

# NEWSLETTER

Callaghan College Wallsend Campus

SEPTEMBER 2018



## MESSAGE FROM THE PRINCIPAL

Term 3 has been an extremely busy one for students, teaching and auxiliary staff here at Callaghan College Wallsend Campus. Students have not only been busy in class but with all the extra-curricular activities that they have had the opportunity to take part in as well. There have been excursions, showcases, regional and state athletics carnivals, various sporting fixtures, chess, debating, fund raising, community of schools transition days and musical performance nights. We certainly provide ample opportunity for students to excel and participate in a range of programs.



Building on from my message in the last newsletter, this week I would like to focus on the link between good sleep habits and good mental health. For me, achievement at school is important in developing self-efficacy in students, but every bit as important is having good mental health and resilience to ride the waves of adolescence.

HeadSpace is a wonderful resource to enhance mental health and the organisation have completed much research linking good sleep habits and robust mental health. Good sleep habits have been shown to improve mood, concentration and performance at school or work. They may also help control overeating and help prevent obesity. Lack of sleep is linked to symptoms of depression such as feeling down, hopeless, irritable, having thoughts of suicide, and using alcohol or other drugs.

Research suggests that for every hour of sleep you miss at night, there is a:

- 14% increase in the risk of unpleasant emotions or feelings that affect day to day functions
- 38% increase in the chance of feeling sad and hopeless
- 42% increase in the chance of having thoughts of suicide
- 58% increase in the chance of suicidal behaviour
- 23% increase in the chance of using tobacco, alcohol or marijuana

Very short sleepers (less than five hours each night) are more likely to experience long-term mental health issues than people who get enough sleep. On the other hand, if you sleep more than the recommended amount each night, find it

### DATES FOR YOUR DIARY

28 Sept	Last day of Term 3
15 Oct	School resumes for staff and students
18 Oct	7W&A Nicholson Museum Excursion
24 - 26 Oct	Inter-College Sporting Competition
13 Nov	Year 8 Wellbeing Day
16 Nov	Year 7 Swim & Survive Grading
28 - 30 Nov	Year 7 (C, L, P, S & T) Swim & Survive
4 Dec	Year 6 Orientation Day
5 - 7 Dec	Year 7 (A, D, E, N & W) Swim & Survive
11 Dec	1 <sup>st</sup> in Class Award Ceremonies
12 Dec	Annual Presentation Evening
13 Dec	Year 10 Final Assembly
19 Dec	Last day of school for students

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

Fax: 02 4950 1047

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*In our school community we value positive relationships, respect and taking responsibility for our actions. We aim to do our best in teaching and learning.*



hard to wake up in the morning or still feel tired during the day, something else might be going on.

For young people, not getting enough sleep might be caused by:

- Changes in the body clock
- Puberty
- Social pressure
- School workload
- Use of electronic devices
- Using alcohol or other drugs

Tips for teenagers to a good night sleep: If you're having trouble falling asleep or staying asleep, here are a few things you can try:

- Aim to get to bed and wake up around the same time each day, including on the weekend. This helps your body to get into a routine. Try not to take naps in the day as this affects your body's routine.
- Turn off your screens (such as your phone, TV and laptop) at least 30 minutes before bed time. The light from screens can stop your brain producing the sleep chemical melatonin, which is important in helping you get to sleep.

Try not to worry about having a bad sleep. A lot of people underestimate how much sleep they get – so you might find it useful to use a sleep app to see how much sleep you're getting. However, if you find that this makes you focus on how much sleep you're not getting, you may be better off without it.

We hope everyone has a safe, happy and restful holiday, and we will see students back at CCWC on Monday October 15 for the start of Term 4.

*Mr Paul Taylor, Principal*

## **CCWC'S FIRST ARCHAEOLOGICAL DIG SITE**

This term, Year 9 Elective History students have commenced preparation for an exciting new development for the HSIE Faculty.

We are building our very own Archaeological Dig Site! Elective History Students have been busy undertaking a project based learning task that has introduced students to the principles of archaeology and archaeological processes. They are busy investigating ancient civilisations, authentic archaeological digs, excavation processes and exploring the resources they will need as they plan for the construction of their dig site in Term 4.

In Week 8, students got 'hands on' clearing the site of old plants and debris and creating new artefacts. They are now developing their own plans and designs for the new history outdoor learning area and will be project managing their own unique contribution to the Archaeological Dig Site over the next 18 months.

This is a fantastic student-led initiative that will facilitate outstanding learning opportunities for our history students in the future. Watch this space!

*Mrs Lauren Clydsdale  
Elective History Class Teacher*





## SOMETHING WICKED THIS WAY COMES

On Saturday 15 September, 33 students and 5 teachers travelled to Sydney to see Shakespeare's famous play Macbeth at the Pop-Up Globe theatre. Spending the day as groundlings, students and teachers alike experienced the play as it would have been performed in the 17<sup>th</sup> Century. With the action packed battle scenes, spooky supernatural encounters and gallons of fake blood, it was a thrilling show that captivated and inspired students and teachers alike. A five star performance!



## ENGLISH NEWS

Well done to all students on another fantastic and hardworking term. All Term 3 assessment tasks have been completed and students will receive their results very soon. It is important to always take the time to reflect on the grade achieved and carefully consider the feedback of your teachers. Parents can check in also: all English tasks are marked on Canvas.



This term, Year 7 students created visual representations related to their novel study and some of these will now go on display at the Newcastle Multicultural Centre at Lambton. Year 7 Term 4 Assessment task date is: Week 4 - Vlog



Year 8 students wrote a persuasive letter to the Programming Director at 2NUR FM, arguing for their chosen song's inclusion in the 2<sup>nd</sup> Annual Billy Shaker's Hot Hits. A group of students headed to the station in Week 10 of this term to pre-record the show and we'll let you know when we find out the air date. Make sure you tune in! Year 8 Term 4 Assessment task date is: Week 4 - Yearly Examination.

Year 9 students wrote some seriously impressive essays this term. Critical and Concepts classes considered the success of Baz Lurhmann's film 'Romeo + Juliet' and Core classes looked at the film 'Hunt for the Wilderpeople' and the novel on which the film is based. Year 9 Term 4 Assessment task date is: Week 3 - Letter.

And finally, Year 10 completed their Social Justice Pocket Films and blew us away with their storytelling abilities and proved yet again that they have so much to offer our world. We look forward to showcasing their films at our Pocket Film Festival in Term 4. Year 10 Term 4 Assessment task date is: Wednesday Week 4 - Yearly Examination.

Further details regarding all assessments can be found on Canvas.

Keep reading, keep writing!

*Mrs Lisa Muller*

*Head Teacher English*

## A friendly REMINDER

If you have changed any of your details, such as your phone number, email address, or want to change your emergency contacts, please be sure to let us know as soon as you can. If you have changed your address, we do require proof of residence in the form of; a rates notice, an electricity bill, a lease agreement, etc.



## 2NURFM RADIO PROGRAM

On Wednesday 26 September, a group of hardworking Year 8 students headed to 2NURFM to pre-record our radio show, "Billy Shaker's Hot Hits". The students had a ball and we can't wait to hear them on air. We'll let you know the date the show will be airing as soon as we know.



## SPRING HAS SPRUNG IN OUR STUDENT GARDEN

EAL/D (English as an Additional Language or Dialect) students, as well as Mr Cosatto and his Community Garden students have been working very hard in our garden during Terms 2 and 3. We planted three espalier fruit trees, a variety of herbs, flowers and vegetables. Sadly not all have survived, so we are learning what our garden needs as we go. At the moment we are busy putting up chicken wire; next term we'll add some bird netting. Here are a few pictures of what is growing well right now – there are also a few surprises still hidden!



## Student Health Updates

Please be reminded that if you have any updates to pass on regarding your child's health or wellbeing, to do so in a timely manner. Please contact the school by phone (4951 1811) or email ([wallsend-h.school@det.nsw.edu.au](mailto:wallsend-h.school@det.nsw.edu.au)) to update any information regarding your child.

## NEWS@OURLIBRARY\_CCWC

Welcome to this edition of news@our library.

**NSW PREMIERS READING CHALLENGE:** The NSW Premier's Reading Challenge for 2018 has now concluded. My congratulations to all the students who managed to complete it this year – keep watching this space for details about a pizza party as a reward sometime during Term 4 for your amazing efforts.

**WHEELERS EBOOK PLATFORM:** Students, if you are looking for something to read these holidays, why not download the Wheelers eBook platform and choose from a wide range of young adult fiction to read at your leisure? With it, you are able to borrow digital books to read on your tablet, ebook reader or smartphone, these are available 24/7 and 365 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.

See Mr Noud in the library for more information or just go straight to the Campus' Wheelers ebook platform by following (and then saving) this link:  
<https://ccwallsend.wheelers.co/>

**Login:** Same as your DoE login

**Password:** eBookloan (*note the capital B*)

**CHESS TOURNAMENT: STAFF VS STUDENTS:** It was a hard fought contest but the winners of the inaugural Chess Staff v Students Tournament goes to the staff, who won by a margin of only 1. Player of the competition goes to **Deakin Turner-Mann** who was the undefeated champion of the tournament.

**READER OF THE MONTH:** Lastly, welcome to this edition of Reader of the month. Congratulations to Keely Harris for being the next student to receive the Principal's Reading Award. A fantastic effort and well deserved. Charlotte interviewed Keely and asked the following questions:

**What is a good book and why?** "Never let me go" by Kazuo Ishiguro. It's really creative, emotional and it explores the way people interact with each other and gives powerful insights for the reader about how to be human.

**What book would you recommend for your fellow peers?** "Jasper Jones" by Craig Silvey.

**What book would you recommend your English teacher - Ms Hancock - study in class next year?** "Alice in Wonderland" by Lewis Carroll. It's a classic. Everybody knows it but not many people have read the original. It's broad and can be easily studied.

**How many books do you say a person should read in a week and why?** At least one. Reading is such a huge part of our lives and if you learn to love it, day to day life can become easier.

**Why do you think reading is important?** I believe it is important because it is fun and teaches you great comprehension and literacy skills. It also helps with achieving goals and getting a career. Lastly, it can improve your people skills and everyday life because the stories can teach us important lessons about life.

Fantastic work, Keely.

Happy reading, everyone.

Mr Colin Noud, Teacher Librarian





## COMMUNITY ANNOUNCEMENTS



Education  
Public Schools

### Saturday School of Community Languages

Connection Diversity Excellence

The Saturday School of Community Languages (SSCL) is a public secondary school which operates on Saturdays in Sydney, Wollongong and at Merewether High School.

(SSCL) gives students the opportunity to study their background community language when that language is not offered at their own school or college.

- Students in years 7-12, from both public and non-government schools and TAFE colleges, follow NESA (Board of Studies NSW) syllabuses in a range of languages
- Students' study may be acknowledged as part of their Record of School Achievement (ROSA) and their Higher School Certificate (HSC)

#### Languages Offered by SSCL

- |             |              |                |
|-------------|--------------|----------------|
| • Arabic    | • Japanese   | • Modern Greek |
| • Armenian  | • Khmer      | • Russian      |
| • Bengali   | • Korean     | • Serbian      |
| • Chinese   | • Maltese    | • Spanish      |
| • Croatian  | • Macedonian | • Tamil        |
| • Filipino  | • Persian    | • Turkish      |
| • Hindi     | • Polish     | • Ukranian     |
| • Hungarian | • Punjabi    | • Vietnamese   |
| • Italian   | • Portuguese |                |

For more information, visit [www.sscl.schools.nsw.edu.au](http://www.sscl.schools.nsw.edu.au), email [kristine.horan@det.nsw.edu.au](mailto:kristine.horan@det.nsw.edu.au) or phone 0436652302

We look forward to meeting you and your family.

*Developing students' knowledge and skills in their background languages.*

## Girls Who Skate!

The Multicultural Neighbourhood Centre is organising free skateboarding classes for young women from refugee backgrounds. We have 15 young women involved from countries including: Syria, Afghanistan, Iraq, Burundi, Senegal & the Democratic Republic of Congo.

As part of the project we would like to provide each skater with a good quality, complete skateboard and we need your help! We are seeking support from the Newcastle community to provide donations of complete boards, used or new, which will be serviced, painted & gifted to the skaters.

In return for your support, you will get regular updates on the project & have the opportunity to meet the skaters. If you have a spare board to donate or would like to help, please contact:

Dale Garbutt – [dale@mncinc.org.au](mailto:dale@mncinc.org.au) or Phone: 0401 592 323

Supported by: MNC, STARTTS, Newcastle Skate Shop,  
Newcastle Youth Council & Newcastle Youth Development Project



## Free fun for families

- Free BBQ lunch
- Win great prizes
- Interact with live native animals
- Learn about bats, bees and birds
- Free native plants
- Free activities and craft
- Learn about biodiversity
- Nature walks
- Meet other nature lovers
- Freebies
- Learn about volunteering in nature
- Discover nature near you


**Newcastle Coal**

## RETAINING OUR SPECIES



OEH 2018/0211 April 2018



**MAYFIELD UNITED JSFC**

# **SUMMER 6-A-SIDE**

@ STEVENSON PARK, MAYFIELD WEST



**NO WEEKLY MATCH FEES!  
EVERYTHING PAID UPFRONT**

**SEASON STARTS  
MONDAY 15TH OCTOBER  
UNTIL LATE FEBRUARY**

## **UNDER 18**

**REGISTERED - \$85**

**UNREGISTERED - \$100**

**REGISTER ONLINE**

**[PLAYFOOTBALL.COM.AU](http://PLAYFOOTBALL.COM.AU)**

**"MAYFIELD UNITED JSFC"**

## **AGE DIVISIONS**

**UNDER 10/11s**

**UNDER 12/13/14s**

**--MIXED TEAMS--**

**NO PLAYING EXPERIENCE  
NECESSARY!**

**EMAIL [MUJSFC@HOTMAIL.COM](mailto:MUJSFC@HOTMAIL.COM)**

**FOR TEAM NOMINATION FORM & MORE INFORMATION**

**PROUDLY A PART OF  
TAFE NSW SUMMER FOOTBALL**





## OUR VISION

To protect, promote & foster Aboriginal Culture by utilising our traditional knowledge and resources to provide fun, interactive and age appropriate cultural experiences with an emphasis on the local area (Worimi Country)

Our Workshops are delivered by local Aboriginal people who love sharing and educating people on the many wonderful and diverse elements of our culture through hands on workshops



**School Holiday  
Cultural Workshops  
Friday 5th October**

**BOOK NOW!**



**ALL AGES  
WELCOME  
1HR WORKSHOPS**

**\$10 a person per workshop  
\$30 Family of 4 per workshop**

**\*Children are to be supervised  
by an Adult at all times**

## CULTURE WORKSHOPS

**Select Boomerang  
Throwing or Art or  
Bush Resource**

**9:00am — 10:00am  
10:30 — 11:30pm  
12:30pm — 1:30pm  
1:30pm — 2:30pm**



**WHEN: Friday 5th October 2018**

**WHERE: 2163 NELSON BAY RD  
WILLIAMTOWN 2318**



**CONTACT VICKI ON  
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VICKI@WORIMI.ORG.AU**