

Information

Chatham High School



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Issue 7 – Term 4 – Week 8

Friday, 2 December 2011

What a year this has been!

Goodbye, thanks and congratulations to the class of 2011: the HSC students and their school captains; Brett Grant, Chanteille Mobbs, Elizabeth Roberts and Luke Jacobs. At their final assembly, I was proud to speak of the respect shown by this group towards each other, other students and the school community overall. I was particularly pleased to see the numbers of parents, family members and friends who joined with the school to farewell these citizens of tomorrow.

Welcome and congratulations to the incoming school captains and SRC representatives for 2012. Well done to our new captains Zac Sheather, Rebecca McGuire, Trent Boyle and Toni Bush and the elected members of the SRC: Kayla Standing, Lesi Hotchkiss, Shannon Locchi, Aiden Morris, Jarad Kreidl, Alexandra Sheather, Caine Standing, Tamsin Atkins, Rhiannon Gibson, Tyler Eagles, Aaron Billingsley, Kaila Jobson, Brad Chapman, Kayla Edwards, Ian Wood and Thomas Wood

As I write, planning is underway for their induction as leaders at Chatham High School. I am pleased that these students have already shown they are up to the challenge of student leadership.

Q Block Official Opening

I am pleased to advise that the new Q Block official opening is taking place on Thursday, 8 December. Our local members have been invited to the opening and this event marks a significant milestone in the history of Chatham High School. The P&C has been invited to attend all students and staff will be able to witness the unveiling of a plaque to commemorate the occasion.

Chatham High School Expo

It all started as an idea; an idea to let our incoming Year 7 students for 2012 know more about Chatham – their high school. The idea grew to include parents and allow them to also see some of the amazing things that happen at high school. Well, the first thing some parents noticed was how modern and new the school looked compared to when they were at Chatham!

After an evening of superb hospitality of finger food, demonstrations by each of the faculties, guided tours by student peer support leaders and presentations by staff using the interactive white boards, some parents said they wished they were back at school. Half an hour after it was due to finish, students and parents were still enjoying the efforts of our teachers and students. Well done to all visitors and members of the school involved in this fantastic event.

Attendance

It is important to remember that all students are required to attend school every day the school is open. Every absence needs to be explained with a note written from home. This will be a major focus for 2012 and beyond.

*Regards,
Willem Holvast*

Calendar

Term 4

Week 8

Wed-Thu, 31 Nov-1 Dec	Authentic Assessment
Wed, 1 December	Yr7 2012 Orientation Information Evening

Week 9

Mon, 5 December	Yr7 2012 Orientation Day
Fri, 9 December	Yrs7-9 Reports distributed

Week 10

Mon, 12 December	Stage Award Assembly; P&C Meeting
Tues, 13 December	Presentation Evening
Wed, 14 December	HSC results published; Support Unit Ten Pin Xmas Party 10am-1.30pm
Fri, 16 December	End of Term 4 for students

Intensive Swimming

Years 7 and 8

*Chatham High will run an Intensive Swimming Program during Week 9 of this term. All students from Years 7 and 8 will be involved for five consecutive days. Living on the North Coast of NSW with our wonderful climate, rivers, lakes, oceans and swimming pools, our school has made this program a priority. Chatham High School P&C has generously decided to sponsor this activity and it will be **FREE TO ALL STUDENTS**. Year 7 will attend the pool in the morning between 9am and 11am. Year 8 will attend from 11 am till 1pm. The program will consist of lifesaving and survival techniques, stroke correction and learn to swim.*

*Craig Mitchell
Head Teacher, PDHPE*

Chatham EXPO

What a fun evening!

At the end of October Chatham High invited parents and carers from the local primary schools to come see what we have to offer and to experience some fantastic faculty showcases.

The evening was such a success we still had parents and children being entertained in the Science room after the finish time.

The event was well supported by students and teachers. Some of our great hospitality students and teachers worked tirelessly in the kitchen to produce a delectable feast for everyone to enjoy and socialise.

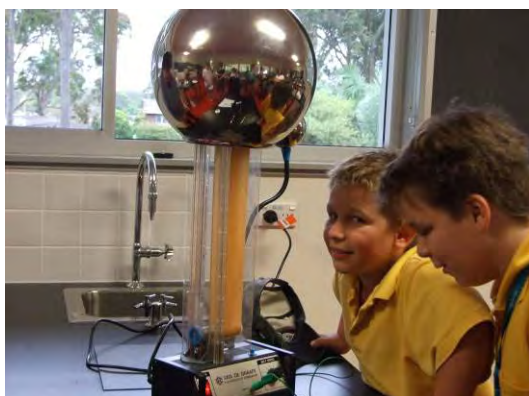
Quite a few students helped out escorting parents and children around the school; our student Times Reporters captured the event and interviewed parents to get to know them better.

Teachers from each faculty proudly showcased Chatham High School demonstrating and displaying their area to show demonstrate the great work our students and teachers have been doing this year.

Thank you to all the parents and students that attending, as well as our students and teachers that participated to make the 2011 Expo such a great success. We look forward to 2012.

Some photos of the evening follow.







A FIRST ... EVER

Chatham's Writer in Residence

Alyssa Brugman, a noted children's, teenage and young adult writer, joined us for three days recently to be Chatham's first ever writer-in-residence.



Alyssa Brugman

Students enjoyed the experience immensely. "I got a lot out of it. I can see how I can use the ideas Alyssa presented will help me develop my writing," observed Year 10 student Chris Diessel.



"Wow!! I really enjoyed this. It was a great opportunity to meet a real live writer. Alyssa was wonderful!"



Kirra and Grace enjoying the Writer-in-Residence workshop in Library

This was a joint project between the Australian Society of Authors and the school.

Alyssa worked with groups of Year 8, 9, 10 and 11 students in blocks of time during the residency. She also conducted a teacher workshop after school attended by Chatham High English staff, Mr Holvast, Mr Abbott, teachers from Taree High and Harrington Primary Schools.

Mr Abbott, Deputy Principal and the program organiser, noted that, "the purpose was to excite interest in improving the writing skills and work quality of these students. Writing is a focus area in the school management plan."

"The program was evaluated by all participants. There was a very positive response to this visit and the W-i-R in general. It is hoped that Alyssa may make a return visit later in the year. I am also hoping to have other writers join us in 2012," Mr Abbott added.

The new HSC class begins!

At the beginning of this term Year 11 students who returned began their HSC studies. Attending school regularly is very important. I can see the difference with students who rarely or never have a day off – they succeed! We have many students who show this. There are some who do not and I can see how this affects their performance.

Some students have made changes to their courses. This means some students have more study time than they know what to do with at times.

They have been given input through Elevate Education who ran two study skills seminars about the how and why of study and how to manage the time they have successfully.

Students have access to the Library or alternate spaces for study purposes. They need to use them productively and respect the needs of other users too.

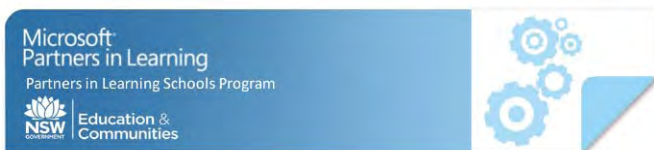
Students have also been issued with their HSC Assessment Tasks Schedule and Calendar. They need to refer to this frequently so they can plan for the completion and submission of tasks on time.

Unfortunately, there are some students who play the 'avoidance game', that is, they hope by ignoring or putting off what they need to do that it will go away. This doesn't work because eventually you have to accept responsibility for what you don't do.

We have many students who are striving to achieve big goals. We are trying to do more to support them in their efforts.

If you want to talk about how your child is going in **the new HSC class**, then please call me at school.

*Chris Abbott, Deputy Principal
For the new HSC class*



Congratulations Chatham High School for being selected to become a Microsoft Partner in Learning for 2011-12.

Chatham High School has been selected as one of only four schools to participate in this innovative pilot program. It was noted that our school's initiatives, both past and future plans, are valuable to the continued change in pedagogy (teaching) in the Department of Education and Communities.

The Microsoft Innovative Schools Program is a collaborative partnership between Microsoft Australia, Australian State Governments and Australian schools, to explore how 'Innovative Schools' can better enable innovative learners.

Chatham High will form part of a global program to enable schools to design, explore and embrace reform that makes education more engaging, collaborative and relevant to 21st-century economic and social needs.

The Partners in Learning Schools Program worldwide is designed to harness the expertise, knowledge and experience of local, national and international networks to create conditions in which successful transformation is possible, and to build this as a valuable, evolving body of knowledge. Mentors, coaches and internationally recognised educational thought leaders will be involved in the program to bring a richness of support to the schools. The program will also have a structured research / evaluation component.

Schools are also selected as Pilot Schools for their potential to create scalable and replicable reforms that can influence schools within their own community and country as well as globally. The program offers technology expertise, development tools and education models, as well as online and in-person training to support education leaders in creating holistic change.

Voice



Chatham High School has a Vocal Group which is preparing for performances within and outside the school, bringing music to our school and community.

We look forward to gaining new members Boys and Girls for our group in 2012.

"After silence, that which comes nearest to expressing the inexpressible is music". ~Aldous Huxley, *Music at Night and Other Essays*

*Mrs McGilvray (Music) and
Helen Monckton (Voice)*



LAPTOP NEWS

Improvements to battery life and CPU use

The Department has come up with a fix that will extend the battery life of student laptops, as well as making the processor perform more efficiently. It's an update that will be automatically applied to your laptop. All you have to do is bring your laptop to school and log on to the wireless network for an hour or so.

The fix will be downloaded and applied in the background. Afterwards your battery will last longer and your laptop should work faster.

Store your laptop at school

If you need to use your laptop infrequently and you don't like carrying it to and from school, you can store your laptop and charger securely in the TSO's office.

Youth Info a Click Away

Links and resources for young people on areas including: legal rights; school and beyond; health and wellbeing; disabilities; work and money; getting help; are available on the YouthNSW website.

The site includes a comprehensive list of grants and funding available to young people to pursue specific projects.

Go to: www.youth.nsw.gov.au/

Exchange

Two year 8 students Rachel Austin and Maddie McMaster recently met with Chatham High Schools new exchange student, Fredrikke Mundal.

Fredrikke is a seventeen year old girl from Tjøme, an island in Norway only two hours away from the capital city, Oslo. She first learnt the English language from school and watching television. Fredrikke took a special interest in language studies as she wishes to become an interpreter. She is currently living in Crowdy Head with Thomas and Ian Wood.

"Australia has the same teaching methods as Norway", she says, "But people are treated like an adult at a much younger age." Fredrikke describes the experience as being ripped away from the independence and responsibility that she had at home. When asked who her favourite teacher is at Chatham she did not hesitate in saying Mr. Jacklin. Fredrikke is enjoying experiencing new things here in Australia and is currently learning to surf and play pool. She says that she had a very different social life in Norway mostly playing their national sport of handball, which, according to Fredrikke is very different to the handball we play here in Australia.



Back in Tjøme, Fredrikke enjoyed snacking on brown goats cheese that she says tastes like caramel and tomato sauce...not too sure about that one. While in Australia she has found a new love in Tim Tams and Milo, but doesn't enjoy the vegemite and meat pies we all love so much. In her spare time she enjoys watching Criminal Minds, CSI and Gossip Girl.

Fredrikke has two half sisters back at home, six and eight years older than herself. She says that her favourite part of the exchange is learning about herself, her strengths and weaknesses, and the feeling that when she meets obstacles, She now has more than one perspective.

We hope you enjoy the rest of your time here in Australia.

By Abbie Bryant and Maddie McMaster, Yr8 English.



Canteen News

The 2012 Year 7 Book Packs are now available for sale!

The cost is \$19 per pack and they may be purchased anytime at the Canteen. Book packs will also be on sale at the Yr7 2012 Parent Information Evening on 1 December.

Our Summer Menu is underway -

Lots of delicious wraps, rolls, sandwiches, salads, our yummy Wombok Noodle salad with Asian dressing, fresh fruits and yoghurt.

An invitation is warmly extended to all families to visit the Canteen

Come along and see our bright, refurbished workspace. Volunteers are also urgently needed. We currently have four volunteers for our 750 person school community - so you can understand it is very difficult to serve all the students in their allotted break time.

Any assistance to the end of term or to start back next year would be hugely appreciated.

Best wishes

Lorraine Wilby, Canteen Supervisor



Work Experience Report - Amy Campbell

Amy recently did work experience for one week at the Mayo Hospital as a nurse and loved every moment of it.

She had a range of experiences including helping patients in the ward to observing theatre work. Her favourite work was observing in the theatre and she enjoyed the pressure and excitement involved in this area. In fact Amy loved everything about nursing and is determined to become a nurse.

Amy loves working with people and is sure that this is the right career for her.

She plans to do a school based traineeship and then gain a Certificate 3 with her HSC. After this she may gain entry directly to nursing at Uni or may do an enrolled nursing course first.



Amy Campbell

Work Experience Report - Chris Diessel

Work experience at Southern Cross Uni, Coffs Harbour

It was a dark and stormy night. In fact, so late at night that it was 9 a.m. and there wasn't a cloud in sight. I stepped out of the car and walked through the unknown institution. The fountain over in the corner was flowing smoothly. I continued walking until I reached the stairs. I hesitated before climbing them. I reached the top and went through the door. The corridor seemed endless. I walked along it until I found the doctor's office.

I spent a week doing work experience at Southern Cross University in Coffs Harbour, looking at the psychology program, attending lectures and researching psychology in general. In the first year of psychology at SCU, you study the biological reasons for behaviour, motivation, emotion and personality. In one lecture, we discussed what mattered to academic performance (to achieve good marks). The most

important thing that was suggested was testing yourself on the work. The amount of time spent studying out of class seemed to have little impact, although you will get more out of studying hard for one hour than you will from three hours of studying effortlessly. We also discovered that people thought they would remember more after a length of time than they actually did. Other lectures were on social psychology, psychological assessment of people, the factors (theories) of personality and people's development across their lifetime.

When I wasn't attending lectures, I was in one of three places. In the library, looking up research papers was the least likely. There was a shop on campus that sold Coke and meat pies that I had lunch at every day. The other place was at the bus stop, waiting for a ride because I could leave whenever my classes were done.

Throughout the week I talked to fourth year students who were doing research projects on various things, such as the effects of caffeine on attention and whether or not you could implant associations between things in people's minds without their knowledge and prove it is there. On a completely unrelated note, blue represents urban areas, red represents rural areas and yellow represents netball.

On my final day I looked at a Ph.D. student's research task, which was on the brain's activity when one eye was shown one image and the other shown a different image with each unable to see the other's. In the experiment they used horizontal and vertical lines as the images. The result was that the horizontal lines were seen, followed by a weave of the two, then the vertical lines and a weave of the two again. This pattern repeats over and over again. The brain activity was monitored by a machine called an EEG, which got readings from electrodes attached to a subjects scalp. I left the campus on Friday afternoon after having a good conversation with some of the young ladies who attend the high school that was on campus too about what I had done over the week.

All in all, it was an awesome experience that I would recommend to anyone considering studying psychology after university. If you do want to do this for work experience, see Mr. Locker and he will see what he can organise.



Chris Diessel

Chatham High Schools' Year 7 2012

Information Evening for

Parents and Carers

will be held on

Thursday, 1 December 2011

at 6pm in the Kelsey Library



Chatham High School



PBL – Positive Behaviour and Learning

Dear Parent,

Chatham High school has undertaken to improve the learning opportunities of students by conducting a survey of parents to determine what you believe is important at our school. This is part of an ongoing program with a focus on Positive Behaviour and Learning (PBL).

THE CHALLENGE: **Place ticks in the boxes below showing what you believe to be the most important.** (You may add your own category in the 'extra' box if you want to and you may tick as many or as few as you would like).

Please send this page back to school with your child (to the Front Office) by end of week 9, 2011 (Friday 9th December).

THE REWARD: **There are TWO \$30 ITUNE VOUCHERS** to be won (The vouchers will be drawn on assembly)

NAME:

Whole School

Positive Behaviour	Respect	Responsibility	Learning	Other
Follow teacher instructions				
Stay in bounds				
Follow school mobile phone policy				
Respect other's property				
Use appropriate language				
Respect other people				
Look after your health				
Be hygienic				
Place rubbish in bin				
Be on time				
Walking along pathways				
Respect safety equipment				
COMMENTS:				



Bullying is a serious problem

Being bullied at school can seriously affect your physical and mental health.¹

The majority of reported bullying (90%) happens during school break times.²

In Australian schools, bullying affects approximately 1 student in every 4.³

Cyberbullying is increasingly becoming a danger to young people in Australia, affecting at least 1 in 10 students. It can happen at any hour, anywhere and reach a vast audience.⁴

Children who bully others at the age of 14 years are likely to still engage in aggression at the age of 32 years and to have children who themselves engage in bullying and aggression.⁵

"Bullying can be very harmful and it should not be part of anyone's growing up."



1. Bond, L., Gault, J., Thomas, L., Rubin, K. & Mason, G. (2011) Does bullying cause emotional problems? A meta-analytic study of young people. *British Medical Journal*, 343, e830-839.
2. Wolke, D., Woods, S., Bloomfield, K., Karly, M. (2011) Bullying and victimisation of primary school children in England and Scotland: prevalence and risk factors. *British Journal of Educational Psychology*, 82, 99-125.
3. Cross, D., Smith, T., Hearn, L., Ezzamel, M., Morris, H., Lacey, L. & Thomas, L. (2009). *Australian Cyber Bullying Prevalence Study (ACBPS)*. Child Health Promotion Research Centre, Edith Cowan University, Perth.
4. Marshall, S. A., Townsend, J. W., & Casabian, R. (Eds.). (2005). *Indicators of violence: A national study of violence in Australian schools*. A longitudinal study. Melbourne: Centre for Adolescent Health.

Who can help?

The Alannah and Madeline Foundation
amf.org.au

National Centre Against Bullying
ncab.org.au

Kids' helpline
kidshelp.com.au

Cyber safety help
cybersmart.gov.au/report.aspx

Australian Federal Police
afp.gov.au

Report e-crimes or online behaviour that involves sexual exploitation of a child.

Bullying. No way!
bullyingnoway.com.au

Reach Out
au.reachout.com

beyondblue
beyondblue.com.au



Remember...

Bullying is everyone's responsibility.

Bullying hurts. If it happens to you, tell someone.



Print poster

The Alannah and Madeline Foundation



Keeping children safe from violence

PO Box 5192

South Melbourne VIC 3205

T 03 9697 0666

F 03 9690 5644

E info@amf.org.au

W amf.org.au

Bullying hurts...

The Alannah and Madeline Foundation



Keeping children safe from violence





What is bullying?

Bullying is when someone (or a group of people) with **more power** than you **repeatedly** and **intentionally** uses negative words and/or actions against you, which causes you distress and **risks your wellbeing**.¹

Five kinds of bullying

- 1. Physical bullying**
e.g. hitting, poking, tripping, pushing or damaging someone's belongings.
 - 2. Verbal bullying**
e.g. name calling, insults, homophobic or racist remarks and verbal abuse.
 - 3. Social (covert) bullying**
e.g. lying, spreading rumours, playing a nasty joke, mimicking and deliberately excluding someone.
 - 4. Psychological bullying**
e.g. threatening, manipulation and stalking.
 - 5. Cyberbullying**
Using technology (e.g. email, mobile phones, chat rooms, social networking sites) to bully verbally, socially or psychologically.
- Bullying isn't...**
- mutual arguments and disagreements
 - single episodes of social rejection or dislike
 - single-episode acts of nastiness or spite
 - random acts of aggression or intimidation.

¹ National Centre Against Bullying

Things you can do if your child is being bullied

- 1. Tell**
Start a conversation about being bullied. But don't make it intense or you might deter them from talking to you.
- 2. Listen**
Hear the whole story without interrupting. Ask what they want to happen **before** you make any suggestions.
- 3. Explain**
It's normal to feel hurt. It's **never** OK to be bullied, and it's **NOT** their fault.
- 4. Find out what is happening**
Ask what, when and where the behaviours occurred, who was involved, how often and if anybody else saw it. Find out if any teachers know and if the school's done something to address the situation.
- 5. Contact the school**
Check the school's bullying policy. Make an appointment to speak to your child's teacher or coordinator. Be calm! Make a follow-up appointment in a week or two to make sure the situation is being addressed. Take your child.
- 6. Give sensible advice**
Don't advise your child to fight back. **Don't** explain that the child doing the bullying did not mean it—they did. **Don't** tell them it will go away—it probably won't. **Don't** let your child stay away from school—it won't solve the problem.
- 7. Help your child work out some things to do.**
Look at the 'Top tips for kids' and help your child practise some useful strategies.



Top tips for kids

You always have the right to feel safe at school. It is never your fault if bullying happens to you.

If you're being bullied...

- tell the person to stop
- use neutral language to respond to the bullying, like 'maybe' or 'that's what you think'
- walk away
- try to act unimpressed.

But if it's been going on for a while and these don't work...

- talk to your friends and ask for support
- talk to your parents
- talk to a teacher.

If you see someone else being bullied...

- tell the person acting like a bully to stop
- talk to a teacher
- don't watch or join in
- try to change the subject
- try to comfort and/or include the person who's been targeted
- explain that it's nothing to do with them—it's about the other person's behaviour.

If you are cyberbullied ...

- don't respond to the message or image
- save the evidence
- block and delete the sender
- report the situation to the website or Internet Service Provider
- tell trusted people—friends, adults, teachers, parents and police if necessary.

Live N Loud Productions & GTCC Youth Services

BATTLE of the BANDS

@ **thursday dec 1st**
taree tafe campus
5pm-10pm

- **FREE BBQ**
- **food available**
- **FREE** transport available on street beat 0408 367 369

MORE INFO CONTACT:
GTCC Youth Services
65 925 338 or ydo@gtcc.nsw.gov.au


GREATER TAREE
CITY COUNCIL

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TAFE NSW


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