



Caroline Chisholm School  
Preschool to Year 10

An ACT Public School

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# NEWSLETTER

Friday 12<sup>th</sup> May 2023  
TERM 2 WEEK 3

## WEEK 4

Monday 15<sup>th</sup> – All Day  
Kindergarten Health check

Tuesday 16<sup>th</sup> – All Day  
kindergarten Health check  
12:30 – 2pm Year 6 combined  
band CCS hosting Namadgi.  
6pm – P&C Meeting

Wednesday 17<sup>th</sup> – All Day  
Broulee Surf 6am – 4:30pm

Friday 18<sup>th</sup> – All day Broulee  
Surf 6am – 4:30pm  
2:15 – 3pm JC Assembly

## WEEK 5

Monday 22<sup>nd</sup> – World Bee Day  
activities

Tuesday 23<sup>rd</sup> – JC Cross  
Country regionals 11:20 –  
12:40pm

Wednesday 24<sup>th</sup> – All day  
World Bee Day activities  
10am – 11:30am BlocHaus

Friday 26<sup>th</sup> - All Day Bee  
activities  
10:30am – 11:20 am BlocHaus

## PRINCIPAL'S MESSAGE

Last week our Year Five and Six children headed off to Cooba Camp and had a fantastic time! Thankfully, the weather stayed kind (although it was chilly overnight) which is always a bonus: activities are still run in the rain, but wet toes and freezing fingers takes the enjoyment away! I would like to take this opportunity to thank Phil and the team for the organisation of the camp and for leaving their loved ones and comfy couches behind to support the children to have these experiences. Sadly, there are no provisions within schools to reward teachers for attending overnight camps- the teachers do it because they know how important and worthwhile it is for the children. If you have not seen the staff to thank them, please take the opportunity to show your gratitude when you can.

### Cross Country

The Senior Campus cross country was held on Thursday and was an amazing success! Children were eager to compete, and the sausage sizzle afterwards made it even better. The range of games held in the middle session brought lots of fun and laughter and the enrichment opportunities in the afternoon capped off the day. A huge thanks to Mr Fleming and the team for organising the day!

### Covid, flu, and staff shortages

I am sure many of you are aware of the challenge of staff shortages in education (and other professions). Jen and the team put in place many measures at the start of the year, and in previous years, for the long-term sustainability of our programs to offset the likelihood of 2023 being another challenging year to staff. To date, everything has gone as planned and there has been very minimal disruption to learning due to staff shortages. However, we know across Canberra it is becoming harder to staff and there is not a lot of 'wiggle room' left at this stage if staff are absent. This means collapsing or splitting classes in the first instance when staff are unavailable due to illness or other commitments. We will endeavour to continue the programs we run for as long as possible but I feel it is important to inform you regularly of the possibility of the needing to be adaptations for what we are able to offer in school so that if there is a change, and these things can change in a matter of days with new strains of Covid and coming into flu season, you are aware of it beforehand. The ACT Government provide flu vaccinations to school staff and the majority of us have these (we do not want to be sick either!). Thanks for your understanding.

## Parent Teacher Interviews

We really appreciate you taking the time to speak to your child's teacher this week. We hope the information they have provided you has given you added insight into your child's approaches to learning and their progress in the year so far.

## Mother's Day

On behalf of all the staff, I wish all our mums a wonderful Mother's Day this Sunday. I hope your children make that extra special effort for you and that you have a superb day!

Chris Jones

## PRE-SCHOOL NEWS

### Introducing the Tigers and the Dinosaurs!



This year we trialled engaging children in the naming of our preschool groups. The aim was to support children's agency and foster a strong sense of belonging by choosing a name that is decided on by each group. It was a process, and we revisited the conversation many times over a period of weeks. We decided to use animal names for our groups and took a survey of everyone's favourite animals. The beginning of the week group,

traditionally the Pelicans, had a majority having the same favourite animal. To finalise the name, we took a vote, and the clear winner was Tigers.



The end of the week group, traditionally the Rosellas, did not have many connections between favourite animals. During previous conversations we had a suggestion of lions, but when posed to the group, it was a unanimous no. The next suggestions from the children were Dinosaurs, which became Quiet Dinosaurs when everyone started to roar! We finalised it with a vote between Lions, Rosellas, and Dinosaurs with Dinosaurs the winner.

To help connect to our group names, we looked at some of the animal characteristics and how they are like us as learners. For example, baby Tiger cubs learn through play just like we do, and dinosaurs show perseverance in the search of food.

### How we can make things happen

The children in both groups have been exploring and experimenting with what they can make happen and what they can change. Towards the end of term, we started a colour mixing experience using water after children began experimenting with mixing paint. Children have returned to this experience over and over and requested it on return from holidays.

'I'm experimenting'

'I made Pepsi.'

'Can I undo the colour?'



Some of the children transferred what they discovered colour mixing water to mixing paints on easel. We have made playdough to further explore adding things to make things change as well as conducting some science experiments together.



### YEAR 5&6 NEWS

What an exciting start to the new term we have had in the 5/6 unit! We spent Week 1 settling back into school life after a nice break, but it was obvious that students had their hearts and minds expectantly and excitedly focused on Week 2.

Monday and Tuesday in Week 2 was where the excitement really started – students pretended to work, but in reality, they were planning what snacks to take along and how many pairs of socks. They packed their bags and Wednesday arrived. We headed off on our big adventure to our very first school camp at the wonderful Camp Cooba! Students worked in teams to earn Cooba Bucks for their team – Cooba Bucks were awarded to teams valuing from \$5 to \$20 for displaying good teamwork and communication skills, as well as participating and encouraging their peers to engage in the activities. Whilst students were on camp, they had the opportunity to learn new skills, develop new friendships and face their fears over a series of challenging activities.



We had the opportunity on camp to complete the assault course, low ropes course, the big swing, pretend to be Robin Hood with some archery, practice our bike riding skills, play some awesome bush games and completed a mini team initiative challenge. We even got to do some super cool activities during the evenings like dancing up a storm at the disco and working as a team during games night. The students had the best time on camp and cannot wait to go again!

“We did fun games and activities to challenge ourselves by making us work together.” – **Carus**

“We all went into team groups and participated in trying new things, even if we were scared.” – **Jude**

“I think the most enjoyable part of camp was the Big Swing because I got to overcome my fear of heights and encourage other students to have a go.” – **Billy**

“I learnt from camp that there is no me in teamwork, but there is teamwork and to face your fears.” – **Cade**

“The thing I enjoyed the most at camp was archery because it was fun trying to hit the target.” – **Maya**

“The activities we did on camp were bike riding, the big swing, assault course, low ropes, archery, bush games and team initiatives.” – **Jack**

“I learnt from camp to persevere, make new friends and try new things.” – **Leila**





"Camp taught me to ride a bike, work as a team and to not be scared to try something that you are afraid of." – **Felicity**

"The assault course was enjoyable because it was fun getting wet and going through the tunnel which was almost completely full of water." – **Paige**

"I learnt on camp that it is a good thing to face your fears." – **Abi**

"Trying to face my fears for example on the big swing. I am a bit scared of heights, so I didn't really want to do it, but I did." – **Beau**

"We had to use a lot of teamwork; it was a good experience to do things with other people." – **Kiki**







In Week 3, we again hit the ground running. It was the first day back from camp and students participated in some educational programs. The Year 5/6 Girls did 'Fearless Futures' presented by Fearless Women. The 5/6 boys took part in a presentation from Menslink. Both programs are designed to help children to make the right choices and look after themselves.



Through the 'Fearless Futures' program the girls learnt to build confidence and resilience, allowing them to change their future and fearlessly find their way. The program supported the girls to discover who they are and see all they can be in safe, inclusive, and supportive environments.

The 5/6 boys came together with Mark from Menslink to talk about how to better themselves, their friends, and their family. They spoke about how young boys sometimes make poor choices that impact both themselves and those around them. Having a positive male role model in their lives would help them be able to take responsibility and be in control of their own actions.



### Middle Years Camp

A HUGE thank you to AGH Camps for hosting our Middle Years Camp in Week 1 of this term! We had fifty-nine of our Year 7 students attend this adventure over the three days and two nights. They were able to demonstrate new skills, build on existing friendships while creating new ones and challenge themselves with some exciting activities. Each student on the camp had the opportunity to walk the high ropes course, fly down a zip line through the bush, cycle across the sky, shoot arrows at targets in archery, go for a beautiful bush walk, go canoeing with their friends, build floating rafts (some successfully keeping students dry, while others having the opposite effect) all while working on communication, teamwork and inclusivity.

Students also experienced a First Nations Welcome to Country with a traditional Smoking Ceremony and later were taught traditional dances and learned about different resources that are used as hunting utensils.

Both nights were also bursts of energy with a trivia and games night, a movie night and a camp fire to sit around while toasting marshmallows and chat about the fears that had been conquered that day.

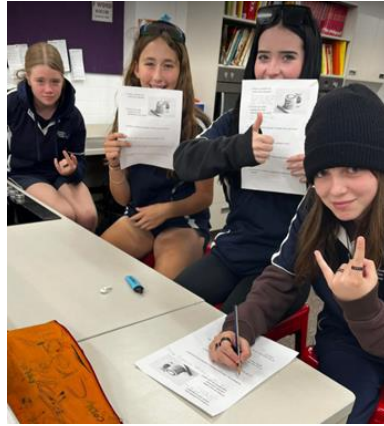
Thank you so much to the staff from CCS who attended this camp as they also worked beyond their limits to lead by example, facilitating students to attempt the activities, pushing past their own limits, and having a great time.





## ELECTIVES:

At the beginning of the year, Year 7 students completed a form expressing their preference order for our Middle Years elective classes. Each term they are placed into a new elective so they can have a taster of what these classes will be like before electing for their Year 8 timetable. Our Year 7 electives are: Art, Drama, Food Technology, Music, and Woodwork. This term saw a fresh new bunch of faces for our elective teachers to explore both theory and practical components with. As Year 8's they will have two electives on their timetable for the year, so it is important students have a positive attitude and open mind set when attending their different electives over the four terms in Year 7.



## Wellbeing Lessons:

Every Monday, Week B, we have a timetabled lesson which focuses on Wellbeing. This is usually done with students in their Contact Classes with their Contact Teacher. Due to the many public holidays this term, with the help of our Year 8 Coordinator, we have decided to allocate targeted groups for our Middle Years students. There will be two lessons; an initial conversation about the content and how we can best move forward with the focus of the group in Week 4, and then a reflection lesson on what strategies worked well and other ways to continue to evolve and progress in Week 10. More information about these groups to come!



## Other Reminders:

- ❖ Please ensure your young person is attending school organised with their equipment; Chromebook (fully charged), pens, books, and food for the day.
- ❖ Uniform – As it begins to get colder, we encourage students to wear their school jumpers and add layers underneath. They can wear layers under their school shirt if it is our school colours.
- ❖ Getting changed for practical HPE lessons: The red shirt and black shorts can be purchased from the uniform shop. Any questions reach out to your child's HPE teacher.
- ❖ There are two Public Holiday's coming up this term: Monday 29<sup>th</sup> May (Week 6) and Monday 12<sup>th</sup> June (Week 8).
- ❖ The Contact Class Teachers are your first contact for any questions or concerns:
  - ~ Jumbanna Jukeboxes (purple & blue) – Laura Macafee
  - ~ Mullaya Musical Monkey's (green) – Safia Saboor
  - ~ Karingal Karaoke's (pink & red) – Cassandra Hoolihan
  - ~ Cooida Classics (yellow & orange) – Nicholas Tugwell
  - ~ Funky Flex Space – Danielle van Kemenade



Tanya Turner

2023, Year 7 Coordinator



Dear Parents and Carers,

The P&C's cookie dough fundraiser opens this week. **This will be our major fundraiser for this term.**

We still need additional funds to cover our annual operating costs, so every little bit helps!

Information brochures have been handed out to students this week. All ordering is conducted online, and orders close **5 June 2023**, with tentative delivery date of Wednesday 21 June (Week 9). If you are interested in buying cookie dough for yourself, here are the instructions:

Visit [www.australianfundraising.com.au](http://www.australianfundraising.com.au) and click the "**Register**" button on the home page. Once you have created your own profile, simply place your order using the "Order Now" button. You may also share the link with family and friends.

Many thanks for your support,

CCS P&C committee





## SUPPORTING CHILDREN AND YOUNG PEOPLE EXPERIENCING ANXIETY

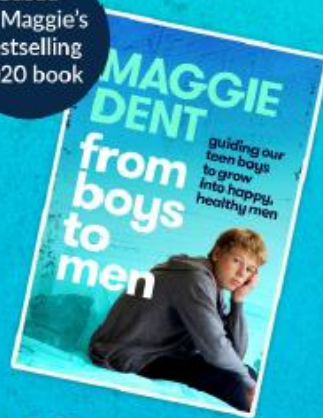
Anxiety is a normal part of childhood development, and it is not unusual for students to sometimes worry about attending school. However, intense, excessive, and persistent worry can impact a student's school attendance and their overall health and happiness.

To help parents and carers support students experiencing anxiety and promote school attendance the Education Directorate has compiled the following resources:

- ACT Government – Education:
  - [Wellbeing Support Resources for students and families](#) – including, a short video series to help families support their child if they are feeling anxious.
- Raising Children Network:
  - [Anxiety in teens: what it is & how to help](#)
  - [Generalised anxiety in children](#)
- Emerging Minds:
  - [Anxiety information for different age groups and for parents](#)
- Headspace:
  - [Tips to support young people with school stress](#)
- Mindmap – ACT Youth Portal:
  - [Find Resources | MindMap - Canberra's mental health resources \(act.gov.au\)](#)
- Kids Helpline:
  - [Anxiety in kids and teens | What is anxiety? | Kids Helpline](#)
- The BRAVE Program:
  - [The BRAVE Program](#) is an interactive, online intervention for the prevention and treatment of childhood and adolescent anxiety. The programs are free and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.



Based  
on Maggie's  
bestselling  
2020 book



# from boys to men:

## Guiding teen boys

Join one of Australia's favourite parenting authors and host of the ABC's Parental As Anything podcast for this exploration of how to guide out teen boys safely to healthy manhood.

**Thursday 1st June 2023**  
6.30pm-8.30pm (doors open at 5.45pm)

Hellenic Club  
Matilda St, Woden, ACT

Tickets \$35 available  
from [www.maggiedent.com/events](http://www.maggiedent.com/events)  
Trybooking: [trybooking.com/CGWBH](http://trybooking.com/CGWBH)



[maggiedent.com](http://maggiedent.com)

# ART GYM

Art Classes for Children in Years 6, 7 and 8

**Tuesdays 4:00pm to 5:30pm**

May 8, 15, 22, 29	June 5, 12, 19, 26
July 3, 10	August 5, 12, 19, 26
September 2, 9, 16	October 4, 11, 18, 25
November 1, 8, 15, 22, 29	December 3, 10

**Queanbeyan Art Gallery**  
8 Tindale Place, Queanbeyan, NSW 2620

Sign up by giving us a call or email

**0410 063 385**

**heatherdixon@gmail.com**

Please contact Heather for enquiries, registration and payment details.

**\$30**  
Per Lesson

TEACHER: HEATHER DIXON, Diploma of Education (Visual Arts)  
WWW.QAGALLERY.COM.AU/ARTGYM (N11)

BOOKING: ANNA THURTELL, Nanyang Cinema Booking  
WWW.2020.12.19.AU

Richardson Primary School along  
with EACH welcomes you to attend the...

## “Look Who’s Talking” Parent Workshops

### About EACH

EACH is the NDIS Early Childhood Partner in ACT, Greater Ipswich, South West Sydney and Southern NSW. We deliver the Early Childhood Approach for children aged 0-6 years with a disability or developmental delay. We work together with parents, carers, and families to support children have the best possible start in life.

### Program Description

‘Look Who’s Talking’ was developed by a speech pathologist and early years teacher/play therapist from the Tasmanian Government’s Department of Education. The workshops aim to guide and support parents in oral language development while connecting with their children.

These workshops are aimed at parents/carers of babies through to the age of 4 years.

Topics include:

- The importance of rhymes
- Serve and return play
- Building vocabulary
- Positive language
- Helping your child manage ‘big feelings’
- Follow your child’s lead
- The magic of waiting
- Reading with babies

### Session Information

**Date:** Every Thursday (for 7 weeks)  
11 May – 15 June 2023

**Time:** 9.30am – 10.30am (AEDT)  
Please arrive at 9.15am

**Location:** Richardson Primary School Library  
21 May Gibbs Ct, Richardson ACT 2905

**Registration:** Contact: Natalie Hogan – 6142 3630  
Or register online via the [link](#) or QR code



There is no cost to attend and light refreshments will be provided.