and followed each step in the recipe to ensure that they have created their projects just like masterpieces. Students have worked together to achieve the results and don't they look delicious.



Students have looked at the way that exercise can impact the way that they feel and how important this is when trying to work through each day. They have shown an interest in being able to use the bike track safely and how to develop their confidence and skills. Some of our staff participated in a bike coaching course and are looking forward to getting out on the track with the students.



Our most popular Sporting School sport so far is our current one, volleyball. The enthusiasm of all grade levels and the high levels of participation have impressed all the teachers and support staff. The skills we have covered so far are serving underarm and overarm, the dig, set and spike.



One thing I have really loved about the volleyball unit is seeing different classes and staff combine and compete.



LSU and 6M students had a competitive game together.



Sara, Mr Perkins and 5/6.



LSU and 5/6.

5/6 are still keen to get some more Ultimate Frisbee time in. Hopefully in Term 3 as the oval gets a bit drier, we will get some more sessions in.



Here is a sneak peek of our Term 3 sport.



Join a Volleyball Club

I have had many students ask where they can participate in volleyball out of school. I got in touch with ACT Volleyball and here is their reply:

The best way students can play volleyball outside of school is to contact the volleyball club closest to them (this link shows all the volleyball clubs in Canberra and their contact details:

<https://www.revolutionise.com.au/volleyballact/play-volleyball/find-a-club/>) to see what they can offer in terms of training and weekly game play in the Volleyball ACT local competitions. Each club run training sessions at different venues and times so it's best to find the one that suits them best.

The students have had a very busy term focussing upon our chemical science units. Students from the 5/6 unit began with close observation of the changes a familiar substance (water) undergoes as it is heated and cooled.

In year 5/6, students observed the condensation of water vapour in the air into liquid water on a cold surface. They extended their existing knowledge of changes of state to construct an explanation. They conducted another practical activity to observe how the evaporation and condensation of water applies to the physical world and the weather.



Students have also explored reversible and irreversible changes to matter by using common, everyday substances and considering everyday observations. They examined reversible changes of state and irreversible chemical changes with practical investigations and experiments. They created mixtures and explored how to separate them.



Hi CCS Community,

Week 9 is here!

Thank you to all our wonderful families and staff for supporting our school and ordering some Cookie Dough! And a massive thank you to all of you for picking it up on time!! We do not have the facilities to freeze that much dough, so we are grateful that you were able to pick it up on time.

Canteen News

For next week's pupil free day, the canteens will not be open at all. For Friday the 1st of July, the canteens will be open for counter service only in the first break.

From the start of term 3 the Senior Campus Canteen will be closed on Mondays and Tuesdays. However, it will be open for lunch orders and counter service on breaks 1 and 2 only on Wednesdays, Thursdays and Fridays.

Break 1 is 11:00am – 11.25am

Break 2 is 12.20-12.45

If ordering the lunch orders from Flexischools, Break 1 pick-up is Recess, and Break 2 pick-up is Lunch. We hope that these times are more suitable for our students to get in a good lunch before the second half of the day. We always appreciate your support and hope that you continue to purchase lunch orders from both our canteens.

Junior Athletics Carnival

We will be offering a special lunch order at the Junior Athletics Carnival on the 26th of July. We are looking for volunteers to help run a canteen on the day and to help pack the orders. Information regarding the special lunch and how you can order will go out next week.

Coming up next term

Next term, we will continue our Loose change Fundraiser as well as have a Crazy Sock Drive.

Thank you for all your support, we hope you have a restful and warm holiday and we'll see you in term 3!

COMMUNITY NEWS



HOLIDAY HAPPENINGS™

A row of seven colorful icons representing different activities: a blue square with a white treble clef, a green square with a white magnifying glass, an orange square with a white face, a pink square with a white smiley face, a purple square with a white camera, a green square with a white calendar, and a blue square with a white signature.

The next Holiday Happenings edition is now available online.

To see the *Programs, Activities & Events* happening these holidays go to:

www.holidayhappenings.com.au/online-booklet

The background of the advertisement features a group of smiling children.



Macca's® Masterclass Holiday Clinic



TUESDAY
5 JULY 2022
5-12 YEAR-OLDS

Date: Tuesday 5th July 2022

Age Group: 5-12 years

Registration Time: 8:30am

Day Concludes: 3:30pm

Location: 14 Torrens Street, Braddon, ACT, 2612

Cost: \$90 (+ Eventbrite fee)

Link to register: <https://www.eventbrite.com.au/e/maccas-masterclass-holiday-clinic-2022-registration-350060800277?aff=NRL>

If you have any questions please feel free to reach out to Raiders events team via email: events@raiders.com.au.