

CALLAGHAN COLLEGE WALLSEND CAMPUS

NEWSLETTER

Callaghan College Wallsend Campus

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Office hours:
8.30am to 3.15pm Monday to Friday

DATES FOR YOUR DIARY

18 Dec	Last day of school for all students
2020	
29 Jan	Year 7 commence
30 Jan	Years 8 – 10 return
4 Feb	Year 7 Parent Information Evening
14 Feb	College Swimming Carnival
3 Mar	Year 7 Immunisation
6 Mar	CCWC Swimming Carnival
23-25 Mar	Year 7 Camp
9 April	Last day of Term 1
28 April	Students commence Term 2
19 May	Year 10 Immunisation

MESSAGE FROM THE PRINCIPAL

It has been a busy year and I would like to congratulate all students and parents on behalf of the school staff for the positive year we have had in 2019. Callaghan College Wallsend Campus is a great learning institution and we provide our students with opportunities to excel at their studies and in a variety of other sporting, cultural and educational activities. The staff of the school can take pleasure in acknowledging that the vast majority of students have taken full advantage of these opportunities this year.



At CCWC we have aimed in 2019 to provide a variety of quality learning experiences as well as a caring, cooperative and challenging learning environment. We have strived to have our students develop to their full potential socially, creatively and academically. We have provided opportunities for students to display our values of respect, responsibility and excellence. I'm proud to say that as 2019 draws to a close, I see in our students a strong self-awareness and confidence and a capacity to develop positive relationships built on respect and concern for others.

It was fantastic to see the school hall packed to capacity with family and friends who came along to our Award Presentation and First in Class Ceremonies last week. These end of year events are a time to celebrate the success and achievements of students across all aspects of learning throughout the school year.

I would like to take this opportunity to thank our whole school community for their ongoing support during the 2019 school year. Especially, the dedicated and enthusiastic staff, all the students and finally the wider school community. With your ongoing support, we will prosper and achieve wonderful things during 2020.

With the Christmas Holidays fast approaching, I wish all students, parents and community members a safe and happy break and the staff at CCWC look forward to welcoming all students back in full school uniform next year after a well-deserved break.

Mr Paul Taylor, Principal

DECEMBER 2019

2020 RETURN DATES

Year 7 commence on Wednesday 29 January and Years 8, 9 and 10 return on Thursday 30 January. Have a fabulous and relaxing break, ready to come back and do more great things in 2020.

MESSAGE FROM OUR YEAR ADVISORS

YEAR 10: Congratulations on your successful time here at CCWC. We have thoroughly enjoyed our time with all of you over the last 4 years and once again wish you all the best for your future endeavours. Have a safe and happy holiday and we hope Santa finds you.

Ms Masters and Mr Corby

YEAR 9: What a year! We have covered so much so quickly and spoken about all the great things we have done at our recent assemblies.

A few things as we finish the year:

- Shirts have been handed out- any issues, please see Ms McInnes. If you missed out, there will be an order placed early next year. More info to come
- Peer Support leaders - info for the first few days back can be accessed through Mrs Kiriakidis
- Student leaders - thank you for your efforts as we finish up. Representing our school at formal assemblies and functions is very much appreciated
- Performers who took part in our assemblies, thank you

As we move to you being SENIORS, we would like to wish you a very Merry Christmas and health and happiness for 2020.

Mrs McInnes, Mrs Kiriakidis and Ms Barron

YEAR 8: It has been another great term, great semester and great year from our fantastic year group! We would like to congratulate all Year 8 students on their assessment grades and yearly reports. This term, students have been busy with the academic rigors of Term 4, but have also had a lot of experiences out of the classroom. CCWC was represented in an excellent manner by our students at 2019 School Spectacular, the 2019 Inter-College Sporting Competition, multiple excursions and our Year 8 Reward Excursion to the Newcastle 500.

In week 5, we were lucky enough to take 35 year 8 students along to a reward excursion to the Newcastle 500 V8 Supercars. These students were voted by their teachers as the hardest-working, most polite and friendliest students in their respective classes. It was a pleasure to be able to have a day at the V8s with such a wonderful group of students. They experienced a walk through Pit Lane, met V8 drivers and saw the cars fly around the famous Newcastle track. What an excellent experience had by all!

Congratulations to all Year 8 students on a fabulous 2019. We are looking forward to coming back relaxed and refreshed for Year 9 in 2020. Enjoy your Christmas and New Year and don't let anyone dull your sparkle!

Your year advisors,

Mr Le Rougetel and Mr Tentori

YEAR 7: Enjoy your holidays; have fun and stay safe! See you next year in Year 8.

Ms Ray and Mrs Svensk

SCHOOLS SPECTACULAR 2019: 'STARS'

This year our students represented our school in Combined Dance, the Puppet Ensemble & the Signing Choir. Congratulations to all students involved. If you missed seeing Schools Spectacular, it is available to watch on 7 Plus.

*Ms Kirbi Masters
Dance Teachers*



DECEMBER - 2019

KARAOKE CLUB- LANGUAGE FACULTY

This term saw the introduction of the “Karaoke Club”. This club is open to the whole school and has been operating every Tuesday, Wednesday and Thursday at second break. I developed the Karaoke Club as an extension of a unit on Japanese families and pastimes.

The club is a means by which all students can come and sing along to Karaoke during their break time in order to relax, feel safe and included, socialise with their peers and have fun. The Karaoke Club has been popular with students of all years including some teachers and promotes wellbeing, literacy, school spirit and togetherness in a safe non-judgmental environment.

Mr Matthew Pell, Japanese Teacher



10 VET HOSPITALITY

As we come to the end of Term 4 and 2019, I would like to give a massive congratulations to the Year 10 VET Hospitality students on their dedication and hard work throughout the year. These young chefs have worked tirelessly to produce food of an extremely high standard and have developed valuable life long skills along the way. I wish you nothing but the best of luck on your future endeavours Year 10. Chef Tentori TAS Faculty

COUNTRY FEELING UNIFORM SHOP - EXTENDED TRADING HOURS



NORMAL TRADING HOURS

MONDAYS	2.30-3.30
WEDNESDAYS	8.15-9.15
FRIDAYS	1.00-2.00



DECEMBER 2019 EXTENDED HOURS

Mon 2 nd Dec 2019	2.30pm – 3.30pm
Tue 3 rd Dec 2019	8.00am – 12.00pm Yr 7 Orientation
Wed 4 th Dec 2019	8.15am – 9.15am
Fri 6 th Dec 2019	1.00pm – 2.00pm
Mon 9 th Dec 2019	2.30pm – 4.30pm
Wed 11 th Dec 2019	8.15am – 10.15am
Fri 13 th Dec 2019	1.00pm – 3.00pm
Mon 16 th Dec 2019	2.30pm – 4.30pm
Wed 18 th Dec 2019	8.15am – 10.15am

JANUARY 2020 EXTENDED HOURS

Mon 13 th Jan 2020	3.00pm – 5.00pm
Wed 15 th Jan 2020	8.00am – 10.00am
Fri 17 th Jan 2020	2.00pm – 4.00pm
Mon 20 th Jan 2020	10.00am – 12.00pm
Thu 23 rd Jan 2020	2.00pm – 4.00pm
Fri 24 th Jan 2020	8.00am – 10.00am

ORDER ONLINE – COLLECT AT UNIFORM SHOP
www.countryfeelinguniforms.com.au

COPING WITH CHRISTMAS

For some of us Christmas is the most exciting time of year, family + friends + celebrations = wonderful. For some of us the equation results in anxiety, pain, and loneliness. I don't know what your situation is this Christmas but what I do know is that there are strategies we can all use to make this time of year easier.

1. Be kind to yourself.
2. Allow time for the things you enjoy
3. Take a moment to consider your expectations
4. Give with consideration
5. Be present

'Being kind to yourself' is possibly the greatest gift you can give yourself. It is easy to fall in comparing yourself with others around you, and comparison is the a joy/ happiness thief. This is a crazy trap. Take a moment to listen to the thoughts you are having and maybe reframe those negative ones. This isn't always easy, but it can make a big difference. You can't control what is going on around you but you can address your own thoughts. Which leads me to the next point, **'allow time for the things you enjoy'**.

These things don't have to cost money, maybe a walk, time at the beach (getting in salt water is so good for you on many levels), time with people you like. You don't have to see everyone in a big group, maybe have a few smaller connections and celebrations. It is ok to say no, and to set your own pace.

'Expectations', this can be a big one. The distance between reality (what your holidays will really look like), and expectation (what you wished it looked like or feel like) is called disappointment. Now I am not saying you need to have low expectations of what your day might be like, I am just saying be realistic. This can take so much pressure off.

When it comes to giving, **'give with consideration'** rather than cost, consider a gift of time or experience. Give a baby sitting voucher, or an offer to mow a friends lawn, buy a child a book, and then take the time to read it to them. Consider adding activities into your day, play cricket in the backyard with the kids or make Christmas lunch sandwiches at the beach or lake, this area has so much to offer. Giving back is a great way to boost your emotional wellbeing, look for opportunities to help out others or offer the gift of connection or friendship to someone else.

In all of this take a moment to be **'present and grateful'**, grateful for the community around you. I know for some of our families there is a lot of grief, loss, pain and hurt associated with this time of year, but remember it is ok to enjoy yourself. This time of year can be wonderful, and painful. It can be stressful and relaxed. Whatever December and January holds for you, I hope these thoughts make a little bit of a difference.

Helpful links:

<https://www.smilingmind.com.au/smiling-mind-app> - this little app might be helpful for you to refocus your mind back to the present in hard moments. Consider trying it ahead of time so you are ready to adjust if the moment arises.

For those who may be alone at Christmas, these link to opportunities to be with others. You may find this would be helpful to you.

<https://newcastle.nsw.gov.au/Explore/Things-to-do/What-s-On/Events/Samaritans-Christmas-Lunch>







<http://salvos.org.au/christmas/need-help-this-christmas/join-us-christmas-meal/>

Mrs Jen Wendtman
Wellbeing Consultant



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
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-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



Contact
your local Saver Plus
Coordinator

Phone
1300 610 355

Email
NewcastleSP@
thesmithfamily.com.au

Online
saverplus.org.au

Find us on Facebook 



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

MARYLAND WALLSEND NETBALL CLUB

2020 Netball Registrations

Saturday 18th January 2020 & Saturday 1st February 2020
at Wallsend Diggers: 10am-2pm

New registrations encouraged to apply, all enquiries, please contact
Kim Maguire 0421778556 or Linda Spruce 0425311666

Shortland United Junior Football Club pre-season registration

Thursday
19 December
6pm – 7:30pm
@ Shorty Pub

Saturday
21 December
4pm – 6pm
@ Shorty Pub

2019	5 to 7 years	12 to 13 years	17 to 18 years
Registration	\$125	\$180	\$200
prices	8 to 11 years	14 to 16 years	Seniors
	\$145	\$190	\$330

Sign up for the 2020 season in 2019 and pay 2019 prices.

Secure 2019 price for junior and senior players by paying
registration (less Active Kids Voucher) or signing up for a payment
plan in 2019 for 2020 season.

(example: for 5–7 years, pay the \$25 in 2019, and process the \$100
Active Kids Voucher in 2020 when they become available)

Minimum deposit for payment plans for seniors is \$50 and must keep
to regular payment to keep 2019 price.