



Caroline Chisholm School  
Preschool to Year 10

An ACT Public School

Hambidge Crescent Chisholm ACT 2905 Australia Junior Campus Senior Campus  
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# NEWSLETTER

Friday 15th March 2024

TERM 1 WEEK 7

WEEK 8

Monday 18th NAPLAN 2024

Tuesday 19th Stay n Play

9am- 10:30am at the Pre-school

JC NAPLAN 9:10-10:45am COL

SC unplugged 11:30-12:30pm

Menslink

Wednesday 20th

JC NAPLAN Maths - 9am-10:45am

Thursday 21st

JC NAPLAN Catch up

JC Assembly- yrs 1/2 2:15pm

SC Drum beat program 10am-11:30

Friday 22nd

JC NAPLAN catch up

Yrs 1 / 2 Bush play 9am-12:30pm

Dance Nation 10am-11am

WEEK 9

Monday 25th – JC NAPLAN Catch up

9:15am-11am Bringing up great kids

parent group – JC

Tuesday 26th- R U OK? Roadshow

visit

Stay n Play 9am-10:30am at the Pre-

school

SC Unplugged 11:30-12:30pm

Menslink

SC Mountain Adventure camp 1

Wednesday 27th

JC yrs 1/2 Hall School House

excursion

JC Community BBQ for families 3:15-

4:45pm

P&C Easter raffle drawn

SC Mountain Adventure camp 1

Thursday 28th

JC Regional swimming carnival

SC Drum Beat program 10am-11:30

Friday 29th Good Friday public  
Holiday

## PRINCIPAL'S MESSAGE

### Swimming carnival

Last week we had a perfect day for the annual CCS swimming carnival at Queanbeyan pool. It was great to see the students rally together in their house groups and support each other in the swimming events. The marshalling area was a place full of nerves, butterflies in the belly and anticipation. The end of the pool was a place of relief, pride, and deep breaths! Time and time



again students pushed themselves out of their comfort zone to compete in front of their peers. I was so proud of everyone who was willing to have a go. Thanks too must go to Adam Crowther and his team of helpers for his exceptional event organisation. There is a reflection piece from students later in the newsletter.



### Christian Education In Schools (CEIS)

There has been a family request to provide Christian Education at the junior campus. In response to the request, we have engaged the Christian Education Services to provide four sessions throughout the year. The sessions are delivered by trained and endorsed volunteers. The one-hour sessions are designed for groups of students to discuss and explore the topics outlined in the image. Permission notes will be sent home to families on the junior campus next week.

## Christian Education in Schools

Each school year the ACT Churches' Council presents the values and beliefs of Christianity in 4 modern, interactive and engaging sessions!

<b>EASTER EXTRAVAGANZA</b> Exploring what this world-wide festival really means.	<b>BEYOND YOU</b> Wondering about myself, others, nature and God.	<b>BIBLE BONANZA</b> Discovering the world's biggest selling book!
		<b>CHRISTMAS CELEBRATIONS</b> Responding to the traditional Christmas story.

www.ceis.org.au

## Screen time

We often have families ask us for advice about managing their child's screen time. Whilst there are many apps and programs that families can access to monitor and limit your child's screen time ultimately, we want young people to be able to manage it themselves. We are all very aware of problems associated with screen time. Too much screen time has been associated with

- Poor health including vision problems
- Obesity
- Inadequate sleep
- Behaviour problems
- Delays in language
- Poor mental health
- Delays with social skill development
- Violence
- Attention problems

## When thinking about screen time guidelines some key things to focus on are

- The amount of time spent on screens
- Etiquette/responsible online behaviour
- The quality of the screen time
- The rating associated with the app, game, clip e.g. P, PG, M etc.
- The age appropriateness of the app, game, clips
- The balance of screen time with unstructured play and time outdoors
- Time spent socialising face to face with peers and others
- Screen time before bed
- The impact of screens in bedrooms

As your child or young person grows, a one-size-fits-all approach doesn't work as well. You will need to decide how much media to let your child use each day and what is appropriate.

There are some fabulous online resources available to families -

Raising Children Network

[Preschoolers: media and technology – for 3-5 years](#)

[School age: media and technology – for 5-8 years](#)

[Pre-teens: entertainment and technology – for 9-11 years](#)

[Teens: entertainment and technology – for 12-18 years](#)

[The eSafety Commissioner](#) also has a wealth of information for families to support safe online use. I would encourage families to visit the site and have a look at the resources they have available.



Unfortunately, screen addiction has entered our lives. Strategies put in place early can help young people to develop a healthier approach to screentime as they grow and mature.

## National Assessment Program – Literacy and Numeracy (NAPLAN)

NAPLAN is an annual assessment for students in Years 3, 5, 7 and 9. NAPLAN tests are one aspect of each school's assessment and reporting process and do not replace the extensive, ongoing assessments made by teachers about each student's performance.

NAPLAN began this week and continues into next week. The core messaging to students is to give it their best shot. We will meet students with kindness and know that many of them are unfamiliar and uncomfortable with the notion of a 'test'.

Warm Regards

Julie

## Years 1/2 news

### Gross Motor

We are very lucky to have Ms Kristie continuing to plan gross motor activities for us every week! These activities help children develop their coordination, core strength, balance and motor skill in a fun environment.



### Literacy



This year we are doing a literacy program called UFLI. UFLI Foundations, an explicit and systematic program that teaches students the foundational skills necessary for proficient reading. It follows a carefully developed scope and sequence designed to ensure that students systematically acquire each skill needed and learn to apply each skill with automaticity and confidence.


Here are some of the things children have to say about our first few weeks of this program.

- I like the things we read in our books (decodable texts) - Tyler M.
- We focus on one thing at a time, like sounds not digraphs yet, and we're learning about the stop and nose Sounds – Erica P
- Something I like about ULFI is that we get our own word boards - Mitchell R.
- I like how we write the letters on our whiteboards - Harper S.

### Maths

In maths, year 1 and 2 have been exploring place value. Year 1 have been exploring the concept of numbers being made of groups of 10 and 1 and year 2 have been reviewing that understanding and beginning to explore groups of 100.

Hundreds _ 00	Tens _ 0	Ones _

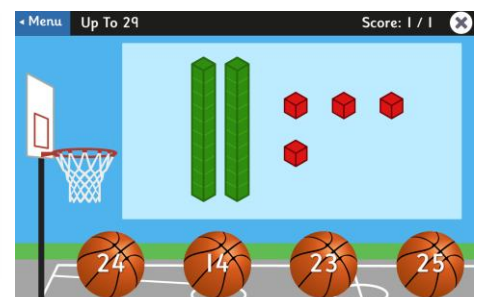
 **Show it four ways**

Tens	Ones

I can write the number.  
\_\_\_\_\_

I can write four many tens and ones.  
\_\_\_\_\_ tens  
\_\_\_\_\_ ones

I can write the number in expanded form.  
\_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_



## The Arts and UC Affiliated Schools

This term, year 1 and 2 is working with the University of Canberra to support preservice teachers. Each Thursday until the end of the term, these preservice teachers will be coming to offer a range of visual arts, music, dance, drama and media arts experiences to the grade 1 and 2 students. Here are some of the groups children were able to participate in during the first arts session!



## Years 3/4 news

### Literacy – 7 Steps to Writing a Narrative

This term in writing we have been learning about the 7 Steps to Writing a Narrative text.

We have learnt about planning for success, sizzling starts, tightening the tension, dynamic dialogue, show – don't tell, ban the boring bits and exciting endings. We will be using our knowledge of these steps to plan and publish our very own narrative texts.

We have spent the term practising how to successfully include these steps into our writing. Here are some sizzling starts that we have written this term.

“My eyes were closed tightly. When I opened them, I couldn't believe what I could see.....1000 crickets were on my floor and in my mouth! Aaaah!” – Lewis

“Creak. I sat up in bed. My heart is beating quickly in my chest. There was a shadow in the corner of my cupboard.” – Miller

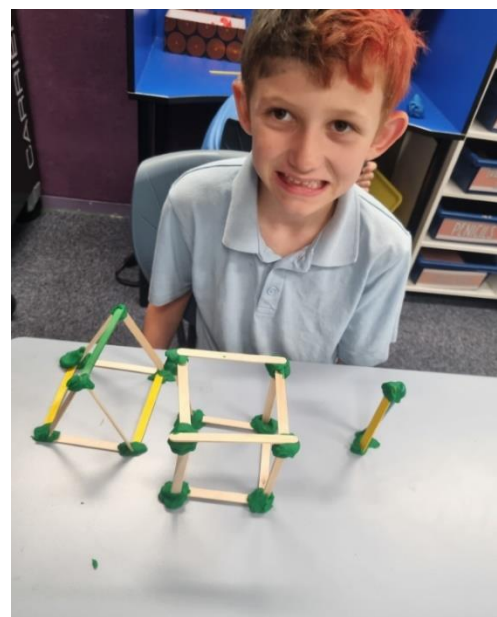
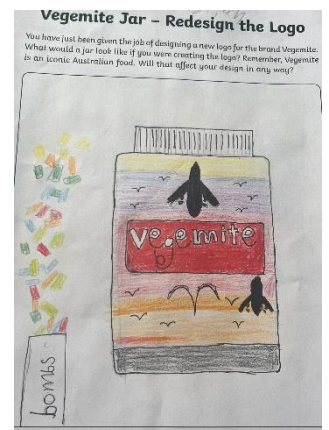
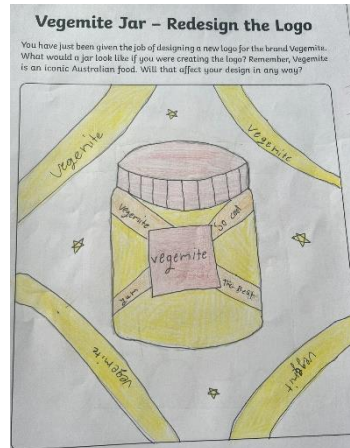
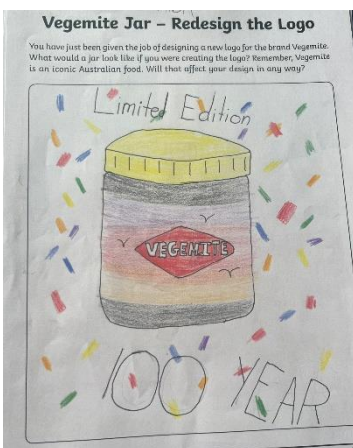
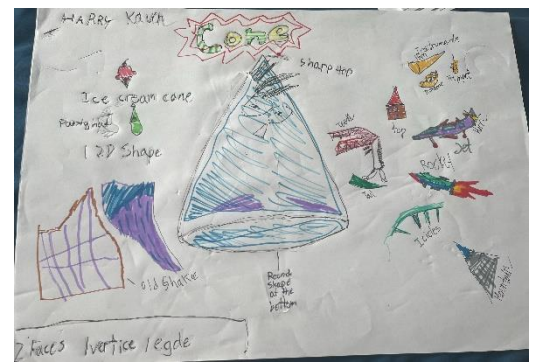
“That is it! It is all over now. They found out what I did – I stole their money.” – Beau

## Maths – 2D shapes and 3D objects

Over the last two weeks in maths, we have been learning all about 2D shapes and 3D objects.

With maths, in Year 3 we are focusing on working on the properties of 2D and 3D shapes. We have been looking at 2D composite shapes and applying our understanding and knowledge of 3D shapes to recreate using popsicle sticks and play dough. Creating the 3D shapes as our final assessment allows the learners to tailor their creation to their own level of understanding. We have to use our problem-solving skills to work out how to get the shapes to stand up well, but it was a fun challenge for everyone.

In Year 4 maths, we have been learning how 2D shapes are all around us in the environment and how 2D shapes are used to make 3D objects. We spent time looking at different 3D objects, their properties and their uses in the real world. We looked at how shapes can be used to create common logos and used this knowledge to recreate our very own Vegemite Jar logos.

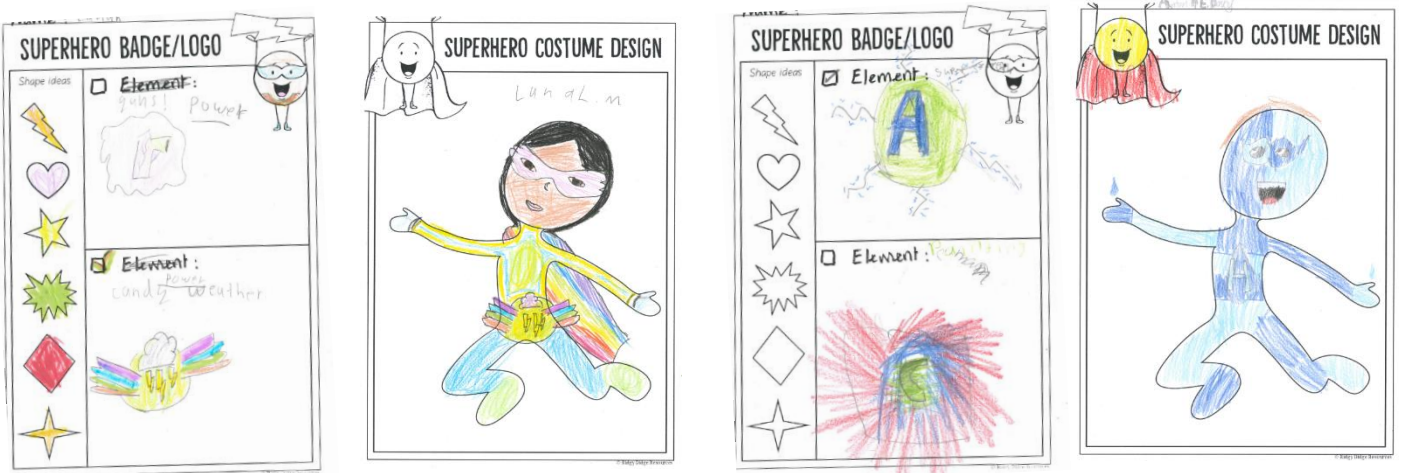


## Health

In health, students have been learning how to identify and resolve conflicts. We discussed ways that conflicts and disagreements can be avoided by looking for signs that things are not going well. Students had fun acting out scenarios where different ways of handling situations were presented. They are learning about different ways that they can approach a possible disagreement so that it doesn't result in conflict. They will learn to identify and manage their emotions and find successful ways to interact with their peers and others.

## Visual Arts

This term we are working on creating our own superheroes artwork. There has been amazing discussion about the superhero powers and outfits using the elements of arts. Using various examples of different superheroes, we brainstormed about the stances, outfits, shapes and elements of their outfits such as the use of primary colours, common poses and how logos are designed and related to each superhero powers. Then we had a go with creating two superheroes' logos and their power to make out last decision for our final ideas of superhero outfit.



## Year 9 news

Introducing\_The Year 9 Contact Class Teachers for 2024 are:



with Serena Cramond and Jess Vilkaitis.



With Insir Mustansir



With Dylan Cannell



with Serena Cramond & Jess Vilkaitis

Reminder these contact class teachers are your first point of contact for communication.

Alternatively, you can contact [Samantha Briggs](#), the **Year 9 Coordinator**.

### **Year 9 New Elective Opportunities:**

The year 9s have been welcomed into the senior side of the school and have been enjoying the new range of electives they get to choose from. These electives run with both year 9 and 10 students in the same classes. The electives offered to this year group include, Sport and Recreation, Furnishing, Hospitality, Food Technology, Photography, Dance, Drama, Music, Visual Art, Digital Technology, Digital Animation and Outdoor Education.

Ask your child how they are going in their 3 electives they are currently in.

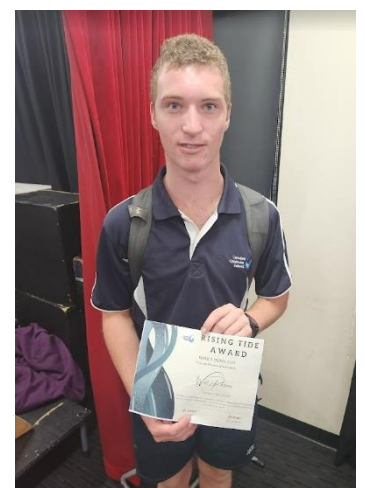
### **Meet & Greet BBQ Year 9 Helpers:**

It was so lovely to see some parents at the Meet & Greet. The Hospitality helpers did such a fabulous job!



### **Year Coordinator Weekly Award:**

Each week a new year 9 student who has been contributing to our CCS community with the values of our school, Respect, Responsibility & Perseverance is awarded the year coordinator award. Here are the recipients thus far:



## OTHER REMINDERS:

- Please ensure your child is wearing the correct **uniform** to school. **shop** is open Thursday afternoons, however there is also a new uniform update coming soon! Please provide the student with a note if they cannot be in school uniform and have them dress in colours as close to the school uniform as possible.
- We have been discussing how we **treat each other** in our community. The vibe is, if you don't like someone, just leave them alone. Kindness is key!
- You would have received an email with information about the **Year 10 Certificate journey**. Please keep in mind any unexplained absences or truancies does have an impact on a student's success towards their year 10 certificate. If your child is absent from school, it would be helpful to advise the front office to explain this absence. If you have any questions, please reach out the year 9 coordinator.
- **No Mobile Phone Policy** is going quite well! We appreciate the work on the home front to support this new law that has passed. Please remind your child to charge their chrome books.
- There are a few more **public holidays** coming up this term; Friday 29<sup>th</sup> March (Week 9) and Monday 1<sup>st</sup> April (Week 10).
- This is an 11-week term, finishing on Friday 12<sup>th</sup> April.

## SWIMMING CARNIVAL NEWS

This year at the 2024 CCS Swimming carnival, students from the JC and SC at Caroline Chisholm School went to the Queanbeyan Swimming pool to participate in races, challenges and an array of activities. Throughout the day, students participated in races against one another, pushing themselves to the limit. In the end, Karingal has been crowned the winning champion of the 2024 CCS Swimming Carnival and we couldn't be prouder. We can't remember the last time Karingal won a carnival, we couldn't be happier for the dedication and perseverance our house showed and the team spirit we carried through the entire day! We are so happy to have so many friendly but competitive faces in our house and the entire school. We can't wait for many more carnivals to come! Huge shout out to Mr Crowther and all the staff for making the day super fun for all of us. See you at Cross Country!

Written by Emily Gray and Edy Blaha, Karingal House Captains (SC)



# SCHOOL PHOTO STUDIO DAY

This will be held on Tuesday 23 April 2024 in our Phillip Office.

This day is for students who have missed out on having their photographs taken or unsatisfactory images taken on photo day.

To book, please use the below link:

- <https://www.trybooking.com/CPIPD>

If a child was absent from school on photo day we may not be able to add their image into the Group photo for the rest of the school as Studio Day isn't until the school holidays. However, we will be able to place the child's image into a Composite Group photo that is purchased by the parents/carers/guardians.

If we will be re-taking a child's photo we will reprint the original portrait package complimentary and send it to the school in the new term.

Please ensure all students attend the session in school uniform.



Some of our Indigenous CCS students recently had the opportunity to attend the Aboriginal and Torres Strait Islander Youth Forum.

The day was jam packed, starting with First Nations social and emotional wellbeing advocate and former Rugby League player Joe Williams sharing his story as well as the importance of caring for our minds, bodies, and spirits through eating well, being active and engaging in culture.

Students also met and had pictures taken with Raiders and Brumbies players, enjoyed performances by Tahajanna Soward-Mahanga and contributed to a group art activity, facilitated by Leah Brideson. Students engaged in a Q&A panel and contributed to a clearer understanding of Indigenous youth wellbeing, via surveys run throughout the day. The day finished up with a heartfelt address by the incoming First Nations Children Commissioner Vanessa Turnbull-Roberts.

CCS students made us proud, demonstrating consideration, respect, and strong community spirit.

Deadly job guys!

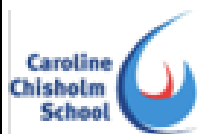
Candy Cord (Caroline Chisholm Indigenous Education Officer)



## Triple P Positive Parenting Program campaign on confidence

In 2024, the Triple P Positive Parenting Program is running a campaign focused on confidence. Confidence is beneficial for kids, as it helps them with enjoyment, trying new things, and doing well in school. It can also help lessen social anxiety and school refusal. Parents and carers play a key role in building confidence.

Further information on 'supercharging self-esteem in children' and access to free online parenting courses, can be found at [Supercharging self-esteem - how to build confidence in children | Triple P Positive Parenting Program](#).



### 2024 Community BBQ Term 1 Junior Campus

Wednesday 27<sup>th</sup> March  
3.15pm - 4.45pm



Come and visit the junior campus to connect with other families and staff.

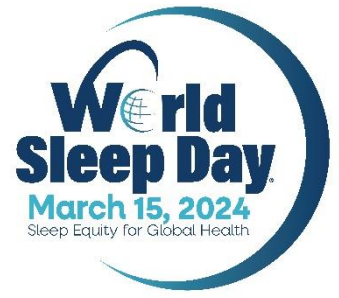
We are seeking a gold coin donation for the sausage sizzle and the P&C will have refreshments available for purchasing.

To help with catering for this event it would be appreciated if you could rsvp here - <https://forms.gle/4QDRyNSf2hXKYn958>



# Focus on Sleep

With World Sleep Day approaching on March 15, we're focusing on the importance of sleep for children and adolescents.



## Why is sleep so important?

Sleep is a critical pillar of health, just like nutrition and physical activity and poor sleep can have multiple, significant effects on our health. Quality sleep supports healthy development of both the body and the mind. When children and teens don't get enough sleep, they can struggle to learn and concentrate, be more irritable, find problem solving difficult, display poor judgement and have difficulty communicating. With this in mind, it's no wonder that sleep, or lack of sleep, plays a huge role in many of the challenges students are having at school.

## How much sleep do children and adolescents need?

Just like with adults, the amount of sleep children and adolescents needs varies from person to person, and sleep needs change as a child ages. But on average, children aged between 6-12 years should be sleeping about 9-11 hours a night, and for those aged 13-17, the average is about 8-10 hours.

There are natural changes to the circadian rhythm that occur during adolescence which means its normal for teenagers to get sleepy later in the night and want to sleep in longer in the morning. However, our society isn't structured to embrace this natural rhythm, which often leads to struggles getting kids and teens up and ready for school on time.

## How can I tell if my child isn't getting enough sleep?

Some signs that your child isn't getting enough sleep could be:

- Depressed mood
- Hyperactivity at school
- Reluctance/arguing about getting off phones/devices and going to bed
- Reduced academic performance
- Changes to social relationships at home and/or school
- Falling asleep during the day
- Difficulties waking up for school and sleeping in late on weekends to 'catch up'
- Getting to school late or missing school days

## How can I support my child to get enough sleep?

Good sleep habits, also known as sleep hygiene, help to set us up for a good night's sleep. Top 10 tips for sleep hygiene:

1. Set up a regular bedtime routine. Having the same routine each day helps to signal to your brain and body that sleep is coming.
2. Spend time relaxing before bed. Reading a book or listening to music can help, but screen time before bed should be avoided, as the blue light emitted by screens can trick our brains into thinking it's still daytime.
3. Keep regular sleep and waketimes. Try not to deviate more than an hour or two from this, even on weekends and holidays.
4. Create an environment that promotes sleep – quiet and comfortable, with limited distractions. Good airflow and a cooler room temperature can also help.
5. Eat the right amount at the right time. Avoid big meals right before bed, but also make sure they aren't going to bed hungry.
6. Get plenty of natural light during the day.
7. Get some physical exercise each day, but not too close to bedtime.
8. Avoid caffeine (energy drinks, chocolate, coffee, cola, tea) – especially in the afternoon or evening.
9. Switch off from technology at least an hour or two before bed.
10. Model good sleep hygiene.

**Where to go for more information?** [Raising Children](#) – the Australian Parenting Website

[Sleep Health Foundation](#) – Australia's leading advocate for healthy sleep



# SOUTHSIDE INITIATIVE

*Community supporting families*

The **Southside Initiative** focuses on creating community-driven solutions to **support vulnerable children aged 0-8 and their families** in the southside area.

Access **free family support resources, directories, and events** through our website:

[www.healthyschoolsact.com.au/southside-initiative](http://www.healthyschoolsact.com.au/southside-initiative)



# SOUTHSIDE INITIATIVE

*Community supporting families*

The **Southside Initiative** aims to develop community driven solutions to better support **vulnerable children 0-8 years and their families**.

This Initiative uses a collaborative and community focused approach to develop and trial **practical activities and initiatives** aimed at **improving life outcomes for children and families** who live in the southside.

Check out **FREE** Family Support Resources, Family Directories, Events and much more via the QR codes below, or by visiting [www.healthyschoolsact.com.au/southside-initiative](http://www.healthyschoolsact.com.au/southside-initiative)

Family Support Directories



Cost Of Living @Schools



PERKS 0-8. Parenting Workshops



Join an Early Years Community of Practice



Loose Parts Playgroup



Family Support Resources



Family Services at Lanyon



Parent and Carer Support Courses



## Cool Kids Anxiety Therapy Group Program



### What is Cool Kids?

Cool Kids is a cognitive behavioural therapy group program that assists kids aged 7-12 to develop the tools to manage anxiety. It also helps parents with strategies to support anxious kids.

### What should I expect?

Cool Kids is a nine week program offered from week 1 to week 9 of the school term. Cool Kids meet on Wednesdays and Thursdays, 3.30pm - 5pm, at Favier House, Braddon.

### Who runs Cool Kids?

The program is delivered by two accredited psychologists from Marymead CatholicCare.

### What is the cost?

The program is free.

### Is my child suitable?

if your child's primary difficulty is anxiety, this program is likely for you! The program is generally not a suitable option for children who have experienced trauma or who have complex behavioural challenges.

### Interested in attending?

Please call our intake team on 02 6162 6111 to book an assessment!



## HOLIDAY HAPPENINGS™



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](http://www.holidayhappenings.com.au/online-booklet)