



CALLAGHAN COLLEGE WALLSEND CAMPUS

NEWSLETTER

Callaghan College Wallsend Campus

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Office hours:
8.30am - 3.15pm Monday - Friday

DATES FOR YOUR DIARY

6 Mar	CCWC Swimming Carnival
10 Mar	Callaghan Cup
23-25 Mar	Year 7 Camp
9 April	Last day of Term 1
28 April	Students commence Term 2
6 May	Year 10 Expo at Jesmond Campus
13 May	Year 10 Ski Trip Meeting
14 May	Year 10 Transition at Jesmond Campus MyHSC@CCHSC

MESSAGE FROM THE PRINCIPAL

Welcome back to 2020 and to the opportunities we have to make it a fantastic year. I would like to congratulate all students and parents on behalf of the school staff for the positive start to the year and encourage all students to continue displaying the core values of Respect, Responsibility and Excellence.

It has been a pleasure to meet our new Year 7 students this year. They looked eager to start their high school journey. It was also great to see them proudly wearing the full Callaghan College Wallsend Campus uniform and we appreciate parent support in encouraging our core values.

Thank you to all parents who have assisted in ensuring their child is dressed in appropriate school uniform for the start of the school year. When all our students dress in correct uniform, it sends a strong and positive message to our community about the standards and values we believe in, and demonstrates the pride the students have for their school. I do appreciate it can be difficult for parents on some days to "encourage" their children to wear correct uniform and I thank each parent for their assistance. Please, let's ensure all students attend in full and correct school uniform. The uniform shop has a variety of option for students and provide good quality for a fair price. Appropriate footwear is also required for health and safety reasons. Information on our uniform can be found on the webpage and if you require assistance with school uniform please feel free to contact us to work out a solution that will see your child in uniform every day.



FEBRUARY 2020

Also, just a reminder to all students and their families that regular attendance at school is essential if students are to reach their potential. Our school, in partnership with parents, makes school attendance a very high priority. Don't forget that good school attendance leads to better school results, better peer relationships and better life chances! Support your child's success at school by getting them here right up until the end of the year! This year we will be running special assemblies to promote attendance with prizes for students who attend regularly.

I would finally like to wish all students the best start to the year, and encourage them to focus on their learning at all times to ensure that they can maximise their outcomes in every subject, feel a sense of achievement and develop lifelong skills that will carry them beyond school. CCWC 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. I encourage all students to take full advantage of these opportunities this year.

Mr Paul Taylor
Principal

ATTENDANCE: IT'S NOT OKAY TO BE AWAY!

A considerable number of students across Australia and at CCWC are having their opportunities to perform to their potential adversely affected by parent condoned absences.

Once it was the case that students only missed school when they were genuinely ill, but now that has changed. Students are being allowed to stay away from school for an ever increasing number of reasons including:

- A day off for their birthday
- A day off because relatives are visiting
- A day off to be with parents at home
- A day off to look after younger brothers and sisters
- A day off to go shopping

The thought of an argument with children to get them to school often is too great to bear for some parents. Every day a student is away, they are losing a learning experience. Over time, their knowledge base will be full of holes like Swiss cheese. Learning is sequential and attending three out of four lessons leaves gaping holes.

A sobering fact is that in Australia today, the average student will lose one year of education (200 days) through parent condoned absences over their school career from Kindergarten to Year 12.

After love and care the most important thing that we as parents can give our kids is an education. Let's do it. Should you require support in saying "No" to your son/daughter on their attendance or any other issue please contact us immediately. We all can work together to make a difference to your student's future.

Be on time, be at school, that's the rule! Regular attendance at school is essential if students are to maximise their potential. Callaghan College Wallsend Campus wants to work in partnership with all parents to promote regular attendance of students. Parents are legally responsible for the regular attendance of their children and school staff, as part of their duty of care, monitor part and whole day absences.

In 2015 we are providing students with an incentive to attend school every day. Any student who has 90% or better attendance at school (this includes swimming and athletics carnivals) will be placed in a draw at the end of the year to win a prize. There will be a prize for each year group. There will also be a prize for one student each term.

If a student is absent we ask that parents or guardians explain this absence as soon as possible. The DEC Attendance Policy states that absences should be explained within 7 days. Here at CCWC we value regular communication with parents. To that end we will contact parents in regards to an unexplained absence by 3pm the day after an absence. This contact will be via SMS or Email. A letter will be sent if SMS or email facilities are not available. Explanations may be returned via our Sentral Parent Portal, our App or by responding to the SMS. Responses automatically lodge in our Sentral Attendance Module. This will save the campus significant money, reduce our use of paper and save time! You can register for Parent Portal access via our website – www.wallsend-h.schools.nsw.edu.au. This contact will not only remind parents that an absence is still unexplained but it will also alert parents to any unauthorised whole day absence. On the day of the absence the easiest way to explain the absence is by a telephone call to the administrative office on the morning of the absence or by delivery of a written note to the front office.

LEAVING EARLY: If students need to leave school early they should present a note to the front office explaining all details. They will be issued with a leave early pass that will allow them to leave class at the appropriate time. They should carry this pass with them and present it if required e.g. if approached by an authority such as a Home School Liaison Officer.

LATE ARRIVALS: Students need to be at school by 8.55am. If a student is late to school they should present a note to the front office explaining their lateness. Unexplained lateness is not acceptable.

CONTACTING STUDENTS: If you need to contact your child unexpectedly during the day, please do so through the Administration Office. If you need to collect your child unexpectedly, the Administration Office will be able to help. Please do not call or message students on mobile telephones with directions to meet you at the front office.

SICK BAY: Finally, Callaghan College Wallsend Campus has a large population of students. For this reason, policies and procedures are put into place to ensure the smooth operation of the school. If your child becomes sick during the school day, it is our expectation that your child will report to our sick bay for assessment and at times treatment. If your child needs to be collected, we will notify you by phone. Please note that we do not have the facilities for sick students to remain at school for long periods of time uncollected. We appreciate your efforts to have them picked up as soon as is practicable.

BREAKING NEWS!
**CCWC NOW HAS AN
SMS NUMBER FOR ATTENDANCE!**

*Don't have time to write a note, ring the office, fill in
the Skoolbag form or log into the Parent Portal?*

Simply text your name,
student name and reason to:

0429 55 01 88



EVERY MINUTE COUNTS...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning



Your child's best learning time is at the beginning of the day...

**Check the time CCWC
school starts.
DON'T BE LATE!**



SPORTS COMMITTEE 2020

Congratulations to our 2020 Student Sports Committee. Members are: Charlotte Caddies, Dylan Corbett, Josh Dollin, Ruby Duff, Caitlyn Dzananovic, Maria Kamanda, Labella Raveneau, Grace Starr, Sophie Urane, Samantha Wasowski.

Their responsibilities include promoting positive involvement in all areas of sport within the school, assisting with the administration for Friday Sport & House v House, attendance and award presenters at our annual Sports Presentation, referees at Primary School Gala Days and contribution to the Sporting News.

Congratulations again to these students on their successful nomination to be part of the committee. I look forward to working with them throughout the year.

*Ms Kirbi Masters
Sports Organiser*



PDHPE FACULTY FITNESS TIPS

EXERCISE OF THE MONTH: The Pushup

Technique Tips: Make sure your hands are lined up under your shoulders, drop chest to ground keeping your hips straight, similar to a plank position.

- Advanced: Go on your toes
- Beginner: Go on your knees

Workout set for the month: Complete pushups everyday for the month, starting at 5, increase your pushups by 2 every day.

Extra Challenges:

- Increase by 5 everyday
- Grab a partner, facing each other, high 5 at the top of every pushup and move your hands in closer towards your midline to increase the intensity

Mrs Melanie Yorke
PDHPE Faculty



DANCE NEWS

Congratulations to all students who auditioned to be part of Dance Troupe 2020. It was very exciting to see so many students wanting to be part of this program. Rehearsals have already commenced with Dance Troupe #1 on Wednesday Week A & Dance Troupe #2 on Tuesday Week B from 8am-8.45am in the Dance Room. For any student who may still be interested in being part of Dance Troupe 2020, it is not too late! See Ms Masters in Staffhouse 2 for more information.

Ms Kirbi Masters
Dance Teacher

SURFEST 2020

A team of four students, including two students from Wallsend Campus, represented Callaghan College in the Go Kindy Schools Team Surfing Challenge.

Banjo of Year 10 and Seth of Year 8, along with two students from Jesmond Campus showed great team work and enthusiasm and surfed well under some tricky and difficult conditions on the first day.

Unfortunately, the boys just missed out on competing in finals, but should be proud of their efforts. The team was surfing against high culture surf schools such as Cronulla, North Narrabeen and Tomaree, having three to five teams in the event. Well done Lads!

Ms Kellie Balzer
Jesmond Senior Campus

STUDENT ACHIEVEMENT

Evelyn, one of our very talented Year 9 students, is a cast member in the upcoming production of *The Witches*, by Hunter Drama. Congratulations Evelyn, we wish you well.

My name is Evelyn, and I am part of Hunter Drama's 'The Witches' cast.

Rehearsals are underway for this Production which will be on in the first week of the April School Holidays (Dates: 15 – 18 April, 2020).

A little bit about the show...

A brave young boy unwittingly stumbles into the Annual General Meeting for the Royal Society for the Prevention of Cruelty to Children. However these women are not what they seem... they are Witches in disguise! The boy learns of their nasty plan to get rid of all the children in the world, by turning them into mice!

Come along and don't miss out on one of Roald Dahl's most famous stories come to life on the Civic Playhouse Stage, right here in Newcastle.

It's going to be a spectacular show perfect for families, so don't miss out!

Tickets are now on sale through Ticketek.



NEWS@OURLIBRARY_CCWC

Welcome to the February edition of news@our library.

PREMIERS READING CHALLENGE: The NSW Premier's Reading Challenge kicks off soon so I hope you've been recording books you've read to add to the PRC site from Monday 2nd March.

"It's important for children to discover what books have to offer because we know a passion for learning will set them up for the future...The great thing about books is they cover just about any issue or story you can imagine. The challenge is not a competition, but a way to foster a love of reading for pleasure in kindergarten to year 9 students in NSW" (Ms Berejiklian, NSW Premier.)

WHEELERS EBOOK PLATFORM: Students, in the meantime, if you're looking for something to read why not download the Wheelers eBook platform and choose from a wide range of young adult fiction to read at your leisure, available 24/7 and 366 days of the year.

Ask your child to see Mr Noud in the library for more information or just go straight to our Wheelers ebook platform. 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.

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

Login: Same as your Student Portal login

Password: eBookloan (note the capital B)

Don't forget to also utilise Britannica Encyclopedia online to help with your studies. More on this next edition.

Mr Colin Noud
Teacher Librarian

WELLBEING NEWS

YEAR 7 GIRLS WELLBEING GROUP: This is a fun small group running for five weeks to support some of our Year 7 girls as they make the significant life transition to Year 7. The group assists students to;

- develop their emotional intelligence
- practice growth mindset skills
- cultivate kindness, self-love, and an attitude of gratitude
- build self-esteem and confidence
- develop positive friendships

A successful and fulfilling high school experience involves all kinds of learning.

2020 YEAR ADVISERS

Year 7 – Mr Mitchell Turner and Mr Hagen Starrett

Year 8 – Mrs Evelyn Svensk and Mr Chris Tyrrie

Year 9 – Mr Dane Le Rougetel and Mr Josh Tentori

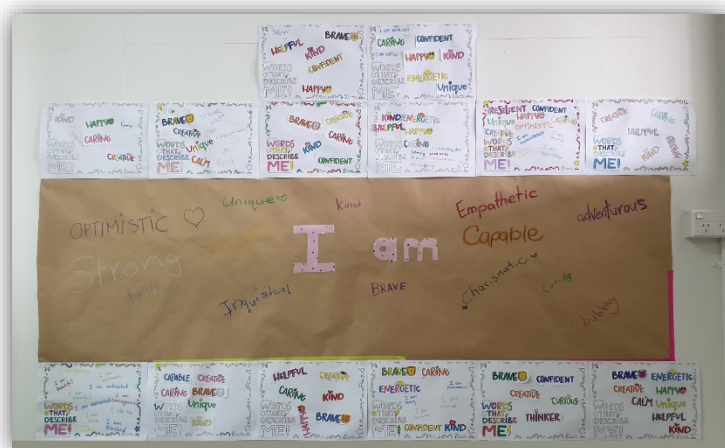
Year 10 - Mrs Tara McInnes, Mrs Carly Barron, and Ms Simone King

UPCOMING EVENTS

WEEK 6: To celebrate International Women's Day (Sunday 8 March), on Wednesday 11 March our girls will participate in a presentation by Bright Girls. At the same time, boys will be involved in the Aware boys program.

WEEK 8: Backflips for Bullying will be coming in on Monday 16 March as part of National Day of Action against bullying and violence.

WEEK 9: Year 7 Camp – We are very much looking forward to the Year 7 Camp being held from Monday 23 til Wednesday 25 March 2020. The permission and information note contained a list of what to pack, if you have misplaced yours, additional copies can be obtained from the Administration Office.



GOTCHA DRAW

Throughout the week students are awarded GOTCHA Awards for demonstrating the school core values of Respect, Responsibility and Excellence. Each week at assembly, one student from each year group who has received a GOTCHA is randomly selected to win a canteen voucher. At the end of each term, one student from each stage group is randomly selected to win a \$30 Ultimate Teens Gift Voucher. For every 20 GOTCHA awards a student earns they receive a Merit Award at their year assembly which occurs twice a term. Our GOTCHA award winners so far for this term are:

GOTCHA	YEAR 7	YEAR 8	YEAR 9	YEAR 10
WEEK 2	Teleah Clarke	Anthony D'amico	Dylan Corbet	Bradley Page
WEEK 3	Montana Duggan	Lyric Davies	Lilly Piper	Aidan Young
WEEK 4	Shelby Kelly	Skye Walsh	Hayfa Khshfeh	Kyle Tucker
WEEK 5	Max Upton	Riley Helmers	Mia Went	Ella Gardiner

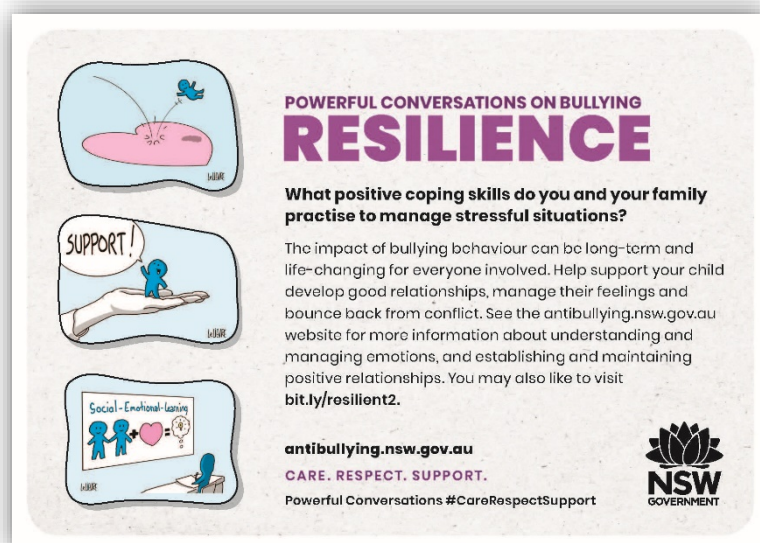
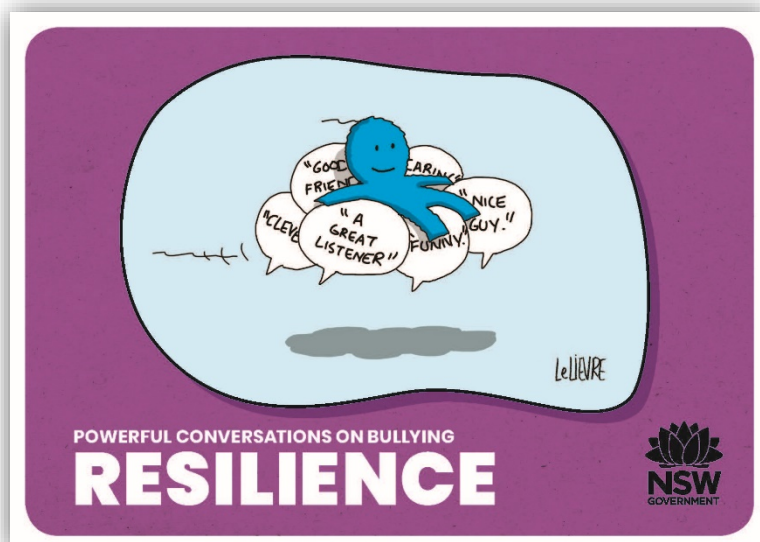
There have been a total of over 5500 GOTCHA Awards earned so far this year. This is a fantastic effort from our students!

PEER SUPPORT

During Term 1, Year 7 students have been involved in the 2020 Peer Support Program, Year 10 Student Leaders have also been involved in the program. Each week, small groups have been meeting with leaders and working through a range of activities that focus on resilience. Meeting in small groups has allowed for more meaningful connections to form, assisting students with the transition to secondary school. Over the eight weeks of the program, students have been identifying their strengths and achievements, along with people who support them and learning to view challenges as an opportunity for growth.

For additional reading and resources to support your child please see the Peer Support Australia Website www.peersupport.edu.au

Mrs Amanda Phillips
Head Teacher Wellbeing



MESSAGE FROM OUR WELLBEING CONSULTANT

Welcome back to Term 1.

Andrew Fuller is a Fellow of the Department of Psychiatry and the Department of Learning and Educational Development at the University of Melbourne, below are some tips he recently shared on setting yourself up for a great year, so relevant for our kids - and some great wisdom for all of us. <https://andrewfuller.com.au/>

ANDREW FULLER'S 13 TIPS TO SET YOURSELF UP FOR A GREAT YEAR: Make this the year that you will remember for the rest of your life as the time you really set yourself on the pathway to success. There are several sure-fire ways to make this a great year.

1. *BUILD POSITIVE RELATIONSHIPS WITH EVERYONE YOU KNOW: Parents, teachers, friends, everyone! One of the ways of reducing your stress levels is to set out to have as many positive friendships this year as you can.*
2. *CHALLENGE YOURSELF: You are much, much smarter than you know. If you practice doing your best in life you will succeed because very few people ever practice doing their best.*

To do your best you have to get out of the habit of predicting that things won't go well for you. If you look for what's going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.

3. *PREPARE YOURSELF FOR LEARNING: Thinking positive isn't enough for successfully achieving goals. Implement ways to reduce distractions, at least for a few hours at a time, else learning will become a frustrating experience.*

Human nature is such that not everyone in your life will be a wellwisher in your self-improvement and learning plans. They may intentionally or subconsciously distract you from your goal.

4. *GET ENOUGH SLEEP: Getting enough sleep helps you to manage stress, stay happy and also increases your marks. You need at least 8 hours and sometimes as much as 9 and a quarter hours a night.*
5. *EAT BREAKFAST: A lot of people skip breakfast, but you often learn best at school in the morning and it helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches.*
6. *DO THE MOST IMPORTANT THINGS FIRST: Get into the habit of being effective. Write a to-do list each week. Ask yourself the question, "What is the one thing I could do this week in each subject area that would improve my results?" Then do it.*
7. *USE YOUR TIME WELL: Many people muck around in school and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school you can save yourself endless hours. Some people find if they sit at the front they are less distracted.*

Teachers want their students to do well. Watch your teachers closely. Observe the things that they emphasise or repeat. Take notes of these things. It is a fair bet that these things will feature in tests and exams.

8. *FROM LITTLE THINGS BIG THINGS GROW: do a little bit often. Succeeding at school can be easy if you do a little bit each day. The best learning occurs when you do repetitive interval training. This means do a little bit of practice every day. Interval training is especially powerful in subjects like maths and the sciences.*

9. *FOCUS AND IMMERSE YOURSELF: For at least some time every day switch all forms of technology off and focus on whatever you're studying. Don't try to watch TV, listen to music or gaze at a screen at the same time as learning something. Technology is not going to be there in exam rooms so you need to be practiced at performing without it.*
10. *DON'T TRY TO PREDICT THE FUTURE: Most students are really bad at predicting how well they are going to do. In fact, they are hopeless at it. So don't spend the year thinking how awful your results could be. Just do the most important things first and do them regularly.*
11. *BE CURIOUS: Think of someone you know who always seems to know interesting things- weird facts, strange occurrences, funny jokes, and whacky stories. Try to be one of these people. Look out for and learn things that are fun and interesting.*
12. *PLAY MORE: Get active, break out into a sweat now and then. Lack of blood flow is a common reason for lack of concentration. If you've been sitting in one place for a while, stand up and stretch or bounce one of your legs for a minute or two. It gets your blood flowing and sharpens both concentration and recall. Even if you are busy, three twenty-minute bursts of exercise a week makes a massive difference to your stress levels, happiness and sleeping.*
13. *DECIDE TO BE HAPPY: Lots of people wait to be happy. They wait for the situation to be right. Or they wait for the right friends to show up. Some people spend their entire lives waiting to be happy. Decide to be happy now. Have a look at the things in your life you can feel lucky that you have. Appreciate the people who like you and love you. Make the most of the moment and seize the day.*

Mrs Jen Wendtman
Wellbeing Consultant

COMMUNITY NEWS



Register now!

Wallsend West Newcastle Swans AFC

Steve Lewer 0459 082162

Open for boys and girls 5-17yo

AFL Sign up for junior footy [play.afl](https://play.afl.com.au)



OFFICE OF SPORT

CLAIM TWO \$100 ACTIVE KIDS VOUCHERS



All NSW school-enrolled children are eligible for **two \$100 Active Kids vouchers** each year. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. **Voucher one is valid January to December** and **voucher two is valid July to December**. After 1 July 2020, the second voucher can be claimed immediately after the first voucher.

HOW TO CLAIM YOUR VOUCHERS



1 Visit service.nsw.gov.au and login to your MyServiceNSW Account



2 Click on the Active Kids icon found in your SERVICE tab



3 Fill out the requested information (you will need your current Medicare card)



4 Print a copy of each voucher or email it to yourself

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

HOW TO USE YOUR VOUCHERS

- 1** Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2** Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number



*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab