

Informaction

Chatham High School

Excellence • Innovation • Opportunity • Success



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Issue 2 – Term 2 – Week 7



Welcome

As we reach the middle of 2012, I am constantly reminded that Chatham High is a school of excellence, innovation, opportunity and success. Joining our experienced team of teachers we welcome Mrs Bharti Joon in the Science faculty who is replacing Mrs Lisa Campbell and Ms Annie Sheridan who is filling in for Mr Giles for the rest of 2012. Welcome to both of you!

Excellence

Our record of student excellence is evident in across the school, from the achievements of the Year 7 CHACE class to the success of all students who have worked hard to prepare for their exams, the high rate of participation and engagement in the recent NAPLAN tests and the quality of comments on the Year 12 reports. These were impressive for the large number of students who are on track for good results in their HSC.

Opportunity and success: vocal group

I am impressed by the groups of students as well as individuals who represent themselves and Chatham High School with pride and accomplishment. Our school's vocal group made a big impression in Term1 at the Expo Open Night for the parents and students from the primary schools. The group has improved and gone on to achieve a very high level of performance at the recent Taree Eisteddfod.

Congratulations to all involved, particularly Mrs Monckton and Mrs McGilvray for their leadership and encouragement of the students. A copy of the adjudicator's report is on display on a wall in my office. Congratulations to our standout and upstanding performers: Crystal Stuart, Chelsea Phillips, Zoe Baker, Sarah Bowers, Victoria Haddon, Heidi Longworth, Tyroam Moriarty, Jessica Worth, Victoria Bell, Elise Albury, Hannah Connell, Brooke Chislett, Taylah Piggott, Emma Davies, Keisha Moy and Samantha Hamilton.

We look forward to the school's Variety Night on 25 June and hope to see everyone there supporting our students.

Opportunity and success: representative sport

This is a busy year for coaches and students in a range of sports. Earlier this term I witnessed some outstanding team skills and individual performances in a game of open boys touch football on the school oval. Congratulations to the students and staff involved in the rugby league 13s, 14s and 16s who all made the semi-finals of the Knights knockout competition. Thanks to Mr Jacklin, Mr Williams and Mr Brown.

Congratulations to the open team in the University Shield which made it through to the final two teams in the Hunter Region and who are Manning Zone champions in the Country Cup. The team next plays for the North Coast Region titles.

The touch football boys open team has made the semi-finals of the Hunter Region, only to be beaten in the drop off, where the number of players is reduced in the teams until there is a winner. At three players each, the Chatham team finally was beaten. Well done and congratulations to all players involved. The girls touch football team made the quarter finals of the Hunter region; this is a promising side of young players who are playing well and deserve to be congratulated as well.

Standout performers on the field include Trae Clark (12), Zac Gibson (10) and Jayden Baker (11), Grace Jennings (12) Codie Faulkner (12) and Amy Goodman (11)

Innovation and excellence

One of the success stories this year has been the involvement of the Year 12 Sport Coaching class in running the Year 7 sport program. The Year 12 students teach skills, coach, train and supervise the students in their weekly sport program. For the Year 12 students, this forms their work placement as part of their Vocational Education and Training (VET) Certificate II in Sport Coaching.

Honour list

Kyani McCubbin

Captain of NSW Under 18 Indoor Cricket Team.

Ryan Pearson

Dancer extraordinaire, being recognised in the North Coast Region and at State level.

Trae Clark

Open Hunter Region touch side.

Dane Coskerie

Open Hunter Region side then the Greater Northern side and now is trialling for CHS inclusion.

Congratulations also to Ashleigh Spekking (Year 11) and Kaila Jobson (Year 10) who represented the school at the Taree North Rotary Public Speaking with considerable success, placing 2nd and 3rd out of a field of seven contestants drawn from local high schools.

Helping kids beat the blues

Did you know that one in four children over 12 has significant depressive symptoms? Sometimes it's hard to know if your child has a real mental problem or is just suffering from teenage 'moodiness'.

Go to:

www.schoolatoz.nsw.edu.au/wellbeing/health/managing-depression-in-children.

Listen to Professor Ian Hickie, from the Brain and Mind Institute at the University of Sydney, talking about depression in school age kids, how to recognise it and what you can do to help.

Calendar

Week 7

Tue, 5 June	Yr12 Business Studies VOR
Wed-Fri, 6-8 June	Career Support Scheme Yr10
Wed, 6 June	Parent workshop (Kids Safe Online), 6-7pm, library
Thu, 7 June	Senior Social PCYC
Thu, 7 June	Vaccinations

Week 8

Mon, 11 June	Queen's Birthday PUBLIC HOL
Tue, 12 June	Career Support Scheme Yr10
Wed, 13 June	AECG Meeting
Wed, 13 June	Open Rugby League Uni Shield Final

Week 9

Mon, 18 June	P&C Meeting, 7pm library
Tue, 19 June	Yr10 into 11 Information Evening at Wingham High School
Wed, 20 June	Stage 4 and 5 Parent/Teacher Evening
Wed, 20 June	Yr10 into 11 Information Evening at Taree High School
Thu, 21 June	Yr10 into 11 Information Evening at Chatham High School
ALL WEEK	Foundation Week SRC

Week 10

Mon, 25 June	Science and Engineering Challenge
Mon, 25 June	Variety Night
Thu, 28 June	Careers Yrs 11 and 12 Newcastle Open Day
Thu, 28 June	Yrs 11 and 12 Hospitality VOR
Fri, 29 June	Yrs 10 into 11 subject selection deadline



Woolworths "Earn & Learn" Promotion

Chatham High School is participating in the Woolworths 'Earn & Learn' promotion this year.

Sticker sheets can be collected from the Cashier's Office or Mr Wilson in the HSIE Staffroom.

Alternatively, stickers can be left in the box outside the Cashier's Office at any time.

Hoping you can all support our school as this will make extra resources available.

English Communicates

English students from all year groups have been involved in both whole school and English faculty initiatives. All of these initiatives are a reflection of the commitment that the whole school and the faculty have to improving and further developing the literacy skills of our students. I would like to acknowledge the involvement of the Literacy team and all members of the English faculty in these initiatives and thank them for efforts.

Year 7: After the success of the *Manning River Times* project last year, Chatham High has again been given the opportunity to create a supplement to be distributed in an August edition of the newspaper. This year the CHACE class will be involved in the project, allowing them to gain a first-hand knowledge and understanding of the way in which a newspaper is constructed.

All students are participating in the *Premier's Reading Challenge*. To launch the program, students attended a screening of *Hugo* in Term One. Students will take advantage of the newly established reading nook in the library where they can get comfortable on the sofa and reading cushions whilst reading a book from the Reading Challenge list.

Twenty five students will be involved in a Peer Tutoring Literacy Program. Trained Year 11 tutors will assist students with their reading and comprehension skills in this program that benefits both the Year 7 and Year 11 students.

Year 8: The Advanced class is also involved in the *Premier's Reading Challenge*. Ms Owen's class recently visited Crowdy Head where they were told traditional Aboriginal stories from the local area and were leaders in Aboriginal games. All students are participating in the **iWrite** program, a whole school writing initiative designed to improve the quantity and quality of students' writing.

Year 9: All classes participated in a *Persuasive Writing Workshop* conducted by Mrs Wood, the literacy support teacher in collaboration with the English staff. A targeted group of students were involved in an **iWrite** extension program designed specifically to cater for their individual needs.

Year 10: Students should be well underway with *Major Works*. The Major Work is an important component of the Year 10 assessment schedule and students need to commit the necessary time and effort towards its completion. As well as its importance to students' final grade in English, the Major Work is also a compulsory component of the *Authentic Assessment* program in which all Year 10 students participate in Term 4.

Year 11: All Students were given the opportunity to volunteer to participate in the *Peer Tutoring Literacy Program* (see Year 7). This program requires students to attend two TAFE training days as well as tutoring Year 7 students on a weekly basis. At the completion of the program, the tutors will achieve a Certificate of Attainment from the TAFE. For further enquiries regarding the program, you can contact either Ms Judy Wood or Mrs Kate Fazio at the school.

Year 12: Students have recently completed their Half Yearly Examinations. It is important they take on board the *feedback* and advice given to them in preparation for their Trial and HSC Examinations.

What a performance!



While Drama has always been a popular and successful elective in the past, this year has seen a resurgence in the subject with classes in Years 9, 10, 11 and 12. Drama students have once again excelled at the Taree and District Eisteddfod. Teachers

Ms McDonnell, Mrs Murphy and Mr Lukeman were very pleased with all students who participated in both group and individual performances. The results are as follows:



Year 12

- * 1st place: Tamara Dargan (Dramatic Excerpt)
- * 1st place: Tiffany Farrell (Dramatic Excerpt)
- * 1st place: Tanya Minett, Marie DeSousa, Mariah Crompton, Jessica Fraser and Victoria Haddon (unscripted drama)
- * 2nd place: Tanya Minett (Dramatic Excerpt)
- * Highly Commended: Natalie Pearson and Kayla Edwards (Duologue)

Year 11

- * Highly Commended: Nadeen Bayliss (Dramatic Excerpt)

Year 10

- * Highly Commended: the whole class (Playbuilding)

Year 9

- * 1st place: Meg Christensen, Samantha Selby, Rachel Austin, Nina Tisdell and Josh Stuart (Unscripted Drama)
- * 2nd place: Kira Potts, Charity Booker, Allana Payne and Teah Henshaw (Unscripted Drama)
- * 2nd place: Abbie Bryant and Bianca Hardes (Dramatic Duologue)
- * Highly Commended: Sharna Drury and Laura Mills (Dramatic Duologue)
- * Highly Commended: the whole class (One Act Play)

Congratulations to all students and their teachers!

As always, the English Faculty encourages communication between parents and carers and staff. If you have any questions or concerns regarding your student, please contact us.

Tracey Beckett
Relieving Head Teacher English

"Mental ill health, together we can fight it"

Developed by Hunter New England Local Health Network, Youth Mental Health Project Officers, Lauren Vaughan (Occupational Therapist) and Laura Rigby (Social Worker).

Lauren Vaughan, Laura Rigby and workers Courtney Roughan (Social Worker) and Social Work student Kelly Andriske will be facilitating the workshops.

Project Objectives:

Goal - To increase knowledge of help seeking for young people at risk of mental ill health.

Objectives - To increase mental health literacy; to decrease stigma around mental ill health and help seeking

Strategy - To facilitate series of 4 sessions (52 minutes each) to all Year 9 students over an 8 week period. This will be carried out in class sizes in their elective period starting Week 2 (2/5/12) of Term 2 finishing Week 9 (20/6/12). This will equal a total of 20 sessions over this period. One health professional and the social work student will be present consistently for each workshop and will facilitate the same group of students throughout the four workshop.

Workshop Modules

- Setting the scene
- What does mental ill health look like
- Where to get help
- Putting it all together

Evaluation Plan - Surveys will be given to all students in Workshop 1. They will be give the same survey in Workshop 4 at conclusion of the workshops and again in 6 months time to determine if they retained the information around different help seeking strategies.

Cost - Nil cost to the school.

Donna Kouwenhoven
Year 9 Adviser

Combined High Schools Barista Challenge

On Friday, 16 December 2011 three students from Year 11 Hospitality class set off to Port Macquarie for the Combined High Schools Barista Challenge.

Beating the competition with impressive results, the trio from Chatham crafted the world's most popular drink.

A full day filled with competition rounds placing 2nd and 4th, only being beaten by an employee who works at Gloria Jeans. The students returned home with winning prizes.

James Lisle



Toni Bush, Jovana Strinic and Elise Albury



Vocal Group News

On 29 June Chatham High School competed in the Taree and District Eisteddfod. Our small group of 16 were **AMAZING**. They looked fantastic, their behaviour was exemplary and their vocals and harmonies were "SPOT ON".

St Clares High School had 31 students and Taree High School had 35 students. Although their songs had a greater level of difficulty our two songs were "both" consistent. Our first song was "Rhythm of Life" followed by "Blackbird".

Taree High School came First and we received a Highly Commended with St Clares.

Comments made by the Adjudicator were, "excellent diction, rhythmic accuracy, paying attention to your conductor, lovely smiling faces, nice melodic lines, good balance in the harmony, ensemble work well done." The only negative was "Do try for live accompaniment." Both St Clares and ourselves used backing tracks.

The Vocal Group are:

Crystal Stuart, Chelsea Phillips, Zoe Baker, Sarah Bowers, Victoria Haddon,

Heidi Longworth, Tyroam Moriarty, Jessica Worth, Victoria Bell, Elise Albury, Hannah Connell,

Brooke Chislett, Taylah Piggott, Emma Davies, Keisha Moy, Samantha Hamilton.

A very special thank you to Mr Bob Wilson who drove us.

Cate McGilvray and Helen Monckton



The talented Vocal Group



Crystal Stuart, Chelsea Phillips, Zoe Baker, Sarah Bowers and Victoria Haddon

P&C News

Thank you to everyone who attended the P&C's Annual General Meeting on the 19 March.

It was great to see some new faces as well as welcoming back the familiar faces who have been great supporters of the P&C.

The office bearers for 2012 are;

PRESIDENT: Sharon Steadman

SECRETARY: Minetta Page

TREASURER: Liza Coombe

ASSISTANT TREASURER: Ian McCubbin

VICE PRESIDENT: Linda Standing

CANTEEN REPRESENTATIVE: Sue Le Strange

DISTRICT REPRESENTATIVE: Sharon Steadman and Jacqui Woolnough

Thank you to those people who have taken on a committee position.

We have started the year off with some donation to the school. The P&C has donated \$2000 towards the cost of running the Breakfast Program, \$3000 to the Homework Centre, \$1500 to the end of year Swim Program for Years 7 and 8 and \$3000 to a student excursion fund.

Due to the school holidays we didn't have a meeting in April.

Our next meeting is Monday 18 June, everyone is welcome to attend.

Sharon Steadman
P&C President



CHATHAM HIGH SCHOOL

EXCELLENCE INNOVATION OPPORTUNITY SUCCESS

Keeping our kids safe online

ALL PARENTS
AND CARERS
WELCOME!

Free event
Wednesday
6th June, 2012

Bring your
neighbours too.
This is an open
invitation!!!!

6pm to 7pm

WE WILL BE DISCUSSING ONLINE
SAFETY, ISSUES, CONCERNS AND
SAFETY MEASURES WHEN USING
SOCIAL MEDIA!

Have a cuppa on us!



EVERYONE IS INVITED

In the
school library

Chatham High School
Davis Street Taree
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INSIGHTS

by Michael Grose – No. 1 parenting educator



Keeping kids safe in a cyber world

Social media sites have taken cyber bullying and harassment to a new level. Here's how to keep your kids safe when online.

Cyber bullying is one of the biggest, safety issues facing young people today. Bullying and harassment online is now commonplace. For instance, over a third of teenage girls have been sexually harassed via the Internet.

The emergence of social media sites has seen cyberbullying go to a new level. Messages and images can now spread like wild fire reaching a huge potential audience in the time it takes to upload an image or shoot off a text message.

Once the family home offered young people an escape from schoolyard bullies. Now the cyber world is so invasive that their bedrooms offer no guarantees of safety any more.

The cyber world is enticing. Young people have always wanted to escape from their parents' world. In the past they hung out in shopping centres and pool halls. Parents tried their best to keep an eye on where their children were and what they were doing.

The online world is now the shopping mall of the 21st Century. Parents have the same responsibility to help kids stay safe in the online world as they do in the real world. 'Stranger danger' and accompanying safe behaviours are just as relevant in the online world as they are in the real world.

Parents should use the same offline preventative strategies to maximise their children's online safety as they've always used. These strategies include: teaching children about the right way to behave online; don't let them spend all night in the cyber world; and ask questions about what they are doing and where they go when they're online.

Parents need to remind kids that things in the online world can spin out of control very quickly. A written message or an image can be circulated electronically so rapidly that the scope and scale of cyber bullying can be greater than any other form of bullying.

The following seven key messages form the basis of an online safety strategy for kids. They should be taught to kids so they become second nature, just as the messages about stranger danger were absorbed by an earlier generation.

1. Respect others. Make kids aware that what they send can offend.

Discuss with kids the types of messages and images that can cause harm to others when sent. Teenagers often walk a fine line with what they do and say to each other offline, yet it's relatively harmless. The same type of behaviour online however can be a different story.



2. Think before you send. Remind kids cyberspace is a very public and permanent forum. A text message or image sent to just one person can be passed to a potentially unlimited number. Once they are sent they're almost impossible to erase and take back.

3. Treat online passwords like your house key. Teach kids to keep passwords guarded at all times. Young people can be incredibly trusting of each other, which is to be encouraged. However there are some things, such as online passwords that they don't share, not even with their best friend.

4. Block bullies. Teach kids to block bullying messages. They can filter out messages and addresses online. Similarly, they can block text messages from bullies as well.

5. Don't reply to harassment. Bullies can retain proof of your response, which can further be spread around. Besides responding to bullying behaviour often simply encourages the bully to continue.

6. Save the evidence. If kids are bullied they should keep the pictures and offending messages. These can be used as proof if the bullies are brought to justice.

7. Tell someone. The insidious part of bullying is that kids on the receiving end often don't seek help, as they think there's something wrong with them. Talk with kids about going to a trusted adult, when they feel their rights or safety have been violated. They should with your help report online bullying to the appropriate service provider.

Sticking the proverbial head in the sand regarding kids' use of communications technology is no longer an option for parents. Savvy parents need to learn as much as they can about children's and young people's online lives so they can respond to situations appropriately.

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Michael Grose Presentations

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INSIGHTS

by Michael Grose – No. 1 parenting educator



It's not okay to be away ... nor to be late to school

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time.

It sounds simple, but it's true.

The correlation between school attendance and children's achievement levels is well-established. The more time kids spend at school, the more likely they are to experience school success.

Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment.

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Also, many teachers tell me, it's often the kids who can least afford to take time off school who are most likely to be serial absentees.

Of course, most people know this intuitively, yet school absenteeism is a huge problem in Australian schools—and much of it is parent-condoned.

It's hard to get an accurate picture across the country but it would appear that Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism highest among young primary-aged children.

That adds up to a year's lost schooling over the school-life of a child.

In today's highly competitive world, this rate of absenteeism is alarming, putting our kids at a distinct disadvantage.

That's not a reason to be away!

It's now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling's birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don't really value learning or their children's school experiences.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.



Australian kids only spend 15% of their total time at school.

Being late is not okay either

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children are the most productive time of the day, with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do, valuable learning time is lost.

It takes strong parenting...

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if they play the guilt card with comments such as "It's not fair that I have to go school today because Aunty is coming to visit!"

Nice try. But the answer should be "No!"

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day.

Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It's reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready. The real world is unforgiving of those who stay away with NO EXCUSE.

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ABN: 88 845 915 950

78 Wynter Street

P.O Box 759

TAREE NSW 2430

Charity Number: 14250

Phone: 02 6551 1800

Fax: 02 6551 5700

**Has your washing machine or fridge broken down
and you don't know how you're going to replace it?**

Manning Support Services No Interest Loan Scheme may be able to help you. We are a not for profit organisation which provides interest free loans, from \$100 to \$1000, to people on low incomes and/or Centrelink payments, for:

- new household appliances,
- furniture
- medical equipment or
- some educational expenses,

subject to eligibility criteria. By using these loans, people are able to avoid the interest rates and debt traps of other forms of credit (however, we don't lend for rent arrears, bills, second hand goods or to pay out other loans).

The money for the loans comes from donations and grants. As people repay their loans, the money goes back into the loan pool for other people to borrow. Therefore the local community benefits, as well as local businesses. You can borrow again once you've repaid your previous loan, subject to eligibility criteria.

For further information and to discuss a loan application, please call the Manning Support Services office in Taree on 6551 1800.

June Ryan and Joshua Rogers
Loans Officers
Manning No Interest Loans Scheme

Jason McLoughlin
Team Leader
Child and Family Team EIS

www.mssinc.org.au

[email:reception@mssinc.org.au](mailto:reception@mssinc.org.au)





everyone's family

saver

An initiative by ANZ and the Brotherhood of St Laurence,
with The Smith Family

Saver Plus Program

\$500 to help pay for Education

Do you have a child at school and would \$500 help cover your education expenses?

The Smith Family is running a Taree savings program that can help you save for your children's education.

Saver Plus rewards your saving efforts by matching every dollar you save with another dollar from ANZ, up to \$500.

It also offers 4 FREE Financial Workshops.

Many Taree families are already taking advantage of the Saver Plus program and are saving for their educational expenses.

To be eligible you must:

- be a parent or guardian of a student attending school, or be intending to attend accredited vocational training yourself
- have a current health care card or pension card, and
- have some income from work. (even a few hrs will count)

Saver Plus is giving families a brighter future by providing an incentive to save for education.

For more information contact Mark Norris, Saver Plus Coordinator on 65578284 or 0429 820 9744 or email mark.norris@thesmithfamily.com.au

