

NEWSLETTER

PRINCIPAL'S MESSAGE

Friday 10th November 2023
TERM 4 WEEK 5

WEEK 6

Monday 13th November
Jervis bay trip camp 2

Tuesday 14th
Jervis bay trip camp 2

Wednesday 15th
Jervis bay trip camp 2
9am – 11am URFab parents and
Small group students
11:15 – 12:15 URFab 3 /4
individual class sessions

Thursday 16th
9am – 9pm Dance showcase

Friday 17th
All day –K-Yr4 Kenny Koala visit
2:15 pm 3/4 Assembly

WEEK 7

Tuesday 21st
Kinder 2024 Orientation
Jervis bay camp 3

Wednesday 22nd
Jervis bay camp 3
Flexspace Transition day 2024
9am – 11am URFab parents and
Small group students
11:15 – 12:15 URFab 3/ 4
Individual class sessions

Thursday 23rd
Kinder Orientation 2024
Jervis bay camp 3
9:30 – 10:15 Pre-school orientation
2024 visit

Friday 24th
9:15 – 12:30 1 /2 Bush Play Friday

As you will be aware, with Jen Howard's appointment to Melba Copland Secondary School, the directorate has commenced recruitment to fill the permanent principal vacancy. Following a recent expression of interest, I will continue to lead Caroline Chisholm School for the interim period.

Congratulations Joseph and Jen!

In the last newsletter I wrote about the fact that amongst many fantastic nominees, we had 2 finalists in the ACT Public Education Awards. It is my absolute pleasure to let you know that both of those finalists won their respective categories.

They are:

- **School Support Person of The Year** **Joseph Knezevic**
- **School Leader of the Year** **Jennifer Howard**

Both of these amazing people have contributed greatly to Caroline Chisholm School, and I'm so glad they have been recognised for their work.

Administration building

Progress is still being made on the new administration building on the Junior Campus, and we are getting closer to a construction commencement date. I am so excited by this, and can't wait to see the finished product.

Hospitality Showcase

Our staff at CCS go over and above to offer opportunities for our students and community. Earlier this week, our Hospitality class put on a beautiful evening, led by the amazing Sam Briggs. A big thanks to Sam, and to everyone who attended.

Uniform

Families are reminded that we expect all of our students to wear the appropriate school uniform every day. With the weather warming up, we are seeing many students wearing a range of black shorts and leggings to school. Please remember that black is not a key part of our uniform, blue shorts and leggings can be purchased from the



Uniform Shop. Students who wear black shorts as part of their HPE or Sport and Rec uniform are reminded to change after their lessons into their regular school uniform. For more information or to book an appointment with the Uniform Shop please head to: https://www.chisholm.act.edu.au/our_school/uniform

Get planning for 2024 with upcoming student-free days

From 2024, there will be 4 student-free days for ACT public schools. These are the first day of each school term:

- Term 1, Monday 29 January 2024
- Term 2, Monday 29 April 2024
- Term 3, Monday 22 July 2024
- Term 4, Monday 14 October 2024.

We use student-free days for staff development, enabling us to plan in a student-free environment. Student-free planning days have been expanded from 1 to 4 days from 2024 as part of our new Teaching Staff Enterprise Agreement which prioritises better teacher workloads for educational leadership, teaching and learning. For all school term dates, visit the Term Dates page: https://www.education.act.gov.au/public-school-life/term_dates_and_public_holidays

Student safety

Student safety is paramount at Caroline Chisholm School, and we are hoping that we can work together with parents and carers to keep this the case. We have seen an increase in students riding bikes and scooters without helmets, particularly in the school carparks.

A second concern is around students arriving at school too early. This leads to unnecessary risks and would like to remind families that students should not arrive before 8.30am.

Your support in reinforcing these messages is appreciated.

2024 Intentions

Planning for the 2024 school year is well underway! We do ask that if your family are leaving CCS at the end of 2023 that you inform us in writing to carolinechisholminfo@ed.act.edu.au If you are continuing on, you don't need to take any further actions. As always, our JC families will receive Welcome Letters from their teachers in January and our first school newsletter for 2024 will introduce you to the teaching teams across preschool to year 10.

Transitions

There are many transition events across term 4, we look forward to supporting our students at all levels of education. Transitions into Preschool, Kindergarten, Year 7, and Year 11 are key moments in the life of our students, and we work hard to ensure that everyone is supported through these times. Please reach out if you have any questions about any aspect of transition.

Staff for 2024

Each year, Public Schools across the ACT have teachers moving between schools. This movement is called teacher transfer. We are often asked by parents and carers why staff have moved on and why there has been a change in the staffing composition at school. As such we have several teachers who are at the end of their placement at Caroline Chisholm School and will be transferring at the end of 2023. The transfer process is occurring a little later this year so we will provide families with an update on staff movement as it is finalised in the coming weeks.

Celebrations

The end of year is a busy time, filled with celebration, and recognition of students who have achieved excellence throughout the year. While some student achievements are celebrated in formal school events, Caroline Chisholm School students achieve excellence in many ways in a wide range of different fields. We really appreciate when families share their child's achievements with us so we too can celebrate your child's perseverance and commitment to excellence. Please feel free to touch base at any time to share your child's successes outside of school.

Pack the bus.

Leading into Christmas, our Mix 106.3 and Transport Canberra staff will be getting on a bus and driving around the region, making stops to fill it with essential food items and toys for kids and families in need, because everyone deserves a Christmas! All items collected will be donated to those in need through Communities @ Work. Our school is proud to be associated with this initiative, and we will set up collection spaces on both campuses. Please dig deep and support where you can.

Thanks for your support,

Shane



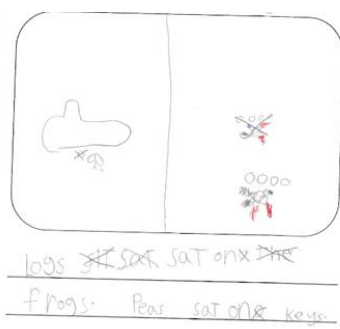
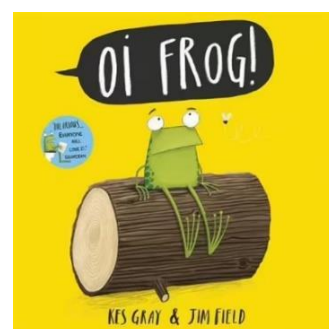
Kindergarten News



We have now entered our final term of kindergarten and there have been many exciting things happening!

Literacy

This term in literacy kindergarten have been revising all of the sounds we have learnt and have continued to learn new digraphs, where two letters work together to make one sound. This is helping us to improve our reading and writing! Here is some of the writing KT did based on the book "Oi Frog".



Mathematics

In mathematics this term we have been learning about data, what it is, and how it can be collected and shared. The students have been collecting data using pictures, tally marks and through counting votes. The students have enjoyed this unit of mathematics as they are able to collect data on topics that interest them. Here is what data collection looks like in KL:



KT:



Kindergarten assembly

In week 4 kindergarten held their second assembly of the year. Within this assembly we focused on the performing arts of drama and singing. We did lots of practice to ensure our friends and families enjoyed the afternoon. KT showcased their understanding of the book *The Dot* as they did a special song and dance. KL got to act out one of their favourite books, *The Gruffalo*, as they wore masks they had made, and recited lines from the book.



Fire Safety

During week 3, the Chisholm fire department came to visit kindergarten in their fire truck. We were educated on what safe and unsafe fires look like, who to contact if a fire occurred and how to stop, drop, cover and roll. They were engaged in a fun presentation with Sparkie the fire dog, and even got to use a fire hose! Here are some photos from a fun day:





LSU News

LSU students are dedicated to the pursuit of both education and enjoyment. Here's a glimpse into what's been happening in our classroom:

Literacy:

This term, our focus in literacy has centred around narratives. Our students have delved into various texts that revolve around this theme while honing their skills to craft their own stories. This term's spotlight was on the story "Storm Boy" by Colin Thiele. In response to this story, students have unleashed their creativity by answering the question: "If I found a Pelican, what would I do with it?"

Mathematics:

In mathematics, we are fostering the development of mathematical strategies using hands-on, interactive methods. Students have embraced the use of tools like Numicon and other manipulatives, with our older students also creating connections with their mainstream peers.



Art:

Art holds a special place in our curriculum for the multitude of benefits it offers to children. Here are some of the remarkable advantages of learning art:

Art promotes problem-solving skills.

Art encourages creative thinking.

Art fosters patience and determination.

Art can convey a visual narrative.

Art seamlessly connects with various subjects.

Art serves as a universal language.

Art nurtures critical thinking and decision-making.

Art extends and enhances existing learning.

Art stimulates intriguing discussions and dialogues.

We place immense value on these attributes, recognising the importance of lateral thinking and learning.

Recently, our students tackled a challenging task – creating charcoal drawings after observing "The Thinker," a sculpture by Auguste Rodin. This endeavour involved mastering the art of charcoal manipulation while learning human anatomy drawing techniques. The results of their efforts left LSU staff amazed and inspired.

The LSU team is dedicated to nurturing well-rounded, creative, and curious individuals. We remain committed to providing a stimulating and enriching educational experience for all our students.

Year 8 News

Food Technology - Making Ravioli Pasta

In week 4, both Year 8 Food technology classes had the opportunity to make pasta from scratch. They then created a fun new filling to produce a new Ravioli flavour.





World Teachers Day - Year 8 teacher Compliments:

Thanks to Mr Cannell who asked his students to pay 1 compliment to a teacher of their choice to show appreciation on World teachers Day.

Ms Miley-Read - I appreciate you and thank you for all of this year. - Amelia

Ms Swann - I'm glad you've been here to help students with what they need. - Amelia

Mr Wray & Mr Taz - Thank you for hosting tabletop and introducing me to Warhammer and other small games. If I wasn't introduced to it, I would be on my PlayStation all day. - Colby

Miss Macafee - Letting the year 8s do dancefest and how she always makes dance so much fun. - Lauren

Mr Crowther - You are determined at most of the sports you play – you make things more challenging by giving hard throws and making things more exciting. - Regan

Mr Taz - Thanks for making the class fun. - You're Cool. - Lana

Mrs Catchpole - Thank you for being an amazing teacher. Thank you for the amazing learning that you gave me. - Lizzie

Mr Taz - You're doing a good job, thanks for putting up with me in science - Emily

Mr Crowther - For being an awesome HPE teacher and letting us have detective dodgeball to play and have fun.

Miss Briggs - You are pushing us to see our limits and do our full potential. - Regan

Mr Crowther - Thanks for being an amazing HPE teacher all year and I've had fun talking about pop culture stuff like movies and games and getting tempted to spoil spiderman 2, but I won't because I'm just that good. - Colby

Mr Pratley - thank you for making class fun and for being understanding. - Marnie

Mr Taz - You have good stories. - Lana

Miss Roberts - Thank you for having cookie Friday and being a great teacher. – Charlie, Aaliyah and Hannah

Miss Briggs - Year 8 Coordinator

Miss Briggs will be on leave from weeks 7 - 10. During this time if you have any concerns, questions or just need to reach out, please communicate with your child's contact class teacher or a middle year's executive.

Jumbanna - jade.reid@ed.act.edu.au (Monday and Tuesday) kate.bindley@ed.act.edu.au (Wednesday to Friday)

Mullaya - dylan.cannell@ed.act.edu.au

Cooinda - kaitlyn.catchpole@ed.act.edu.au

Karingal - alice.abraham@ed.act.edu.au

Middle Years Executives - michalephokos@ed.act.edu.au or timothy.hawke@ed.act.edu.au

Uniform Expectations

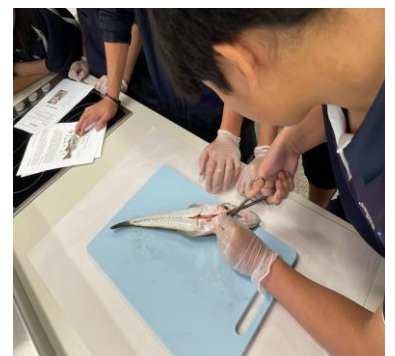
Throughout the last week, both Year 7 and Year 8 have had the focus of trying to be in the right uniform. To support this some consequences have been put in place if a student comes to school out of uniform. The following procedure is in place.

- The student is out of uniform but has a note/email from the parent/guardian stating this is explained - This is the best-case scenario and no consequences.
- The student is out of uniform but close to the school colours - they will lose one break.
- The student is very out of uniform (missing items or bright colours etc) - student will lose all 3 breaks for that day.

If you have any concerns about obtaining uniform items for your child, please reach out to the front office or the year 8 coordinator to assist you.

Science

This term Yr8 Science students have been learning all about cells, multicellular organisms, and microscopy. Mr Taz's Science squad started the term dissecting some flathead and comparing their organ-systems with that of mammals. Lamb-heart dissections for the whole year are scheduled for Week 6!



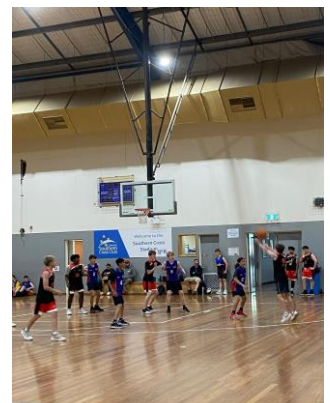


HPE

Mr Van Bockel and Mrs Reid/Bindley's Year 8 HPE classes have been combined for the past few weeks to run a round robin OzTag Tournament themselves. Once throughout the tournament they have been the duty team, which means they're in charge of getting the equipment ready and set up, referring, scoring, and keeping time. It's been a great experience for everyone and as teachers, we've seen a lot of student growth and support for each other throughout the games. We're looking forward to working with our own classes again but have enjoyed working with each other through these weeks.

Basketball Excursion

On Wednesday week 4, Many year 8's participated in the Southside Basketball Day at Southern Cross Stadium. The day was filled with an impressive showcase of students' teamwork and skills in basketball. A close battle with Wanniasa High led to a 3-point buzzer beater from Wanniasa to tie the game. Students showed resilience and great sportsmanship through the day. Look forward to more sporting opportunities next year at CCS!



Congratulations Deklan!!

Deklan has been identified and invited to join and train in the Talented Hockey squad. He has also been selected in the Under 15s A.C.T state indoor team and will compete at the National Championship in January 2024.





Hello from the UR FaB Team,

In a previous newsletter we spoke about **emotion coaching**. Emotion coaching is helping children understand the different emotions they experience, why they occur, and how to handle them.

The UR FaB program emphasises the need for clear boundaries with the use of emotion coaching. Accepting your child's feelings does not imply accepting his/her behaviour – the message is all feelings are acceptable, but not all behaviours. We use limits for the behaviours. Combined, these generally help children to feel emotionally supported and reduce challenging behaviour.

Often emotions such as hurt, jealousy, sadness or fear can lead to angry expressions. It's important to notice and label the emotion underneath the behaviour, to understand it before setting limits or going over the rules. Using labels to describe your child as naughty or bad etc., or using criticism, sarcasm or contempt does not help your child follow the rules or feel confident or competent. We want to separate out the feelings of anger from angry behaviour, e.g. it's ok to feel angry, it's not ok to hit others.

(Steed, A. & Duncan, S. n.d. [Emotion coaching – how parents can bring out the best in their kids.](#))

Some strategies for responding to challenging behaviour:

- Family/household rules – each family needs to have their own rules and they are best expressed positively – e.g. we keep our hands to ourselves, we speak kindly to each other, we look after our things.
- Loss of privileges – it is important that this approach is non punitive, immediate and short lived to be effective.
- Cooling down time (for parents and children) – this is not time-out; rather it is when an individual chooses to cool down by removing themselves from the situation or by being prompted to leave the situation by someone else. By doing this and engaging in a strategy that reduces the intensity of the emotion (such as by breathing deeply), the parent or child is better able to think through how to respond. For younger children it is important to remain close when they're experiencing a big feeling.
- Reassuring and gently holding the child when they are angry can help, but only if it is clearly understood and felt by both parties to be reassuring and non-abusive and not threatening. When holding a child parents should say soothing words in a calm voice or say very little.
- Talking after the event: repairing and saying sorry – parents should talk to their child about ways of managing anger at times when the child is not angry. Parents provide an important role model for their children about how to repair after a conflict and how to say sorry to each other.

([Gottman, J.M., & DeClair, J. 1997. The Heart of Parenting: Raising an Emotionally Intelligent Child. New York: Simon and Schuster](#))



UR FaB Understanding and Responding to Feelings and Behaviours
Program in Schools
Child and Adolescent Mental Health Services (CAMHS)

Hello from the **UR FaB Team**,

In order for children to learn to manage strong emotions they first need to develop the ability to name and understand their emotions. The ability to identify and understand your own emotions and then to use your emotional awareness to guide your problem solving is known as emotional intelligence. The UR FaB program is based on the research that having good emotional intelligence is associated with greater life satisfaction, better relationships, and lower rates of psychological difficulty.

Emotional intelligence is fostered by **emotion coaching** (drawn primarily from the work of John Gottman); and is a style of parenting which research has shown supports the development of children's emotional intelligence.

([Gottman, J.M., & DeClair, J. 1997](#). The Heart of Parenting: Raising an Emotionally Intelligent Child. New York: Simon and Schuster)

Emotion coaching is helping children understand the different emotions they experience, why they occur, and how to handle them. In the simplest terms, you can coach your child about emotions by comforting them; listening and understanding their thoughts and feelings and helping them understand themselves. As you do this, your child will feel loved, supported, respected, and valued. With this emotionally supportive foundation, you will be much more successful at setting limits and problem solving.

Here are some questions and statements that will help you get started:

- Are you feeling.....? (Then give 2 choices, sad or mad? Afraid or sad?)
- What is making you.....mad? sad? happy?
- What kind of day are you having? A happy day? A sad day?
- Did somebody hurt your feelings? What happened?

Emotion coaching teaches children that we respect how they feel and while all emotions are okay, not all behaviours are okay!

If you'd like to learn more about emotion coaching, we're running a free online seminar on **Wednesday 22 November 2023** for any parent or carer of the school. You can register your interest with the front office.

(Havighurst, S. & Harley, A. [Tuning in to Kids](#). University of Melbourne)

The UR FaB Team



Understanding and Responding to Feelings and Behaviours

UR FaB Program in Schools

The UR FaB team is offering a parent session on understanding and managing challenging behaviours through emotion coaching to all interested parents at your school.

Emotion coaching has been shown to build emotional intelligence in children. This is linked with greater resilience and better long-term outcomes.

This session can help you to understand:

- * your child's emotions and needs
- * the importance of emotional intelligence and how you can support it
- * how to use emotion coaching to respond to your child
- * where you can find further supports

Where: Online via Microsoft Teams

When: 1:00pm to 2:00pm, Wednesday 22 November 2023

RSVP: please register with your school's front office

Contact the UR FaB Team for more information on
chs.camhsceip@act.gov.au