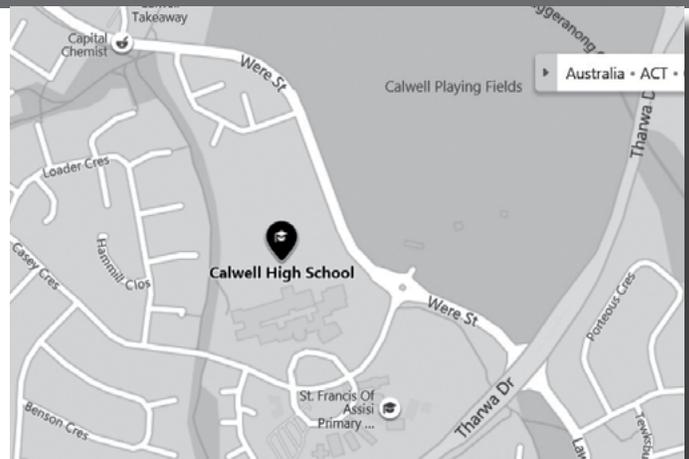


WHAT'S HAPPENING?

The Calwell High School newsletter - Week 5, Term 2 2021

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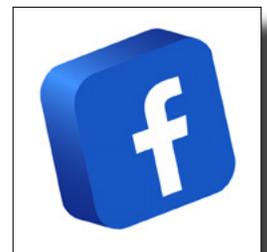
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Address: 111 CASEY CRESCENT, Calwell ACT, 2905

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



RESPECT

SELF-DISCIPLINE

ACHIEVEMENT

COURAGE

Leadership Report

Respect for Learning at Calwell High School

A close Family-School relationship is highly valued here at Calwell High School, as we see the benefit of strong family support to a child's development, their ability to participate in learning and their growth into confident adults who can contribute positively to the world.

Our current focus at school is teaching students how to prepare to learn. By placing the emphasis on this, all students are given the opportunity to flourish, as every student has the ability to improve the way in which they prepare to learn; be it through eating a healthier breakfast, ensuring they pack their bag the night before school or by switching off their mobile phones in lessons.

Whether our students achieve or not is dependent on a number of different aspects, one of which is their attitude and their willingness to put themselves in the best possible place to learn. Here are a few questions that parents/carers can ask their child to get them ready for learning.

Have you eaten breakfast?

Having a breakfast that contains foods [high in fibre](#) (e.g. wholegrain breads or cereals) is the perfect way for students to set themselves up for a day of learning. Recent research has highlighted just how important eating breakfast can be, as it enhances student's memory and attention. [Click here to read about the benefits of breakfast](#) for students.

Have you got all the equipment you need?

In order to learn effectively, students need to ensure that they take all the necessary equipment to school. Students should be encouraged to pack their school bag the night before. **At Calwell High School, students are required to have a pen, a book to write in and a charged Chromebook for every lesson.**

Are you leaving your phone in your bag during learning time?

Mobile phone use can be a huge distraction and hinder learning. Each day at the beginning of every lesson students [are](#) reminded that phones are to be out of sight. [Recent research](#) has demonstrated

HOW TO PREPARE

- ✓ Eat breakfast and bring brain food for the day
- ✓ Bring equipment (pen, book, charged Chromebook)
- ✓ Switch off your mobile phone
- ✓ Get a good nights sleep

the power that turning off a mobile phone can have, such that it was found that enforcing a ban on mobile phones in schools caused a 6.4% improvement in exam results, with this effect being heightened to 14% amongst [struggling students](#).

Have you had a good night's sleep?

Good preparation for learning starts the night before school, with the recommended [8-10 hours' sleep](#).

Insufficient sleep can reduce students' concentration levels, as they become absent-minded and are easily distracted. Sleep deprivation can also have a negative effect on students' memory and the way the brain forms new connections and prioritises information to remember.

National Families Week

This week is National Families Week, which is an opportunity to celebrate the important role that families play in the Australian community, and take meaningful time to be with your family, make contact with your extended family and friends, and share in the enjoyment of family activities within the wider community. It is a time to focus on the meaning of family and to make the most of family life. Started in 2003, this government initiative was designed to address the needs and interests of all families, and especially those experiencing vulnerability or

marginalisation.

We know that families come in all shapes and sizes, and the most important aspect is not what the family looks like, but how the family members interact with each other, and how the family's values and culture are developed, established and expressed.



International Day Against Homophobia, Biphobia, Intersexism, and Transphobia (IDAHOBIT)

At Calwell High School we are an inclusive education community that strives to embrace diversity to ensure all students and staff are welcomed and valued for who they are and what they can contribute. It was our privilege to host Education Minister Yvette Berry, ACT Education Director General Katie Haire and Chief Executive Officer Sexual Health and Family Planning ACT Tim Bavington at school on Tuesday 18 May to celebrate IDAHOBIT and launch the ACT Safe and Inclusive Schools guide to supporting students affirming gender at school. A special thank you to the SAGA students and Ms Erin Smith for showcasing Calwell High School. I encourage you to read more about the day on page 4.

Calwell Leadership Team



Natalie Dickie
Deputy Principal



Megan Altenburg
Principal



Patricia Marton
Deputy Principal



IDAHOBIT Success

“An awesome school with an amazing culture of supporting diverse students” – says Minister for Education, Ms. Yvette Berry

Calwell High’s Sexuality and Gender Alliance (SAGA) students were thrilled to celebrate the International Day Against Homophobia, Biphobia, Interphobia and Transphobia (IDAHOBIT) on Tuesday 18 May.

SAGA and Calwell High School was highlighted as an example of best inclusive practice for LGBTQI students by the Director General. Students and staff were congratulated for their commitment to the ACT Government’s Safe and Inclusive Schools Initiative and by actively creating meaningful change within community.

Students and guests took part in the formal launch of the new guide to Supporting Students Affirm Gender at School, as part of The ACT Safe and Inclusive Schools Initiative. The guide provides assistance to schools to develop and maintain safe and inclusive environments for all students regardless of their gender presentation/identity, intersex status or sexual orientation.

The Initiative enables schools and education programs in the ACT to seek assistance to develop their practice in areas such as supporting individual student need and welcoming and celebrating community and family diversity. The Initiative also supports schools to build respectful school cultures where prejudice, discrimination harassment and violence on the basis of gender presentation/identity, intersex status or sexual orientation is unacceptable.

The launch included an Q and A session, where students could ask the political and educational leaders present about the future of inclusive practice for supporting LGBTQI students.

Students also gifted the Director General an artwork reflecting the challenges faced by trans and gender non-binary students.

Calwell High School prides itself on being a safe and inclusive space where all students, staff and families are supported, celebrated and belong. We look forward to building upon SAGA’s successes in the future.

Ms Erin Smith



In the Classrooms

This term Ms Rao's Year 8 are studying 'Sustainability' and 'The Lorax'. They were asked to write a short poem or narrative about the environment and our students Jaydan, Doug and Hayden are so proud of their work!



Japanese

The senior Japanese class recently had their first video call with Seiwa High School in Japan.

This involved students from both countries studying in advance and learning how to introduce themselves and ask questions in each other's language – Japanese and English.

On the actual day students used several "Meet" video call rooms to talk with each other with the assistance of teachers from both countries.

Calwell students can be proud of the way they successfully spoke in Japanese and also for their cultural awareness and respect.

All in all it was a multifaceted and immediate experience of international communication in the modern era.



Mr Kevin Kirton



Homework Club

Come one, come all to the fantastic opportunity that is Homework Club!

At Calwell High School we aim to make sure students are supported with opportunities to catch up on classwork and assessment tasks, as well as provide a space for students to seek assistance from our fantastic Teachers.

One of these opportunities is Homework Club, hosted in our school Library. Students have the option to come to the library to get additional tutoring and assistance from their Teachers, who volunteer their time to provide students with additional support with their learning.

Sometimes, a student may not even need help from any staff, but would rather make the choice to work in a dedicated space for learning. Just having a space to work productively without distractions, can make a huge difference in a child's learning.

Homework Club is running from Week 2 to Week 8 for Term 2. Every Tuesday and Wednesday from 3:00pm to 4:30pm, unless communicated otherwise.

Little Athletics

Medal Winner!

Keira James, Year 9, competed in the ACT U15 ACT State Championships for Little Athletics in March 2021. Kiera took two Silver Medals in the 1500M Race Walk and 300m Hurdles.



Is your child feeling unwell with COVID-19 symptoms?

Keep them home.

Get them tested.

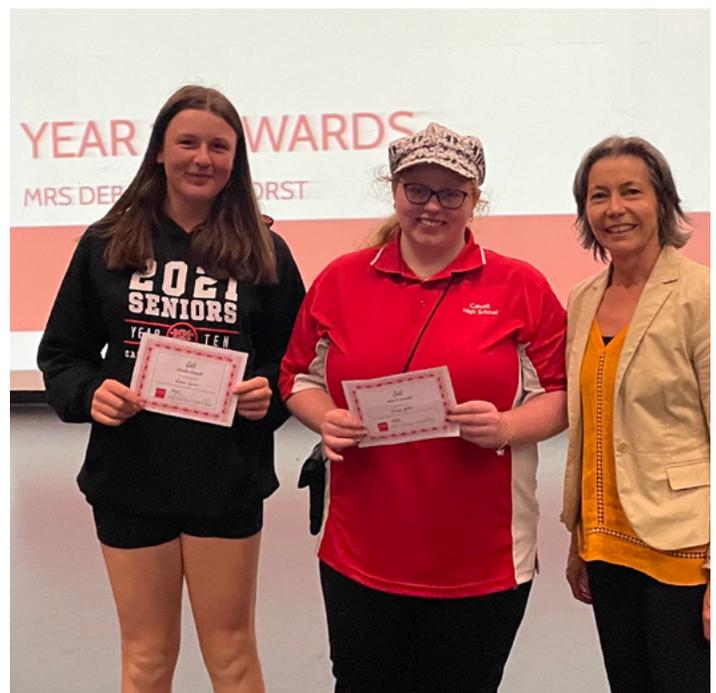
Keep CBR safe & strong

ACT Government [covid19.act.gov.au](https://www.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

Awards Assembly Term 1

Congratulations to all our Award winners!



Boys Basketball Competition

On Thursday the 18 March year 9/10 boys competed in the School Sports ACT competition at Southside Stadium. The boys arrived, rearing to go and got off to a great start, defeating Trinity in their first game. Game number 2 we weren't so lucky, being defeated by Melrose. Game 3 was a nail biter, unfortunately leaving Calwell in 2nd place. Game four we came up against a tough team in Orana losing by only a few points. The last game we played against Namadgi we came out victorious, ending the day on a high!

Mr Joshua Sowton



Alan Tongue Boys 9's Rugby, March 2021

The boys had a tough start against Mary Mackillop College but came back all guns blazing against Campbell winning 5 – 2. The last game was against Goulburn Mulwaree where we were pipped at the post by 2 tries. The boys gave their best in each game, making some hard tackles and scoring some impressive tries. Campbell, Riley and Alex broke the line a few times while being backed up efficiently by Dom, Jayden, Cooper and Lochy. Heka, Shaun and Josh worked the edges impressively making use of their quick feet. Amir threw a few gooseys, while Khaled and Chev made ground, battling through defences. We even had Ms. Altenburg out for support in our last game. All in all it was a great day out.



Secondary Bursary Scheme

\$750 per annum payment is available to families with low incomes who have students in year 7 to 10 to assist with the costs of schooling. For further information please ring the Bursary Administrator on (02) 62058262. More information can be found at <https://www.education.act.gov.au/support-for-our-students/financial-assistance>

P & C Notices 2021

**Next P & C meeting:
June 9 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/z1pnax0w1suhttl/>

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!

Please note that The Canberra Southern Cross Club supports Calwell High School through the Double Rewards Program.

Rebel Sport Rewards Program

Next time you're in a Rebel Sport store, join the Rebel Rewards program and link your card to Calwell High School. Our school will receive a credit for 5% of every purchase you make.



Chief Minister's Reading Challenge

Every year, tens of thousands of students across the ACT participate in the Chief Minister's Reading Challenge."

Calwell High School is participating in The Chief Minister's Reading Challenge! The Reading Challenge commenced in Term One, and will be running until Term 3.

There is no prescribed book list for the Challenge, as students are encouraged to pick texts that look engaging to them. For tips on how to select a book, refer to the Chief Minister's Reading Challenge website at: https://www.education.act.gov.au/public-school-life/additional-programs/chief_ministers_reading_challenge/reading-tips

The books can be novels, non-fiction, poetry, or books in a language other than English, including bilingual or multilingual texts.

For students to sign up for the challenge, they must join the google classroom, which they can get from posters around the school and in their English Classrooms, or from their English Teachers.



ACT Education Directorate Insurance Policy

The ACT Education 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 has a new payment method:

You can now pay using your credit/debit card by:

1. Visiting the following link: <http://www.calwellhs.act.edu.au/payment>

2. Follow the instructions on our Westpac Quickweb form, including the fee code: #####

Alternatively, you may wish to pay in person by EFTPOS at the Front Office.

The Smith Family Saver Plus program

The Smith Family (ACT) offers a range of programs to support families and individuals to stay engaged with education. Saver Plus is a program with a specific focus on supporting families and individuals with low incomes to meet their education expenses.

Saver Plus is a matched savings and financial education program that aims to assist people on lower incomes to strengthen their financial skills and to develop a savings habit. The program provides financial skills education and motivates participants

to save by matching their savings dollar for dollar, up to \$500. This money can be used to pay for education costs such as computers, books, uniforms, extracurricular activities and school excursions. For more information, visit Saver Plus.

Contact Saver Plus on 1300 610 355 or saverplus@bsl.org.au.



We love sharing our students achievements on Facebook, however, if you wish to make an enquiry we ask that you phone the front office on: 02 6142 1930 or email us at: info@calwellhs.act.edu.au, rather than using Messenger.