

From the Principal

So much achieved this term!



It has been a long and productive term at JJ Cahill MHS. We have worked hard to complete assessment tasks, attended many excursions to expand our learning, been involved in mentoring and coaching, attended work placements, had vaccinations and dentist visits, and enjoyed numerous assemblies such as Harmony Day, and ANZAC Day.

We have also participated in the school and zone athletics carnivals, the Biggest Morning Tea, ASPIRE with UNSW, OZ Harvest (feeding communities with reclaimed food prepared by our hospitality students), an SRC youth forum, a young women's leadership seminar, hosted a post school expo and celebrated NAIDOC week!

No wonder Term 2 has been so busy!

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What's on?

5th July – Last day of Term 2

23rd July – First day of Term 3 for all students

24th-26th July – Life Ready Camp Year 11

5th – 16th August – Trial HSC exams

5th – 9th August – Education Week
&
19th – 23rd August – Book Week

Embracing Opportunity



PRINCIPAL'S MESSAGE CONTINUED

The term culminated in the schools biggest event on our school calendar – Big Night Out, (BNO). BNO was held on Friday 28th June this year and was attended by well over 500 people. There were over 100 performers across 30 acts. BNO represents JJCMHS at our best - a community coming together to celebrate hard work and success.

I want to thank staff students and the community for your participation and effort during Term 2 and wish you a safe break.

Year 12 - when you are studying during your break make sure you have a plan and leave time for friends and family without losing sight of the finish line, which is moving ever closer. Thank you to teachers who are running lessons through the break. Students can I encourage you to grab hold of these opportunities.

Social Media - Helping our kids navigate the online world Part Two

If you have not read the previous article on social media, I want to encourage you to read it. You can find it on the parent portal.



Using social media is a regular part of the lives of most young people. Parents and teachers need to help students manage the risks of the online world while enjoying the connection it gives them to friends.

There have been a number of recent studies, literature reviews and surveys focusing upon the impact of technology and more particularly social media on young people.

While it is not all bad, it is certainly worth our attention. I have listed some of the insights that we have been highlighted by this work.

- We know that social media can be addictive but one study indicated that it can be more addictive than cigarettes

and alcohol

- Young people who spend more than two hours a day on social media sites are more likely to report mental health concerns including psychological distress such as anxiety and depression
- Sleep suffers. It has been reported that up to 20% of young people say they are waking up during the night to check social media feeds. The loss of sleep results in fatigue during the school day and can negatively impact academic performance
- One study indicated that young girls expressed a heightened desire to change their appearance after spending time on social media
- 70% of young people reported experiencing cyberbullying, with 37% indicating that it occurred frequently. We know that cyberbullying can have a dramatic impact upon the wellbeing of young people, including self-image, sleeping and eating habits, social development and school performance.

There is a lot of information out there for us to grab hold of. There are also lots of supports that we can tap into. I have listed some of the supports that parents can access to help support their children:

Kids Helpline is a website that I can recommend. It provides clear information about social media and offers support to families. <https://kidshelpline.com.au/parents/issues/social-media-and-safety>

Jocelyn Brewer – psychologist, speaker and cyber psychology researcher, has developed a guide for people to use technology in a way that looks after wellbeing and health. She calls her approach Digital Nutrition. You can find ideas on her website <https://www.digitalnutrition.com.au/>

RaisingChildren.net.au is an Australian parenting website – It provides support about everything parenting and has specific resources for technology. <https://raisingchildren.net.au/teens/entertainment-technology>

As a school we are continually looking at programs to support students' wellbeing. One of our key teams is focusing upon student wellbeing. I will write more about this in following newsletters.

Ralph David,
Principal

SOME WORDS FROM MR FILBY



Term 2 is already over and I must say I am still very impressed with the quality of students we have at our great school. The respect that most students show towards their teachers and peers continues to please me.

Being polite and courteous contributes to a positive relationship and helps build mutual respect. I am delighted to be greeted in the morning by so many students asking how I am and wishing me a good day.

It is great to see the good work happening in the classrooms all around the school. From realistic self-portraits in Visual Arts to Japanese class systems in HSIE; visually stunning magazine layouts in Multimedia, to useful everyday math skills in the Support Unit. These great things can only occur from the combined efforts of our dedicated teachers as well as the contribution of engaged students.

Just a reminder that it is very important that students attend all classes and arrive to class ready to participate and on time for every lesson!

Parents and caregivers – don't forget to register for the Parent Portal on Sentral. The registration page can be found at <https://jjcmhs.sentral.com.au/portal2/#!/register>. The portal can be used to see your son/daughter's timetable, assessment calendar, and upcoming school events as well as your child's attendance. With the distribution of reports taking place this week, the portal can also be utilised to receive an electronic copy of your child's report.

I would like to wish all students a safe and happy term break and look forward to seeing all of you at the beginning of Term 3, which commences Tuesday 23rd July 2019.

Neville Filby,
Deputy Principal

YOUNG WOMEN'S LEADERSHIP SEMINAR

Miss Axiotis accompanied Tayla and Aisha of Year 11 to the Parliament House Of NSW for the Young Women's Leadership Seminar. We had the opportunity to witness a guest speaker, who shared words of wisdom on her definition of leadership.

After this, we had the amazing opportunity to witness The Upper House and The Lower House create and pass official legislation.

To commence our excursion, we had the pleasure to be a part of a questionnaire with current female Members of Parliament. They expressed their interests, political views and their fascinating backstories as to why and how they are currently in politics.

Ultimately, we gained an extensive amount of knowledge regarding leadership and have been inspired to take up leadership positions in our school and the wider community.

By Tayla Egribas and Aisha Ors



Journalism Club

Are you interested in working in media or journalism? Are you interested in developing your ability to write captivating articles? Are you interested in becoming a better writer? The Journalism Club could be for you!

The Journalism Club provides you with an opportunity to learn how to research, structure, develop and edit articles. You will have the chance to write articles for the school newsletter and engage with activities that will help you achieve your writing goals. Your ideas for projects and your perspectives will be considered and valued.

If you are interested in joining the Journalism Club please see Ms Begg in the HSIE/Capa staffroom.

INDIGENOUS NEWS

School artwork

- Zac from Saltwater Dreamtime produced two amazing artworks for the school to create a more inclusive environment. The artworks represent cohesion and coming together as one.



Walanga Muru – Macquarie University

- This program aims to inspire Aboriginal and Torres Strait Islander students in year 7-10 to reach their goals and develop their Cultural understanding and knowledge. They will attend six workshops at school on the following three topics:

| Pillar 1: | Pillar 2: | Pillar 3: |
|-----------|------------|-------------|
| CULTURE | LEADERSHIP | SCHOLARSHIP |

- They have attended one workshop thus far.
-

Souths Cares Leadership Camp

- Kylan (Year 8) and A Jay (Year 10) attended the Souths Cares leadership camp on 22nd-24th May at Garrawarra Farm Campsite, Royal National Park, Lilyvale
- The feedback from the students was great and they had a really unique experience.



National Reconciliation Week Morning Tea

- The morning tea was held on 30th May at Novotel, Brighton-Le-Sands.
- This was an excellent event and the concept of
- “invite a non-Aboriginal friend” was great. To see our students share culture with their non-Aboriginal friends was valuable.



13th Annual Aboriginal and Torres Strait Islander Servicemen and Servicewomen Commemoration Service

- Aboriginal students attended the commemoration service on 31st May at Hyde Park

Aboriginal Youth Mental Health Consultation

- Ricky Lyons from the Aboriginal Health unit of Sydney Local Health District conducted a workshop with our Aboriginal students about their understanding of mental health services and mental wellness.
- It was a valuable workshop as it raises many issues that need attention. Two students have been invited to the follow up workshop with other schools.

Luke McNaught,
Aboriginal and Torres Strait Islander Programs Coordinator



WHAT'S HAPPENING IN THE SUPPORT UNIT?

Post School Disability Expo

This term JJ Cahill Memorial High School hosted the Post School Disability Expo. This is an event where parents, teachers and students can meet with a variety of service providers to discuss their future. It was a very exciting event, supported by our dedicated Hospitality students, along with Mr Heffernan who provided delicious food for our community.

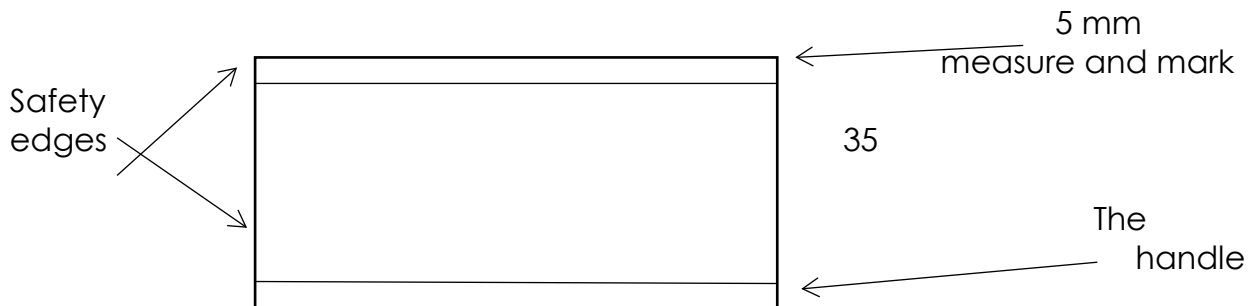
Thank you to everyone who made the event such a success; Sue Tomasetti and Susan Lake, our Transition Support Teachers, our wonderful SLSO's who helped with set up, our student helpers and our Support Unit teachers.

Rebecca Grammat,
Relieving HT, Support Unit



LEARNING SOME SKILLS FROM TAS AND 8B!

- Use sheet metal provided
- Size 150mm x 35 mm



- Using the ruler and scribe, mark **both** sides of the handle piece.
- Go to the magna folder – bend one side and beat down on anvil using timber mallet.
- Return to magna folding machine and bend other safety edge.
- Beat down again to make second safety edge.
- Take handle piece to bench anvils and beat down to make it curve.

VOCABULARY

- Tin snips
- Magna folding machine
- Power drill
- Letter punch
- Vice grips
- Bench vice
- Pop rivet
- Pop rivet gun
- Guillotine

Anthony Morris,
Teacher, TAS



BIG NIGHT OUT!

On the 28th of June 2019, JJ Cahill Memorial High school held the 11th Big Night Out, which was a great success yet again. The Big Night Out is an event where the students and teachers showcase their amazing talent in regards to drama and music.

Our Year 9 Drama students were the MCs for the night and they did a terrific job hosting. The Big Night Out opened with a bang, with the Support Unit (pictured, at right) displaying their incredible dancing talent, incorporating colourful, creative costumes.

There were a large variety of musical performances. All of them were very authentic, dynamic, and brought great energy to the stage. Some performances involved groups of family members, such as the Felise Samoa family (pictured below) who sang 'More Than Words' by Extreme.

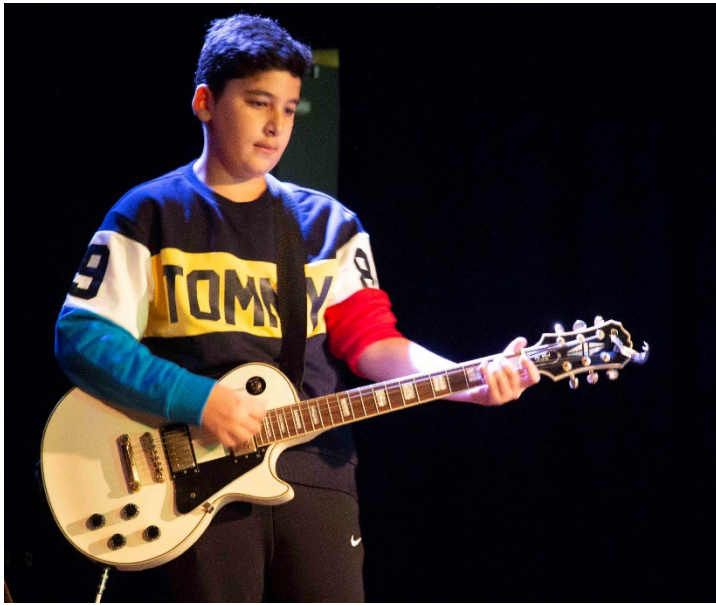


There were also a number of drama performances. One in particular was the Year 12 HSC performance (pictured, below), which was a western comedy.

The drama performances were very animated and the encouraging audience was filled with laughter.

Carl Pedrones (bottom left) also gave a moving performance, dedicating his song to his father.





The junior Guitar Club (pictured left and below) performed two tunes and gave a phenomenal performance.



A crucial part of every Big Night Out that is always highly anticipated are the Pacific Islander dances. They were choreographed by previous JJ students, as well as Year 12 student, Kafoa Taani, and Year 11 student, Daniel Gultom. The audience absolutely loved the performances, and joined in with the chanting and dancing. There was a complete sense of camaraderie and connectedness in the audience. This part of the evening is a fantastic celebration of the many cultures we have here at JJ.



Another performance that was highly awaited was the teachers' band. Mr David, Mr Gracie, Mr Hooper, Ms Lawson, Mr L-K, Ms Rosewarne, and Mr Sneddon performed and the crowd went crazy! They all performed songs titled H.E.R.O, which is also our school motto.

From the moment the teachers came onto the stage the crowd was roaring with excitement, the audience even joined in with the singing, and were encouraging the teachers.



All the performers should be commended, including both the staff and students who worked so hard behind the scenes to ensure everything ran smoothly. Particular recognition must go to Mr Lim-Klumpes, Mr Hooper and Mr Sneddon, because without them the Big Night Out wouldn't be the huge success that it is.

The Big Night Out, as it continually does every year, created an amazing opportunity where students, teachers and the community come together and admire the enormous talent of the students and teachers. This was a night that certainly no one will be forgetting anytime soon.

Angelica Papadopoulos,
Year 12



And a few words from Ms Batista De Mello, Head Teacher, HSIE/CAPA

I would like to say a huge thank you to all staff, students and community for their support of JJ Cahill Memorial High School Big Night Out. Attended by over 500 members of the community with over 30 performances, this was a wonderful evening. This was the first time I was able to experience BNO and wow, I was so impressed. There are many people to thank; however, a special thank you to our community members who supported the event. Mascot Charcoal Chicken donated tabouli and also provides our yummy chicken kebabs. The following parents, Kate Galeazzi, Georgio Canu and Debra Canu, Alex Ouzounoglou and Anastasia Ouzounoglou, were a sensational support on the BBQ and we thank them so much. Thank you to all staff who supported us on the night and worked with our students, and a huge congratulations goes to all students who performed. A final congratulations to Mr Lim-Klumpes and Mr Hooper on an outstanding Big Night Out.