



WHAT'S HAPPENING?

The Calwell High School newsletter - Week 5, Term 3 2021

RESPECT

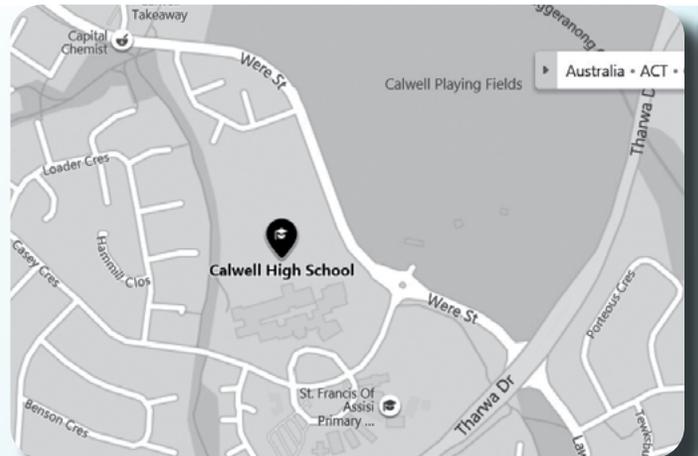
SELF-DISCIPLINE

ACHIEVEMENT

COURAGE

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Address: 111 CASEY CRESCENT, Calwell ACT, 2905
Phone: 02 6142 1930

Click on the icon to follow us on FaceBook!



We would like to acknowledge the Ngunnawal and Ngambri people, the traditional custodians of the land on which we meet, learn, and work at Calwell High school. We acknowledge that Ngunnawal and Ngambri land has been a place of learning for centuries. We pay our respect to the ancestors who have paved the way for the education which has been received on Ngunnawal and Ngambri land for past, present and future generations. We would also like to acknowledge any Aboriginal and Torres Strait Islander students, staff, family and community members present with us.



ACT
Government
Education

proudly an act public school



Principal's Report Term 3 2021

We are very excited about our new Student Wellbeing space. As part of this transformation, we have employed some new key staff. Michael Hilton is overseeing the function of the space and working to closely align and coordinate the overlap between engagement in learning and wellbeing. Lyndsey Houghton is joining us from Lake Tuggeranong College as an executive teacher to work with staff and students in years 8 and 10. Kellie Williams is joining us as an executive teacher from Alfred Deakin High School to work with staff and students in years 7 and 9. Tom Bluck will support the handover process in this area and move into some strategic whole school project work.

Erin Smith has now been permanently appointed into the executive role in support and inclusion, with this space being so important and growing at Calwell we are very happy to have it in her enthusiastic and capable hands.

We welcome new classroom teachers as well, Lisa Johnson, Pedro Recinos, Peter Curtis and Claire Hennessy, along with two new Learning Support Assistants, Patrick O'Dea and Karlee Doig.

Enrolments for 2022 are now being finalised. Please

if you know of any students planning on attending Calwell in 2022 who have not yet enrolled encourage them to do so as a matter of urgency. This is very important in our planning process and funding allocations. If anyone requires assistance in this our enrolments officer Di McMillan is very willing to assist.

Finally, some upcoming events to watch out for the Athletics Carnival Friday this week will be a great day and thanks to the PE staff for leading this event. Preparation is already underway for the Year 10 Walk out, Graduation and Formal as well as the end of year Showcase event. We will also be visited by MLA Jonathan Davies to speak with the SAGA students in week 6.

Wishing you all a safe and productive term 3.



Megan Altenburg
Principal



Deputy Principals' Report

Dear Calwell High School Families

I trust that students had the opportunity to enjoy their break and are looking to return refreshed and ready for a productive term and second semester. Semester 1 reports are a good reflection tool to use to set academic goals for the second semester. There has been much written about the value of setting goals, discussing strategy and making commitment to achieving stated outcome. Research informs us setting challenging goals does lead to greater effort and persistence. It is imperative to set both product-related and process-related goals as these will serve as a road map. When done well, goals provide a clear path for where you are going, why you want to get there, how you are going to get there, and how you will know when you do get there.

Please discuss with your child the goals they have set themselves and communicate with them your belief that their goal is achievable. By discussing goals with

your child, building their belief in their ability to reach their goal and providing good feedback, your child is more likely to succeed.

2021 School Satisfaction & Climate Survey

Each year, the Directorate surveys all parents and carers, school staff and students in Years 4 to 12 about their experience of public education. The 2021 School Satisfaction & Climate Survey will be available online from 13 August to 3 September. The survey results will help us to continue to make quality informed decisions about how to improve our school. No personal identifying information will be provided to any school or college.

For each child in your family who attends an ACT public school, parents and carers will receive:

A letter about the **student survey** outlining the

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reasons for collection and privacy provision for the data; and

An email about the **parent survey**, including a unique link to access the survey. **Genuine survey invitation emails will have the title “The 2021 School Satisfaction & Climate Survey is now open!” and will be sent from EDU Surveys & Evaluation with ‘from’ address Edu@qualtrics-survey.com**

If you do not receive the survey invitation, please check your Junk email folder; if it is not there, send your contact details to EDUSurveysandEvaluation@act.gov.au to request a survey invitation. If you do not have an email listed with the school, please contact school reception on 61421930.

The Parents and Carers Survey will be available online in other languages: Arabic, Burmese, Chinese, Hindi, Korean, Urdu, Vietnamese, Punjabi, Bengali, Spanish and Telugu. Respondents can select their preferred language when they start the survey. A shortened paper-version of the Parents and Carers Survey is also available in the following 5 languages: Dari, Dinka, Farsi, Karen and Mon. These surveys are available at the Front Office.

For the results to reflect the opinions of our whole school community, we need as many parents and carers, staff and students as possible to complete the survey. Your feedback is important, and we hope you will take part.

For more information, visit: <https://www.education.act.gov.au/public-school-life/school-satisfaction-and-climate-survey>

Referral for School Psychologist consultation or initial assessment

Angie Mosely is the School Psychologist at Calwell High School and is available Monday, Tuesday and half day Thursday in 2021. Her office is in room C27. The primary role of the School Psychologist is to assist schools to address and understand the barriers for accessing learning for children and young people and to assess factors impacting educational achievement. Two significant barriers to educational achievement are learning difficulties and mental health. If you have questions about student learning (literacy and numeracy), student wellbeing, or student’s educational achievement, you can contact Angie to discuss whether the school psychology service is the most appropriate service for the student at this time. Students and parents/carers can contact Angie directly to discuss options for support. Angie can be

contacted via email during business hours at Angie.Mosley@ed.act.edu.au or through the front office telephone 61421930.

School Psychologists are not a crisis service and do not provide emergency support.

QR Codes

ACT Health have advised that use of the CBR Check-In app will continue to be a crucial tool in the ongoing management of the pandemic. Please be aware that all visitors to the school (including parents and carers) will need to have the app installed and must check in upon arrival at the school using the signposted QR codes.

Additionally, ACT Health is encouraging all young people over 13 years old to have the app downloaded on any mobile device they have, as it is likely that all users above this age will need to begin using it for public transport, including bus runs, at some stage in the future. We ask that you work with your child and if they do have a device capable of downloading the CBR Check-In app, to please download it and encourage its use by child where applicable.

Thank You

As always, we appreciate your support and thank you in advance for your cooperation. We look forward to working with you in this coming semester and trust that it will be engaging, productive and safe for Calwell High students, families and staff.

Natalie Dickie and Trish Marton
Deputy Principals

Natalie Dickie
Deputy Principal



Patricia Marton
Deputy Principal



In the Classrooms

News from Wood, Metal Design and Photography

Year 7 Wood

Year 7 Wood are getting close to completing their chopping boards. This term the handle is back in fashion. Students are given one 1200mm piece of radiata pine and they decide on what shape they would like. Depending on the design whether square or rectangular, with or without handle they calculate how to mark out the lengths they need. Cooperation was needed to edge join and glue up their projects as the timber is placed in the sash clamps 5 at a time. Excessive clamp pressure sometimes makes the chopping boards jump up into the air. Restarting this assembly process is less of a drama in winter as the glue “goes off” slowly compared to the hotter months of summer.



Year 8 Materials and Design

In this photo we see a batch of brass rings being made. Students calculate the length of material needed by wrapping a small paper belt around their finger and then transferring this measurement onto the brass strip. After cutting to length the brass is heated or “annealed” to make it more easily shaped into a ring. We get to the correct annealing temperature by drawing a line of permanent marker ink on the brass. The correct temperature has been achieved when the line disappears after being heated for a short time. A pair of reverse tweezers, visible at the bottom of the photo, are used to pick up the brass strip and quench it in water. This is a popular project.



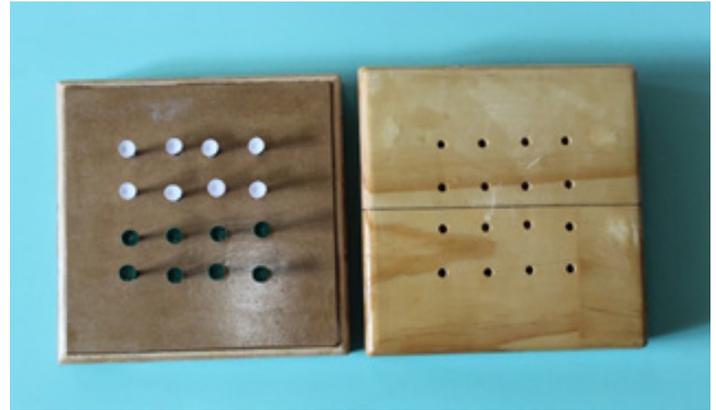
Metal Design-hammer

Students have been cutting internal and external threads to attach the hammer head to the handle. The hammer head in the photo is square in section but the end has been rounded on the metal lathe. Thread cutting requires precision and working to 0.5 of a millimetre is essential! Some students have been surprised by this challenge.



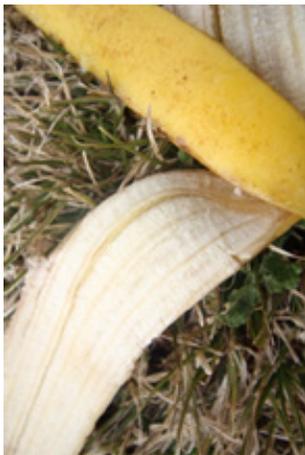
Wood Design

A new skills development project, this semester, is the Four Field Kono. Korean in origin, it is a strategy game where each player has 8 counters. We will be having a knockout comp in class.



Photography

The crows in the playground do a good job of tidying up after Break 1 and 2 but is here is something they missed! Well - this student photographer has a sense of humour.



Does it have to be in focus? An experiment using a slow shutter speed

Mr Lorrimer



Is your child feeling unwell with COVID-19 symptoms?

Keep them home.

Get them tested.

Keep CBR safe & strong

ACT Government

covid19.act.gov.au

We want to celebrate student success in our Newsletter. Please send information of student achievement to:
info@calwellhs.act.edu.au

Health and Physical Education News

Welcome back to another semester at Calwell High School. Firstly I would like to take the opportunity to introduce our newest member of the HPE team, Lisa Johnston. Lisa comes to us with over 20 years of experience teaching in the secondary sector and has taken up a junior HPE class. All classes are coming to the end of their first units of study with a number about to begin their term health units. It's pleasing to see the engagement and enthusiasm from the vast majority of students to lead active and healthy lives. This term students will be participating in a number of invasion games such as European Handball, Touch Football, Gaelic Football and Ultimate Frisbee. Health topics will be covering Community Health (Jnr), Road Safety (Snr).

Calwell High School Athletics Carnival

This semester we will be running our annual Athletics Carnival on Friday 13 August 2021. This will be our first winter carnival for some years. As before we will be hosting this at the Calwell Playing Fields this year with the assistance of Calwell Little Athletics Club. So pray for good weather in the lead up to and on the day for a successful carnival. Information was sent home in Week 4 outlining the program and requirements. This will be a whole school event and all students are expected to attend (there will be no normal classes at school during the event as all staff will be required at the carnival).

Calwell Playing Fields Permission Notes

Thank you to all the families that have submitted their child's Calwell Playing Field Permission Notes. We certainly are getting a lot closer to 100% compliance. With the Athletics Carnival coming up in Week 5 all attending students will be required to have this note submitted as mandated by the Department of Education. If you have not sent this in yet please do so before the carnival. Reminders have been given to students and families both at school, via email, Facebook and in some cases by phone. This note not only covers permission for participation in the carnival but also for general use during HPE classes or any other school events. Please make contact with the

school if you need a note or you have not received one through either your student or via email yet.

Other events coming up this term:

- Girls South Netball Gala Day (Tuesday 17 Aug Week 6 – with finals in Week 9)
- Southside Regional Athletics (Monday 30 Aug Week 8)
- ACT 13&O Athletics (Tuesday 14 Sep Week 10)
- ACT Oztag Boys Gala Day (Wednesday 15 Sep Week 10)
- ACT Oztag Girls Gala Day (Thursday 16 Sep Week 10)

Steven Deans

Head of Health and Physical Education

**Winter Athletics Carnival
Permission Forms Due Now**

Mathematics News

As we get back into the rhythm of study for Semester 2, it is a great time to reflect on our results in Mathematics from Semester 1 and look at what worked and what needs more work. It was great to see the uptake by students to the new online learning platform through EP. The vast majority of students have adapted well and are utilising the program to enhance their learning. As always we would encourage students to be practising skills and concepts outside of class on a more regular basis, especially in the lead up to tests and other assessment. This semester all years will be tackling algebra and geometry. The abstract nature of algebraic skills and content can be a little confusing at first however, with regular practise, these skills can be

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learnt and mastered. Geometric principles and skills are also essential for many industries, including but not limited to, construction, engineering, mechanics and a slew of other trades.

If students are finding that these concepts are just not sinking in then they need to be utilising all the resources and opportunities at their disposal such as; EP learning modules, their classroom teacher, reviewing class notes, homework club and of course Google and Youtube. The common theme is always the same, 'put in the effort and reap the rewards'

This term students have also had the opportunity to participate in the Australian Mathematics

Competition to compete for prize money and all the glory and accolades that come with it. Dr David Low convened the competition this year.

We wish all students the best to achieve their desired results this semester and as always will support and provide help and opportunities to all that wish to succeed. If you have any questions or concerns for your child's progress please make contact asap so that we can work out a plan for success.

Steven Deans

Head of Mathematics

Careers @ Calwell

Last term was a busy one within the Careers section of Calwell High and saw over 80 Year 9 and 10 students participate in 12 different program days. The areas included were Hair, Beauty, Makeup, Fitness, Biomechanics, Paint/Plastering, Tiling, Renewables, First Aid (18 students gained their First Aid qualification), Whitecard & Asbestos Training, Australian Defence Force Talk and Australian Training Company Apprenticeship Talk. See photos opposite and on the next page.

Last term we had 25 students go out on work experience placement in their desired field of work. Any students in Year 9 or 10 who would like to complete work experience need to make an appointment with Traci Chatfield in the careers office to discuss opportunities that are available and how to apply for the work experience.

This term we have 6 program days occurring in the following areas: Plumbing, Nursing and Allied Health, Music and Media, Zookeeper, Animal Services and Floristry.

To ensure your child is informed about these opportunities please ask them to listen to tutor announcements and check their emails and make sure they have joined the Careers Google Classroom. If the code is needed please see Traci, our careers advisor. She will also email families regarding opportunities. As places in these programs are limited prompt replies with permission and payment is required to secure your child's place.





Health Impacts of E Cigarettes For Children and Young People

What are e-cigarettes?

An electronic cigarette, or e-cigarette, is a handheld electronic device used to simulate the experience of smoking a cigarette. It consists of a mouthpiece, a battery, and a cartridge to hold the e-liquid or 'e-juice'. E-cigarettes work by heating a liquid which generates an aerosol or 'vapour' that is inhaled by the user. Using e-cigarettes is commonly referred to as vaping.

What are the health risks?

E-cigarettes are relatively new products so the evidence is still evolving around their health impacts. Studies have shown that people who vape have slower wound healing and irritated airways. Vaping also has a negative impact on asthma control. There have also been some reports of e-cigarettes exploding and causing fires and injuries.

E-liquids used in e-cigarettes often contain nicotine – a type of poison. E-liquid containers bought online often don't conform to Australian standards, which include having child resistant closures and appropriate labelling. Refill bottles may contain highly concentrated nicotine solutions and just one millilitre can be lethal if swallowed by a child.

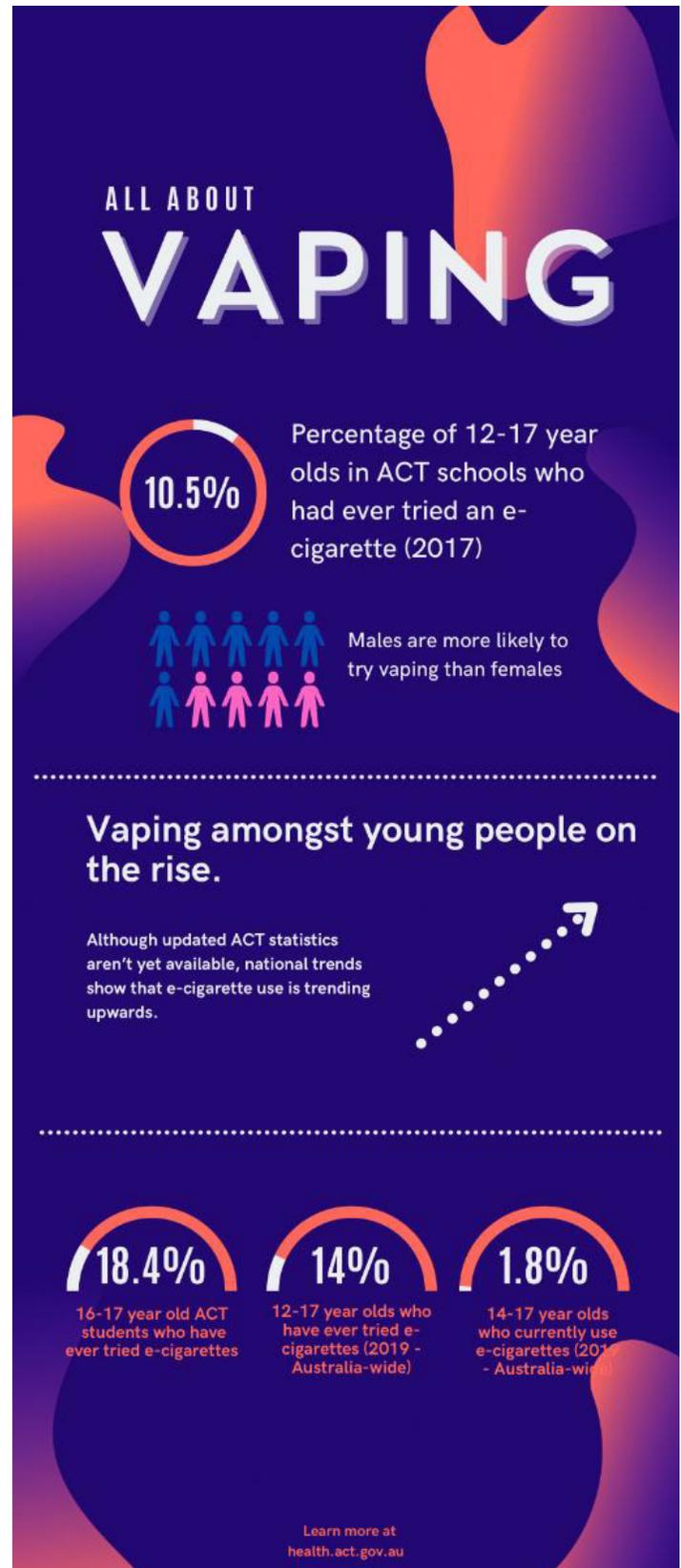
Ingredients in e-cigarettes

Studies have shown that e-cigarettes are often either unlabelled or inaccurately labelled so you can never be quite sure what's in them. E-liquids contain flavours in combination with propylene glycol, and glycerol. The coil of the e-cigarette releases heavy metals, such as lead and this is inhaled when the e-cigarette is used. Toxic contaminants are also often found in e-liquids, and so is nicotine.

In the ACT, the commercial supply of nicotine for use in e-cigarettes is illegal, however recent testing of online and over the counter e-liquids, labelled as 'nicotine free', found that 60 per cent contained nicotine.

Young people and e-cigarettes

The brains of young people are at a higher risk of developing nicotine addiction than adults and most



smokers commenced their addiction under the age of 21. Nicotine can affect learning, memory, and attention in teenagers.

Young people usually start vaping out of curiosity. Some studies have found that young vapers may be unaware that their vape devices are e-cigarettes, or that they may contain nicotine. They are usually sold as vape pens, vape pod kits, starter kits, vape tanks etc.

What do e-cigarettes look like?

E-cigarettes come in a wide variety of shapes, sizes, and styles. Online e-cigarette advertising uses the same marketing techniques that were once used to promote tobacco to children and young people. This advertising is illegal in the ACT, but the sellers are based interstate or overseas and the ACT Government has no jurisdiction over online advertisements. E-liquid flavours are often sweet and may look and sound like confectionary. Some of the packaging is likely to be attractive to children, as well as to young adults. See some examples below.

Don't you have to be 18 to buy e-cigarettes?

Yes, it is illegal to sell e-cigarettes to people under the age of 18 and nicotine is prohibited in e-cigarettes sold in the ACT. Most children access e-cigarette products through a friend or family member. In addition, young people may purchase e-cigarettes online where there are no effective safeguards to stop them from accessing it or from black-market sellers who use social media platforms such as TikTok, Snap Chat and Instagram to sell teenagers e-cigarettes.

What can parents and carers do?

Learn the facts

Read through these fact sheets for [parents and teachers](#) and [teens](#), as well as our [myth busters](#). It is also helpful to know what the different devices look like and the different words young people may use to describe using e-cigarettes. This will help you to talk about e-cigarettes with your teen.

Have a conversation

It's important to talk to your teen about the health risks of e-cigarettes. Many teenagers are under the misconception that e-cigarettes are safe. Approach the conversation calmly and ask questions. Try not to lecture or judge



ABOVE: E-Cigarettes come in many shapes & sizes

BELOW: Packaging of e-liquids designed to appeal to young people



Call Quitline (13 7848) for free advice

Quitline counsellors can answer any questions you may have about e-cigarettes and can help you think of ways to approach the conversation.

More Information?

[ACT Health: e-Cigarettes](#)

[National Health and Medical Research Council \(NHMRC\) Statement on Electronic Cigarettes 2017:](#)

[The Royal Children's Hospital Melbourne; e-Cigarettes & Teens; 2020](#)

[Raising Children Network: The Australian Parenting Website](#)

[Quit: E-cigarettes and teens: what you need to know; 2021](#)





There are rules in sport **and rules when parking!**

Don't park:



on the verge



in no parking zones



on footpaths or across driveways



in bus zones



in no stopping zones



in mobility (disabled) spaces

Keep our kids safe at sporting events

Play by the rules when parking at ovals and sporting venues.

Parking inspectors will be patrolling local sporting events throughout the year to keep our future athletes and Olympians safe. Break the rules and you risk a fine.

Don't park on footpaths, across driveways, no stopping zones, no parking zones, bus zones or in disabled parking spaces.

Can't find a park? Be a sport, park legally and venture further afield.

You'll be keeping us all safe and it will be good for your fitness too!



Please also remember to treat our parking inspectors with respect.

Like umpires on the field, they are enforcing the rules to keep us all safe. To report unsafe and illegal parking call 13 22 81 or visit [illegal parking](#).

Stranger Danger

Following a recent incident involving one of our students being approached by a stranger on their way to school, we would like to encourage you to remind your children about the importance of stranger safety and the need to report any unusual incidents or approaches to staff immediately.

If you become aware of an incident or notice anyone acting suspiciously around a school or child, contact police immediately on 131 444 or in the case of an emergency call 000. If you witness incidents or if you have any information that could assist Police can

contact Crime Stoppers on 1800 333 000. Information can be provided anonymously.

Please support the school to keep our children safe by having conversations about moving safely around the community and what to do if they ever feel unsafe. You can find more information on the ACT Policing website in the section on [Child Safety](#) for tips. In addition, [Safety4Kids](#) is a non-government website that has useful information and links. The [Constable Kenny](#) website also has a number of tips for parents.

ACT Education and Training Directorate Insurance Statement

The ACT Education and Training Directorate does not provide any insurance cover for injury, disease or illness to students resulting from school activities or school-organised excursions.

Claims for compensation are met where there is a legal liability to do so. Liability is not automatic and depends on the circumstances in which any injury, disease or illness was sustained.

As there is no automatic insurance cover for personal injury if your child is injured at school or during a school organised activity/excursion you should therefore consider whether taking out personal insurance cover for your child is warranted.

This insurance might cover contingencies including medical/hospital expenses, ambulance transport outside the ACT, and cancellation of transport/accommodation or loss of/damage to luggage.

The ACT Ambulance Service provides free ambulance transport for students who are injured or suddenly become ill at school or during an approved school organised activity within the ACT.

Calwell High School collects information about injuries and incidents which occur at school or on school-organised activities, on behalf of the ACT

Education and Training Directorate. Some of the information may be personal information as defined in the Privacy Act 1988 and the Health Records (Privacy and Access) Act 1997. The information is usually included in a Student Accident/Incident Report or Notification of a Critical Incident together with any accompanying witness statements.

The purposes for which the information is collected include notifying the Territory's insurers and legal advisers of injuries and incidents and ensuring that the school itself has accurate and complete records.

The Directorate usually provides the form and any other information relevant to the accident/incident to the ACT Insurance Authority and the ACT Government Solicitor.

Information may also be provided to WorkSafe ACT in accordance with the ACT Work Health and Safety Act 2011.

Schools have a duty of care to keep students safe. Where an injury or incident occurs schools have an obligation to determine what has happened and therefore may question students.

Schools may also ask students to make statements in writing and to sign these statements.

P & C Notices 2021

**Next P & C meeting:
September 1 at 6pm**

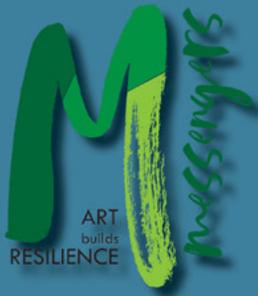
Southern Cross Club Community Reward Program

Are you a member of the Southern Cross Club? Now your meals and drink purchases can help Calwell High School!

Simply follow the link below, fill in the details and the club will give 7.5% of the money you spend on food and beverages to our school.

<https://cscmarketing.wufoo.com/forms/z1pnax0w1suhtml/>

Alternatively, the next time you visit the Southern Cross Club, visit reception and ask them to link your card to Calwell High School P&C. It's that easy!



IS YOUR TEENAGER...

showing symptoms of depression or anxiety or using self-harm to regulate the pressures of life? Register now for the Messengers

PARENTING HELP WORKSHOPS

Join us for two free sessions at Tuggeranong Arts Centre, from 5.30pm – 7.30pm, on **Thursday 9th & Thursday 16th September, 2021.** Facilitated by social workers & school counsellors, Sarah O'Sullivan and Gretel Burgess, the seminars will cover:

- Understanding adolescent development
- Coping strategies
- Mental health concerns
- Positive communication
- Anxiety, depression and self-harm.



To register: email messengers@tuggeranongarts.com or phone (02) 6293 2212. You can also visit www.Tuggeranongarts.Com for more information.