



# CALLAGHAN COLLEGE WALLSEND CAMPUS

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## NEWSLETTER

### Callaghan College Wallsend Campus

PO Box 427  
Wallsend NSW 2287

Phone:  
02 4951 1811

Email:  
[wallsend-h.school@det.nsw.edu.au](mailto:wallsend-h.school@det.nsw.edu.au)

Website:  
<https://wallsend-h.schools.nsw.gov.au/>

Office hours:  
8.30am - 3.15pm: Monday - Friday

#### DATES FOR YOUR DIARY

**9 April**    **Last day of  
Term 1**

**28  
April**    **First day of  
Term 2 for  
students**

### MESSAGE FROM THE PRINCIPAL

I hope this message finds you all safe and well. Who would have thought as the first term of 2020 sailed along that we would find ourselves in this current situation?

In these tough and rapidly changing times I would like to thank all of you for keeping students at home. Our school remains open, however it is open for the students of families who are essential workers or have no other options. As students are learning at home, their attendance will be recorded as 'flexible', which won't impact student attendance.



At this stage I can see the online delivery of learning continuing for the rest of this term and well into next. For this experience to be successful, it is expected that students follow their usual timetable and work through our learning management system, Canvas. Their teachers will post a discussion question on Canvas each lesson for students to indicate they are ready for their online class. For a variety of reasons, many students may not be able to access the lesson during the normal timetabled period and may go online at a later time in the day. If they respond to the discussion question when they do, it will indicate to the teacher they are still active in their learning.

If for any reason your child does not have adequate access to technology at home to facilitate their learning please contact the school for support. We have hard-copy packages of student work going out each day. If you are aware of someone who needs support, please encourage them to contact the school or even do it on their behalf and we will chase it up.

## MARCH 2020

Last week was difficult, but rest assured staff at the school are working hard to ensure the best possible learning opportunity for all our students. We are making mistakes and I'm sure the kids are too, but we are doing our best to learn from our experiences. We are all in this together and we, as a school, will do our best to improve our flexible online learning to provide students with the best education possible.

Can I ask you all to please be mindful of your child's wellbeing. They need only complete the work at their own pace and take necessary breaks when needed. They will receive many emails and notifications and this can cause stress as they learn to manage these. Students just need do their best as they develop their self-learning skills and work only for their normal school hours. The work will always be there for them to continue the following lesson. By next term I expect we will make tweaks to our timetable and daily routine to better suit the online environment and reduce stress on students and parents.

Continuing with student wellbeing, a clean and tidy work area, regular sleep, good nutrition and a regular routine with their daily learning will help students remain some normality in these tough times. Encourage them to get out in the yard too for some fresh air and exercise. PDHPE lessons on Canvas have some excellent ideas around this.

We have faced many challenges in these last couple of weeks and I believe as a school community we are thriving in this difficult period. Please stay safe and if you need any help or support don't hesitate to contact the school

*Mr Paul Taylor*  
*Principal*

## HOME LEARNING SUPPORT

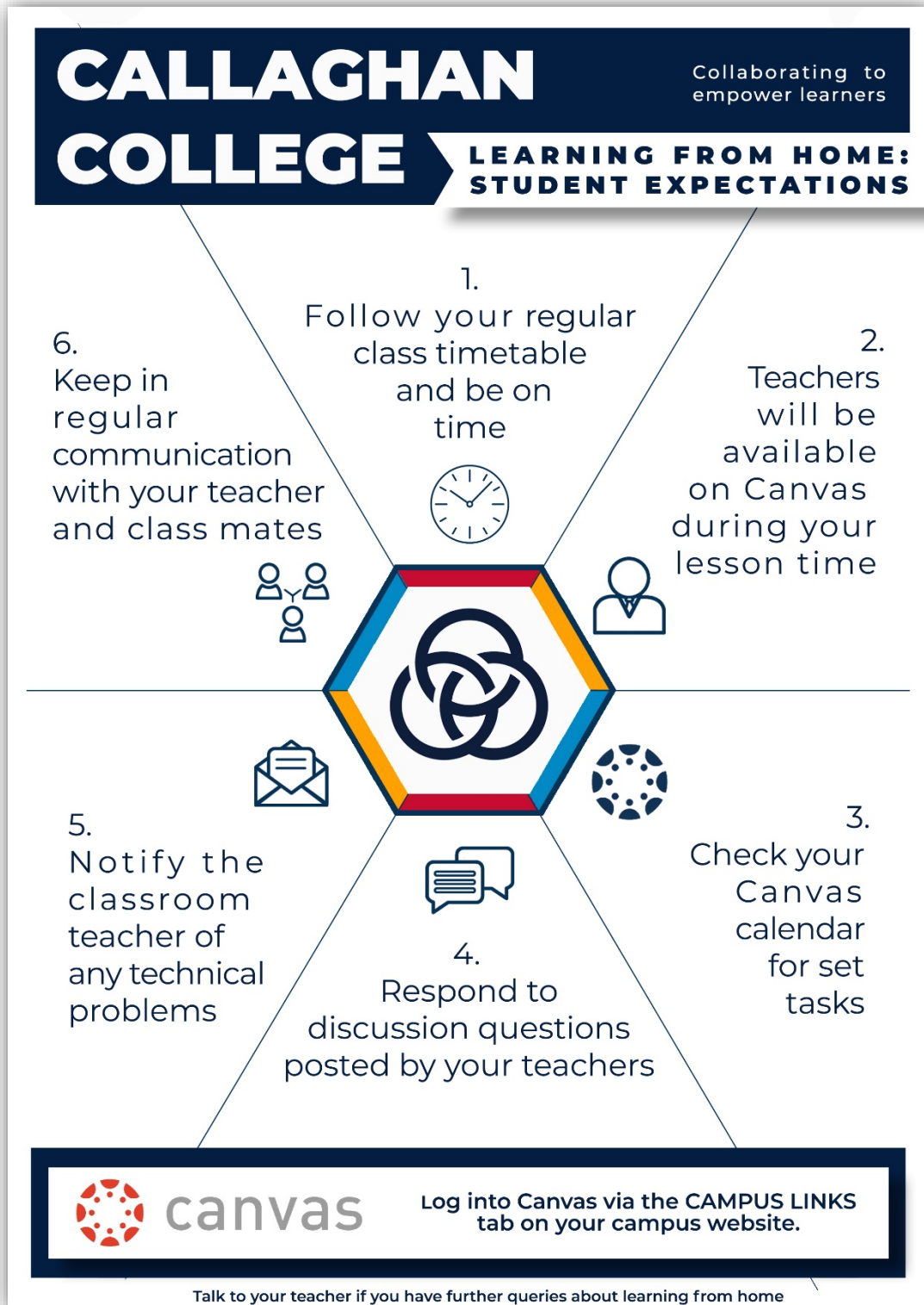


At Wallsend Campus, our teachers are delivering and managing learning activities for students to access from home using the Canvas learning platform.

Please visit our website to find the "Home Learning Support" News item, where we have provided some resources for parents and carers to support student success when learning remotely.

Topics included are:

- A guide containing tips for structuring learning from home, navigating Canvas, accessing Office 365, saving student work and accessing support available at the school.
- A step-by-step guide for parents and carers to access Canvas as a Parent Observer.
- Sentral Parent Portal guide to signing up for a Parent Portal account
- Also included is a basic guide for downloading Microsoft Office software via the student portal. We will be working hard to add to this suite over the coming days based on community need.



## COVID-19 UPDATE: Advice for school communities

The NSW Department of Education is introducing proactive measures to limit the impact of COVID-19 in our schools. The Premier has announced that from Tuesday 24 March parents are encouraged to keep their children at home and access their school's learning from home programs. These measures have been put in place to help minimise the spread of the COVID-19 pandemic in NSW.

We continue to work closely with NSW Health and the Australian Government to monitor and respond to developments and to ensure the safety and wellbeing of students and staff. If you or your child is unwell with a respiratory illness, stay at home until symptoms clear up.

We will continue to keep families updated as any further information comes to hand via our official information channel which is email. We appreciate you regularly checking your inbox for the latest updates.

## ASSESSMENT TASKS

Please be advised that all Assessment tasks, Years 7 to 10 for the rest of the term have been postponed until further notice.

All in-class tasks, such as tests, in class responses and practicals will also be postponed. New notifications will be issued in due course. .

## LIBRARY RESOURCES ONLINE

### PREMIERS READING CHALLENGE:

<https://online.det.nsw.edu.au/prc/home.html>

To participate enter your reading records online and complete this challenge by Friday 28 August 2020.



### BRITANNICA ENCYCLOPEDIA ONLINE:

<https://school.eb.com.au/?target=%2Flevels>

Check out the online resources to help you study and/or take you to amazing new places.

No password required, but if prompted add the details below:

*School access ID/Username: wallsendcam  
school passcode: welcome*



### WHEELERS EBOOK PLATFORM:

<https://ccwallsend.wheelers.co/>

Students, if you're looking for something to read why not download the Wheelers eBook platform. Click the link above to access a range of ebooks that can take you to amazing new worlds with characters who end up becoming lifelong friends.



This is available 24/7 and 366 days of the year. Borrowing is as easy as logging in, selecting the title you want and choosing the borrow button. You can then download the title to your device to read at your leisure.

*Login: Same as your Student Portal login (e.g. john.smith4)*

*Password: eBookloan (note the capital B)*

## NEWCASTLE HERALD ONLINE:

<https://bit.ly/2UMBIfn>

We subscribe to Newcastle Herald online to help you and your family keep in touch with all the news happening around the world and right at our doorstep.

*Username: [wallsend-h.school@det.nsw.edu.au](mailto:wallsend-h.school@det.nsw.edu.au)*

*Password: welcome*



## CLICKVIEW:

<https://bit.ly/2UvB86K>

Online video resources. When prompted add your Department of Education email in full, choose Callaghan College Wallsend Campus.

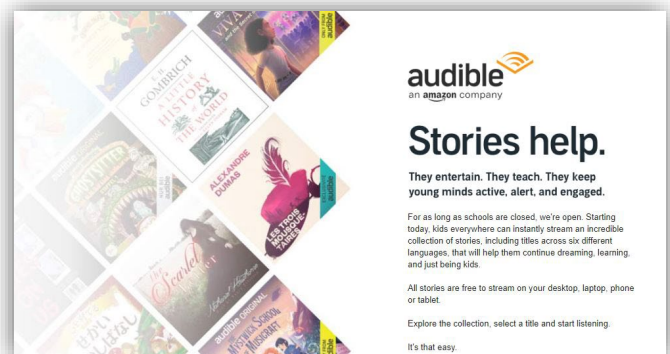
*Password: ccwc17*



## AUDIBLE:

<https://stories.audible.com/start-listen>

If you prefer to read along or listen to your stories, Audible have generously opened their library of audiobooks for kids. You will need to create your own account but do take advantage of this amazing offer.



## WELLBEING SUPPORT FOR STUDENTS AND FAMILIES

This is a crazy time and we are all dealing with the unknown, our current situation has implications that are out of our control. Stress and anxiety can have a negative impact on your health. Realising what we are feeling and taking the time to chat to someone about it can make a big difference to your day and your long term wellbeing.

Please be aware that our School Chaplain – Nat Finn and our Wellbeing Consultant - Jen Wendtman are available to chat by phone. If you would like to schedule a call, please phone the school on 4951 1811 or you can email them directly at [Natalie.Finn5@det.nsw.edu.au](mailto:Natalie.Finn5@det.nsw.edu.au) or [Jennifer.wendtman@det.nsw.edu.au](mailto:Jennifer.wendtman@det.nsw.edu.au)

Please don't underestimate the power of being listened too, a short phone call may help you make sense of your feelings, leave you feeling heard and connected, as well as giving you a safe place to release some tension.



# 5 COVID-19 PARENTING

## Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

### You are not alone

Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

### Take a break

We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

### Listen to your kids

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



### Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

#### Step 1: Set up

- Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
- Close your eyes if you feel comfortable.

#### Step 2: Think, feel, body

- Ask yourself, "What am I thinking now?"
- Notice your thoughts. Notice if they are negative or positive.
- Notice how you feel emotionally. Notice if your feelings are happy or not.
- Notice how your body feels. Notice anything that hurts or is tense.

#### Step 3: Focus on your breath

- Listen to your breath as it goes in and out.
- You can put a hand on your stomach and feel it rise and fall with each breath.
- You may want to say to yourself "It's okay. Whatever it is, I am okay."
- Then just listen to your breath for a while.

#### Step 4: Coming back

- Notice how your whole body feels.
- Listen to the sounds in the room.

#### Step 5: Reflecting

- Think 'do I feel different at all?'.
- When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference.

You can also Take a Pause with your children!

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



unicef  
for every child



Revised 10/2019 courtesy of the U.S. Dept. of Health and Human Services and is used with permission. One of the steps is not an endorsement by WHO or CDC of any particular product, service, or technology.

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