

NEWSLETTER

PRINCIPAL'S MESSAGE

31st March 2023
TERM 1 WEEK 9

WEEK 10

Monday 3rd April

World Autism Awareness Day

All Day – Kangaroo Valley
Camp

Tuesday 4th

All Day – Kangaroo Valley
camp

Wednesday 5th

All day – JC Cross Country
Carnival

All day – P&C Easter Raffle
drawn.

All day – Kangaroo Valley
Camp

9:30-3pm – All abilities sport
day

Thursday 6th

All day – Kangaroo Valley
camp

Friday 7th – GOOD

FRIDAY/Public Holiday

TERM 2 Week 1

Monday 24th April

FIRST DAY BACK

Tuesday 25th April

ANZAC Day – Public Holiday

Wednesday 26th

All day SC camp

Thursday 27th

All day SC camp

Friday 27th

All day SC camp

We have so much to celebrate at CCS this fortnight.

Thank you to our wonderful P&C for raising \$685 through the bulb fundraiser this year. My thanks to the community for the support for this fundraiser, it really does help our P&C to support the school through businesses such as the uniform shop and the canteens.

Thank you to our dedicated staff for another fantastic term of learning. It has been wonderful to hear about student growth in general capabilities including literacy, numeracy and personal and social capabilities.

Thank you to our families for the ongoing support through positive and challenging conversations; we appreciate your ongoing partnership for learning.



Non-Perishable Food Drive



Across weeks 8, 9 and 10 we are running a non-perishable food drive at CCS. All items donated will be gifted to Good Shepherd Community Church who have supported many CCS families throughout 2022 and into 2023. We were also gifted 10 large family Christmas hampers which were distributed before the end of last year.

Donations requested are non-perishable so things like tinned foods packaged biscuits etc. Last time we ran a donation drive like this there was a wonderful response from our community. We are hoping for the same again as I know it kept the Church's pantry stocked for some time.

We kindly ask that donations are dropped off to the front office of either Campus. Thank you in advance for supporting this initiative.

Event + Response/Reaction = Outcome

Over the past year we have continued to focus on working with our students to understand the choice they have of responding or reacting to events. This language explores the notion that an event plus a response (preferred behaviour) or reaction (less desirable action) can impact the outcome of situation. For instance, if negative interactions have occurred online, by choosing a response where these interactions are reported to the eSafety Commissioner and the subsequent account is blocked/reported/unfollowed, then the outcome can be impacted. While the outcome can never truly be controlled, by being an upstander and

taking a positive response, we can impact on things that upset or offend us. By reacting with equal levels of abuse, often the outcome is that we get further upset by a 'tit for tat' situation. The same principle can be applied to many different situations from a playground disagreement or after school interaction. I encourage you to speak with your young people at home about this analogy. We are continuing to embed this thinking across the school in our conversations with students to grow their capacity to respond to conflict and manage difficult situations.

Enrolments 2024

Enrolments for 2024 (preschool, kindergarten, year 7, year 11) open early next term. The process to apply for enrolment is to complete the online enrolment application located on our Directorate's website. Once you submit your application, a copy will be automatically emailed to your nominated email address (that you include on the form) and to the school.

The enrolment timeline has been released and the following dates and times apply:

- 26 April 2022 (6:00am) – online enrolment opens.
- 3 June 2022 (11:59pm) – enrol by this date to receive an offer from 25 July 2022.
- Applications made after 4 June will receive an offer later in the year.

The Online Enrolment form will be updated for the 2024 school year on 24 April 2023. Further information, including the enrolment portal, calculator to check your child's grade level and open night dates, please see the following link:

<https://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school>

Supporting your Child's Education

Early next term we will be sending out the 2023 Voluntary Contributions to families. We aim to provide the best possible education for every child enrolled at CCS. In order to meet the needs of every child and young person, class teachers continually participate in professional learning and discussions, assess and group students and of course plan, teach and review lessons. To support this focus on quality practice, all voluntary contributions go directly towards providing resources for students. As stated, the contribution is voluntary and payment details are confidential. No child misses out because their family is unable to make the contribution. You can contribute towards your child's education even if you cannot pay the full amount. You may also choose to set up a payment schedule with regular payments made over the year or term. Please contact Beth to discuss how to set this arrangement up. If you would like to pay a larger amount it will most certainly be gratefully received.

Have a safe and happy break, I look forward to seeing you all back at school on Monday 24 April for term two.

Thank you for your ongoing support,

Jen.

Junior Campus PE News

We are off to another great start to PE on JC this year. Preschool are participating in weekly Gymbaroo sessions with Kristie and Jill. Every Wednesday Preschool, LSU, K, 1 and 2 also participate in Gross Motor, for some it is the highlight of their week.

At the beginning of the term K-6 started off with team building games to promote cooperation and teamwork. Our Sporting School sport this term is AFL. Even though most students had never heard of AFL they were eager to give it a go and have loved learning the skills needed to master the game. We are getting particularly good at bouncing, handballs, marking and kicking. We are going to continue AFL for a few weeks next term, so we get to use all our new skills and focus on playing games.

We have two new PE awards this year. The Golden Hat award, this is awarded to classes who have all students bring and wear their own hat for PE lesson. Congratulations to 1/2F, 5/6I and 5/6S for receiving this award in Term 1.

Our second award is the Golden Tub award. This is awarded at assembly to the class who has looked after their classroom sports tub the best. When a class win the award, they get to pick a tub of special equipment from Kristie's classroom to use for the week. Congratulations to 3/4W, 5/6C and 5/6S for receiving the Golden Tub.



Junior Campus Science News

It has been an exciting Term 1 for science as we have been investigating about the Earth, Sun, Moon and planets of our solar system.

Kindergarten

Kindergarten students have been busy investigating weather and the change of seasons. We have found out why we have daytime and night-time in various parts of the Earth.



Year 1/2

We have been looking up to the sky and noticing what is there in day and night. We also made our own star constellations!



Year 5/6



We used toilet paper to measure and investigate the scale and distance between planets.



We have been making our own constellations!



Junior Campus Music News - Percussion Perfection

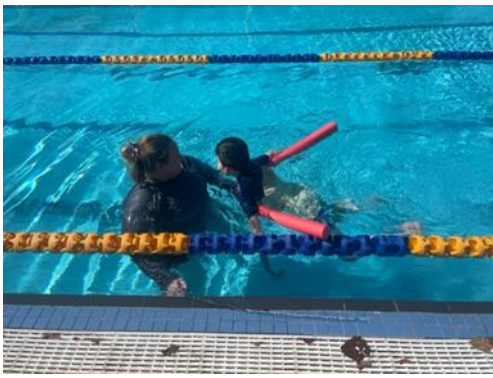
This term, classes have been exploring the percussion family and making music using drums, xylophones, cymbals, metallophones and chime bars. Classes have been learning to play Hot Cross Buns using these percussion instruments and have been working hard to perform their arrangements for the class. Students have had a wonderful time making lots of noise and it's been a pleasure seeing how much progress they have made already this term. We have also started a percussion ensemble who are getting ready to play their first concert. Look out for more performances next term!



Senior Campus - Flexible Space

Students in the flexible space have had a busy start to term, having the opportunity to engage with activities for the curriculum as well as enrichment and leadership opportunities. Year 7 students have settled into the high school routine.

Year 7 have been exploring social justice issues, poetic techniques, slam poetry and are in the process of creating their own personalised slam poem on a chosen social justice issue, applying all techniques learnt in their English classes. In mathematics for Year 7 and 8, they have explored the concept of BEDMAS (Bracket, Exponent, Division, Multiplication, Addition and Subtraction). They have increased their knowledge and understanding of each component, creating their own BEDMAS questions for their peers to work out the answer. Students embraced the CCS culture participating in their first whole school sporting event at the swimming carnival.



They have been involved in leadership opportunities creating a positive culture and environment whilst supporting the JC LSU with developing their bike skills and confidence. Students are keen to continue working on these skills working towards being able to grow capacity and move onto the skills to access the CCS Bike Track.



Students have had the privilege to engage in team building activities with Adam, our school youth worker, undertaking a variety of activities including personalised gym sessions, boxing, circuits and games. This has assisted students in developing connection and supporting each other to develop new skills.



Students are looking forward to continuing to work on our outdoor learning space within the courtyard, creating an area that is contributed to by their individual ideas, work and talents. We look forward to sharing this space with you all when it is completed and providing regular updates.

Students are looking forward to participating in All Abilities Gala Day next Wednesday, if your student wants to participate and does not have a note, please send them to see Miss Danielle. We look forward to sharing our amazing learning and enrichment opportunities as the year progresses.

Year 10: Mathematics

This term in mathematics Year 10 have been investigating Surface Area and Volume. Here are a few photos demonstrating the hands on learning they have been participating in.



Wellbeing in Schools -Pilot Program at CCS High School



My name is Alex Conroy, I am a part of an Education Directorate Wellbeing in Schools Pilot Program which commenced in Term One of 2023. I am a Social Worker, and my face may become familiar to you at Caroline Chisholm High School. Some of you may or may not know what Social Workers do. A Social Worker can help people to face life challenges and to assist people to improve their wellbeing. Social Workers aim to be a wealth of information to support people from all arrays of life, by providing resources or information in relation to services that may be able to assist students or families. I have a passion for working with families and the school community to provide the best start to life for a student's education. The Wellbeing in Schools Pilot program is in initial stages at Caroline Chisholm High School, and it would be great to hear from parents and families about what could be offered as a part of the pilot.

As part of my role at CCS Snr, I aim to add a "Wellbeing" section to fortnightly newsletters, and it would be great to get feedback on topics from parents and families. To provide feedback or make suggestions on topics you would like me to cover in newsletter, please contact me via Michaley Phokos and Kim Rice. I look forward to building a connection within the Caroline Chisholm High School community.

Playground Construction update



As you can see our new playground construction is well under way and nearing completion, everyone is excited as we observe the progress each day. We cannot wait until we can test our skills on all the new challenges this provides.



спасибо 谢谢
GRACIAS
THANK YOU
ありがとうございます MERCI
DANKE धन्यवाद
شكراً OBRIGADO



Thank You

for your Kindness

We at CCS are very lucky to have a \$100 hamper gifted to us that we will include in the Mother's day raffle from a local business in our community "Yes Please" Hampers, watch out for this raffle in Term 2 and if you need a special gift then peruse their range on Facebook or alternatively email : yespleasehampers@hotmail.com or call 0468 917 457 you will not be disappointed.

CONGRATULATIONS

TO ALL OF OUR SWIMMING REPRESENTATIVES AT THE TUGGERANONG REGIONALS



Career Development

Work Experience assists young people in making informed decisions about their future. Multiple placements are possible throughout the year. Students see the Careers teacher to plan.

College Enrolment opens online on Wednesday 26th April. I will be preparing a detailed letter to give Year 10 students and email to families as soon as the details are available on the Education Directorate's website. Generally I am able to distribute it before the Easter break. Fingers crossed.

Construction Safety Courses - Easter holidays - There are still spaces in these courses.

The CIT is holding White Card, Asbestos Awareness and Crystalline Silica Exposure Prevention training for high school and college students only, please see below for dates, times, location and costs.

Everyone, including school students requires both White Card and Asbestos Awareness Cards to enter a building site. The Silica Awareness Training is optional for school students. The Education Directorate have advised ACT schools as follows: "Students are not required to undertake the Silica Exposure Prevention course when undertaking work experience in the construction and building industries, unless they are undertaking an ASBA. Students attending work experience should be prohibited from duties that involve exposure to Crystalline Silica. Students will be required to shadow a qualified tradesperson who has completed Silica Awareness Training. Students cannot undertake practical work on or near these Crystalline Silica products, even if they have completed the course."

White Card - \$75 Mon 17 Apr 2023 - 9:00 AM to 3:30 PM - C202 – CIT Bruce Campus

Asbestos Awareness - \$75 Tues 18 Apr 2023 - 9:00 AM to 1:00 PM - C202 – CIT Bruce Campus

Silica Exposure Prevention – \$240 Tues 18 Apr 2023 - 1:00 PM to 5:00 PM - A207 – CIT Bruce Campus

Once you receive your electronic certificate from CIT you will have 60 days to apply for the white card online through Access Canberra. If you do not apply within 60-days, you will be required to do the training again.

To enrol, please read the attached enrolment instructions. Fill in the Word document and send it back to Richi with a message on the email saying "I agree" to the terms and conditions. Richi will email you regarding payment and a place in the courses will be confirmed after payment is made.

Also, students will be required to provide 100 points of identification on the day of the training (see attached for requirements, photos saved on a phone are acceptable).

Queries to: Richi Klemke, Project Officer - CIT Department of Building Management & Engineering Tel: 6205 4253 |
Email: Richard.Klemke@cit.edu.au

Construction Safety Courses in May - There will be White Card and Asbestos Awareness courses held at Erindale College in May on 15th & 16th during school time. Students attending these courses will need paperwork from Ms Tigwell, so please contact her. Those attending need not be enrolling at Erindale College. Please contact me if I may support the Career Development of your young person in any way.

Livia Tigwell

CICA Registered Professional Career Development Practitioner Livia.tigwell@ed.act.edu.au

SCHOOL PHOTO CATCH UP DAY

CCS Catch up photo day: **Tuesday 18th April.**

Location: **Phillip studio**

To book contact The School Photographer on **9674 9824**

Keep an eye out....

Junior Campus Cross Country

Time to get your running shoes on!

Wednesday 5 April – Week 10, Term 1

The Junior Campus Cross Country will be held in week 10! As we welcome back a whole school carnival. The event will be run during the morning session from 9:15am to 10:45am.

What to bring on the day:

- Wear your house colours and bring your house spirit.
- Water bottle.
- Hat, sunscreen, wet weather gear.
- Fast running shoes.
- Students with asthma need to bring their asthma puffers.



Menslink and Fearless women's program years 7&8 students



ABSTUDY payments

When high school students live at home

To get ABSTUDY your child needs to be an Aboriginal or Torres Strait Islander Australian student.

The type of payments and how much you can get depends on your and your child's situation.



Your child is 15 or younger

If your child lives at home for high school, ABSTUDY can help you pay for things like:

- uniforms
- textbooks and stationery
- school fees.

You can get a yearly payment to help with school fees.

You can also get a payment 4 times a year at the start of each school term. To get this, your child has to attend school for at least 85% of each school term.

For some students, we also pay a higher rate of the yearly payment to help with school fees. You can usually get this if your child is attending a fee-paying school because they can't go to a local government school.

If you get Family Tax Benefit for your child, this won't stop. You can keep getting it until they turn 16.



Your child is 16 or older

When your child turns 16 they may get other ABSTUDY payments. This includes a fortnightly payment to help with living costs.



Steps to claim ABSTUDY

1 Call the ABSTUDY line on 1800 132 317

If your child is 15 or younger, you need to call to claim. If they're 16 or older, they should call us themselves.

You can give information about you and your child over the phone. This includes the name of your child's school and your bank account details.

2 Send or upload documents if ABSTUDY asks you to

3 Wait for a letter from ABSTUDY

It will tell you if your claim for ABSTUDY is approved.

If your claim gets rejected and you aren't sure why, you can call the ABSTUDY line and ask.



When you should claim

Claim from October in the year before your child starts high school.

If they've already started high school make sure you claim before 31 December. That way we'll be able to pay you ABSTUDY payments for the year.

If your child is about to turn 16 they should call us. They could be eligible for other ABSTUDY payments from when they turn 16.

ABSTUDY

Help for Aboriginal and Torres Strait Islander Australians with the costs of study.

For more information

servicesaustralia.gov.au/abstudy

ABSTUDY line 1800 132 317



IS YOUR TEENAGER...

showing symptoms of depression or anxiety or using self-harm to regulate the pressures of life? Register now for the Messengers

PARENTING HELP WORKSHOPS

Join us for two free sessions at Tuggeranong Arts Centre, from 5.30pm – 7.30pm, on **Thursday 4th & Thursday 11th May, 2023**. Facilitated by social workers & school counsellors, Sarah O'Sullivan and Katherine Sharp, the seminars will cover:

- Understanding adolescent development
- Coping strategies
- Mental health concerns
- Positive communication
- Anxiety, depression and self-harm.



SCAN THE QR CODE TO REGISTER
MESSENGERS@TUGGEANONGARTS.COM
 (02) 6293 1443 | [TUGGERANONGARTS.COM](https://tuggeranongarts.com)



Term 1, 2023

Free eSafety parent and carer webinars

Join eSafety's expert education team for a free live webinar designed for parents and carers.

Term 1 topics:

- **eSafety 101: how eSafety can help you (30 minutes)**
For parents and carers of young people in primary and secondary school.
- **Setting your child up for success online (30 minutes)**
For parents and carers of young people in primary school.
- **Getting the most out of gaming (45 minutes)**
For parents and carers of young people in primary and early secondary school.
- **Navigating online friendships (30 minutes)**
For parents and carers of young people in secondary school.

For more information and to register now: esafety.gov.au/parents/webinars



eSafety Commissioner

esafety.gov.au



[PARENTLINEACT.ORG.AU](https://parentlineact.org.au)

TELEPHONE PARENTING COUNSELLING

Professional Counsellors are now just a phone call away!
 (02) 6287 3833





TWO SHEDS WORKSHOP

WOODWORK FOR WOMEN AND KIDS
THAT IS CRAFTY!

APRIL 11TH TO APRIL 19TH



CANBERRA WORKSHOP

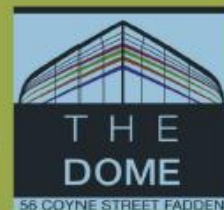
4/65 Sternberg Cres
Wanniassa ACT 2903



CONTACT US

0472 820 961
admin@twoshedsworkshops.com.au
www.twoshedsworkshops.com.au

APRIL SCHOOL HOLIDAYS



JUNIOR BASKETBALL PROGRAMS

**THE DOME FADDEN - APRIL SCHOOL HOLIDAYS
BASKETBALL PROGRAMS for BEGINNERS**

The Dome will be buzzing with activities and junior basketball programs these school holidays.

MINI HOOPERS - 5yrs to 10yrs Old

Week One - 4 x One Hour Sessions - 1:00pm - \$65

April 11th, 12th, 13th and 14th

Week Two - 3 x One Hour Sessions - 1:00pm - \$50

April 17th, 18th and 19th

Suitable for beginners aged 5yrs to 10yrs of age

SMALL GROUP SKILLS DEVELOPMENT

Week One - 4 x One Hour Sessions - 2:00pm - \$65

April 11th, 12th, 13th and 14th

Week Two - 3 x One Hour Sessions - 2:00pm - \$50

April 17th, 18th and 19th

Suitable for Club U12-U14 players and Beginners

Sign up your child now by emailing Kirsty on

info@thedomefadden.com.au

56 Coyne Street, Fadden

All-Stars Sports



**Multiple sports. Multiple locations across
Canberra. Unlimited FUN!**



Join our Term 2 programs in South Canberra

Basketball - Tuggeranong - Monday 4pm-5pm

Southern Cross Basketball Stadium, 7 Pitman St, Greenway

Soccer - Deakin - Wednesday 4pm-5pm

Alfred Deakin School Oval, 111 Denison St, Deakin

JOIN NOW via www.allstarssports.com.au



ACT EASTER HOLIDAY CRICKET CAMPS

18 - 20 APRIL 2023

9:00am - 3:00pm
after-hours care may be available
for additional charge on request*

Reid Oval
Cnr Eureka St &
Limestone Ave

Suitable for ages 6-16
(groups within the program to be
age appropriate)

What's included?

- A structured & enjoyable program with a wide variety of cricket drills, activities and games
- A fun, team-based learning environment
- Coaching that covers all aspects of the game including batting, fast and slow bowling, fielding, running between wickets, and wicketkeeping
- Technical, tactical & game sense tuition
- Qualified & experienced coaches
- T10 Challenge Cup
- Daily & weekly prizes up for grabs!



SCAN ME

For more info, please contact Holly Halford-Smith on 0400125342
or activeallsports@outlook.com

proudly supported by
CapitalClinic
Physiotherapy

Become a Homestay host



Welcome an international secondary school student into your home. You'll broaden your family's cultural experience and form lifelong friendships.



The ACT Education Directorate is seeking Homestay hosts for international students planning to study at an ACT public high school or college.

Homestay is more than providing a room and meals. You'll welcome a young person into your family and support their growth as they gain new perspectives, confidence, English fluency and academic and essential life skills.

International students participating in the Homestay program are aged 16 years or above.

If you can offer a place in your home, have the time to support a student's social wellbeing and academic endeavours and have an interest in other cultures, we would love to hear from you.

A weekly payment will be provided to help cover the costs of living expenses.



Interested?
Find out more
bit.ly/homestayCanberra
EMAIL: ieu@act.gov.au
CALL 02 6205 9194

HOME STAY

“Become an ACT public school Homestay host.

The ACT Education Directorate is seeking Homestay hosts for international students planning to study at an ACT public high school or college. International students participating in the Homestay program are aged 16 years or above.

Homestay is more than providing a room and meals. You will welcome a young person into your family and support their growth as they gain new perspectives, confidence, English fluency and academic and essential life skills.

If you can offer a place in your home, have the time to support a student's social wellbeing and academic endeavours and have an interest in other cultures, we would love to hear from you.

A weekly payment is provided to help cover the costs of living expenses.

Please contact the International Education team via email at: ieu@act.gov.au or by phone on (02) 6205 9194. To find out more visit https://www.education.act.gov.au/public-school-life/international_students.”

