



Caroline Chisholm School
Preschool to Year 10

An ACT Public School

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NEWSLETTER

PRINCIPAL'S MESSAGE

It has been a busy and exciting few weeks with the easing of further restrictions and a return to sport competitions, excursions and incursions. Over the coming weeks the calendar remains quite full so please ensure you are following along on our website or Facebook page as we update families about key dates and times for events.



The importance of supporting young people to learn from mistakes

This week I wanted to discuss the importance of learning from mistakes. We often hear from parents when something has 'gone wrong' at school, often the concerns relate to a social interaction on the playground at break time. Working with over 700 students every day there is no doubt that young people make mistakes; this is a regular part of growing up and learning. As a parent or carer, it is tempting to shield children from failure; however it is crucial that we work in partnership to assist our young people to learn from their mistakes and build their capacity to respond to conflict and everyday challenges.

While it may feel uncomfortable, letting young people learn from their mistakes helps build resilience and is essential to raising a confident, capable, happy, and successful adult. When young people are given the opportunity to struggle and sometimes fail, we allow them to develop important social and emotional skills. I am not suggesting to risk their safety or not respond when what is needed most is reassurance. However, a key aspect of parenting is to remember to support and guide, rather than do for them what they need to learn to do for themselves. It is often during times when things aren't working out or pose a challenge that children have the opportunity to develop coping and resilience skills. Coping skills are like muscles; we don't know how strong they truly are until we need to use them.

What can this look like day to day?

When a young person asks for help, try giving them time for trial and error. "Let me see you try first and then I will help with the rest." Or, offer to do it together. If your child is non-verbal, give words to his actions so he can start to learn the process. For example, when a child reaches upward to be picked up, you can say, "It seems like you want me to carry you. I will hold you for a few minutes and then we will walk together."

When a child asks for an answer, a common instinct is to share all of our hard-earned wisdom, but in most cases it's best to support young people as they learn on their own. Start by asking them what they think or what they have tried. Then you'll know where you're starting from and how you can support them as they

Friday 27 November 2020
TERM 4 WEEK 7

DATES TO REMEMBER

DECEMBER

- 2 P&C Raffle Draw
- 3 Year 7: MOAD
- 8 Year 6 Graduation Assembly @ 9:15am
- 10 Year 5/6: *End of Year Excursion*
- 14 Years 7 to 9: *Big Splash*
- 15 Year 7: *Inflatable World/Limelight*
- 15 Year 8: *IPlay/Limelight*
- 15 Year 9: *Zone Bowling/Limelight*
- 16 Years 7 to 9: *Fadden Pines/Talent Quest*

FEBRUARY 2021

- 15 P&C AGM



discover the answer. If they guess the wrong solution, support them as they experiment, make mistakes, and discover why they weren't right. You may not have time for this process every time, but it proves invaluable when you do.

When something goes wrong, maybe they are fighting with a friend or doing something socially inappropriate, like when children lie or accidentally break something. Instead of telling them how to fix it or fixing it yourself, start by asking how they think they should fix it. Ask questions like, "How do you think your friend feels? Why do you think he feels that way? What can you do to change that? Why do you think lying is a problem? What might happen because of the lie? How can you solve the problem?" Guiding children to reflect on the problem takes more time, but provides rich opportunities for learning and skill-building. While children learn from mistakes, they also develop the self-confidence, self-concept, and moral judgement that comes from doing something like apologising and working to right a wrong.

When your child doesn't do as well as you expected, from a low grade to a game loss, life can be riddled with disappointments and failures. Instead of focusing on a fixed marker of success like a grade or a win, try focusing on what the children did, how they excelled, and things they have learned. Their personal growth and achievement should be the focus of these conversations rather than the mistake or failure itself. Consider encouraging rather than hearing on praise as a way to focus children towards positive outcomes.

These are some of the many challenges we face each day. Through focusing on supporting our young people by enabling them to learn problem solving strategies within a safe and supportive environment is the best way to prepare children for life's challenges. We appreciate your support when working through challenging conversations with our young people about their learning and social emotional development.

Thank you Ihsan

Over semester two, we have been fortunate to work alongside a regular CCS volunteer, Ihsan Mehyar. Ihsan has been an incredibly asset to our school, supporting students and staff in the library and front office with a variety of tasks. I would like to thank Ihsan for her ongoing contributions to our school and pass on my sincere gratitude for her incredible donation of time.

Thank you CCS P&C

There is no doubt that 2020 has provided some challenges to the efforts of our P&C members. Despite these complexities, our P&C have continued to enhance the life of our students through the provision of two canteens, a uniform shop, as well as great fundraising initiatives to focus on a sense of community. I would like to extend my sincere thanks to Amanda and the team for their ongoing efforts to help make CCS a great place for all. Our P&C have also made some significant donations to the school including the purchase of sports equipment, sporting shirts for inter school competitions, and in 2021, \$30 000 worth of upgrades to our canteens. Their efforts will mean that the amazing services on offer for our community will continue to be available as our students grow and move between campuses. My thanks to the team for their dedication and support, I look forward to a continued partnership in 2021.

Thank you for your ongoing support!

Jen

CC Learning Tool Challenge

As a whole year group, Year 9 students have been exploring the importance of being prepared for their learning, and how developing this skill will serve them well in the future. We've identified that books, writing equipment and a fully charged Chromebook are the foundational tools that students need to succeed in the classroom and should be bought to school every day.

Year 9 Contact Class teachers have tracked our student's progress on bringing their learning tools to school every day and have seen an improvement in this space. The house which is consistently prepared for their learning each week receives all-important house points!

Congratulations to COOINDA house for winning this challenge two weeks in a row!



Outdoor Education Excursion

"On Thursday, the Outdoor Ed class went to Lake Ginninderra to get some practical canoeing experience with the assistance of volunteers from Lake Ginninderra College. We canoed around the lake and stopped at a few nice places for recess and lunch picnics. We learnt things like controlling and manoeuvring our canoe and how to use different paddle strokes. Thanks to Mr Davis, Mr Huynh and Adam for a fun day out."

Genevieve H, Year 9



Sport and Recreation Training

In Sport and Recreation, Year 9 and 10 students work towards a Certificate 1 that equips them with the functional knowledge and skills to prepare for work in the sport and recreation industry. Here's a snapshot of the hard work they put into their learning every lesson!



YEAR 3/4

We are almost at the end of the year, and working as hard as ever!

This term in Inquiry, we are learning about the First Fleet and the impact of British colonisation on Australia. Students have researched England in the 1700s, convicts, the ships of the First Fleet, arrival in Australia and the effects of an expanding colony on Indigenous Australians.

In Literacy we have just completed Writing to Socialise. Students wrote formal and informal letters, emails, and newsletter articles. We are now looking at recount texts, and retelling an event or experience using correct text structure and language.

Throughout Term 4 we have been focusing on statistics and probability in Maths, particularly collecting and representing data and conducting chance experiments, as well as direction and movement. There has also been a focus on number at the beginning of each maths lesson to increase and maintain our number skills.



We have just finished participating in soccer clinics, run by the Canberra United organisation. Students learned and refined a range of skills, ran drills and played some five a side and full team games. In PE with Miss Kristie students are learning and playing badminton. This is a new experience for most, and the students are thoroughly enjoying it!



YEAR 1/2

What a term we have had, busy learning letter writing in year 1/2 Unit the students have demonstrated an understanding of structuring an informal letter, been introduced to a new sporting game and collaborated as a team to create a Lego masterpiece.

Badminton

This term, the students have enjoyed learning Badminton with Miss Kristie. They have learned how to use the rackets, serving, 1 vs 1 games and small group games.



Health benefits of playing Badminton:

- increases aerobic capacity and **cardiovascular** health.
- improves **muscle tone**.
- builds **strength, flexibility** and endurance.
- increases muscle and **bone strength**.

Reagan (Year 2) *"I love learning to play Badminton I feel more confident hitting with the racket"*

Billy (Year 1) *"I enjoyed hitting learning how to play Badminton it is like Tennis"*

Saxon (Year 2) *"This is so much fun"*

Technology Day (Lego Challenge)

In week 7 we had a technology day where students focused on designing, creating, testing, improving and reflecting on creating a Fairy-tale Lego world. During this exploration students completed a four-day exploration. The students began their journey viewing a clip from Lego Masters. As a unit we then created our own designs individually. On the second day the students worked in groups to decide which design they would create. Students negotiated and collaborated together to come up with their own ideas and discuss their own learnings. Day 3 we created our buildings out of Lego and worked together to show the story of our fairy-tale Lego worlds. Then Day 4 we appraised our structures and practiced making improvements.



Fundraising:

End of year raffle

Tickets for our upcoming raffle have been sent home with all P to 10 students this week and the winners will be drawn at school on Wednesday 2 December 2020 at 2pm. Please return tickets and payment to the Front Office by Friday 27 November 2020 to ensure inclusion in the draw.

We are also seeking donations of any Christmas non-perishable food, decorations, or gift items for the raffle hampers, please leave your donation at the Front Office.



Canteen News:

Attention! BOTH CAMPUS CANTEENS - closed for WEEK 10.



Last day of canteen service **JC & SC - Friday 11 December 2020** (Week 9)

Both canteens will reopen in Week 1, Term 1 2021.

SC - open from Tuesday 2 February 2021

JC - open from Thursday 4 February 2021

Uniform Shop News:

The Uniform Shop operates on **Tuesday 8am-10am** and **Thursday 2.30pm-4.30pm**, each week during school terms, with the final day for 2020 on Thursday 17 December (Week 10).

There will be extended opening hours in January for two weeks prior to commencement of Term 1 2021. Please note January by appointment only. Please see Uniform Shop flyer attached to this newsletter for specific dates, times and the appointment booking link.

Shop hours will then return to usual from Tuesday 2 February 2021.

SAVE THE DATE - next P&C meeting:

2021 AGM - **Monday 15 February 2021 @ 7pm**

(venue TBC pending COVID-19 restrictions in place at that time)



Email - ccs.pandc.contact@gmail.com

Facebook page - <https://www.facebook.com/ccspandc>

STUDENT BANKING



ATTENTION - NO BANKING IN WEEK 10.

Friday 11 December 2020 (Week 9) will be the last week of student banking for this year.

Last day for ordering rewards is **Friday 27 November 2020** (Week 7).

Any rewards ordered after this date will not be dispatched from CBA until February 2021.

Student Banking will resume every FRIDAY from Week 1, Term 1, 2020. Deposit wallets are to be left with the JC Front Office by 9am and students can collect them again from the office in the afternoon.

Students who are moving to the Senior Campus may continue to bank. Deposit wallets are to be left with Senior Campus Front Office by 9am for processing and students can collect them again from the SC front office in the afternoon.

Holiday banking tip: To qualify for bonus interest on your account, you must make at least one deposit per calendar month and no withdrawals. Most students banking regularly at school meet this criteria throughout the school year. Making a deposit at a CBA branch during January ensures you will continue to be eligible for your bonus interest all year round :)

Enjoy the rest of term 4 and happy holidays!

Kind Regards
Fiona & Karen
School Banking Co-ordinators

COMMUNITY NEWS



The LGBTQIA+ & Allies Prom is an opportunity for young people aged 12 to 25 to experience a formal-style event and express their identity in a safe, supportive, and non-judgmental environment. After the year that has been, our young people need this more than ever!

The prom is on 8 December 2020 from 6:30 pm to 10:00 pm at the Canberra Southern Cross Club, Woden. Young people need to [register to attend](#) by 27 November. For tickets and more information, visit the YWCA [LGBTQIA+ & Allies Prom](#).

Contact: [Ciara Duggan](#), Youth Programs Leader
Ph: 02 6185 2090



Chisholm OSHC will be hosting a Giving Tree for Communities@Work.

The Giving Tree is set up to collect donations of gifts and food for the Communities@Work Christmas Appeal to bring a little hope and joy to struggling families and individuals. Many of these people have missed out on so much already this year and we don't want them to miss out on Christmas as well.

Chisholm OSHC will have our Giving Tree set up within the service. Donations can be dropped off in the morning 7:30am to 9:00am and in the afternoons 2:00pm to 6:00pm. Last date for donations Friday 11 December (week 9).



FUN WITH FRIENDS THESE SCHOOL HOLIDAYS!

Communities@Work Summer School Holiday Programs are now **Open for Bookings**. The programs will be running weekdays over the summer school holidays and focus on fun and are flexible and adaptable. They will provide a welcoming and entertaining environment that will encourage children to have fun with their friends and participate in a variety of engaging activities that delivers a new adventure every day.

Communities@Work continue to ensure the safety of your child is paramount with increased hygiene and cleaning protocols, guided by the latest advice from the ACT Government and ACT Health.

Visit www.commsatwork.org/shp for details of program locations, dates, activity list, enrolment information and more.

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