

## From the Principal



### WE'RE A GREAT HEALTHY SCHOOL CANTEEN!

JJ Cahill Memorial High School is committed to supporting the health and wellbeing of ALL our students. A significant part of student health and wellbeing is their diet.

I am very pleased to announce that our school has achieved recognition from the Premier's office as a healthy canteen.



The NSW Healthy School Canteen Strategy is a key initiative to support the Premier's Priority to tackle childhood obesity.

*Continued on Page 2*

## What's on?

27<sup>th</sup> August – Parent-Teacher Night

5<sup>th</sup> September – Year 8 and 9 UNSW  
Aspire 'Design Day'

12<sup>th</sup> – 25<sup>th</sup> September – Year 11 Yearly Exams

26<sup>th</sup> September – Year 12 Graduation

27<sup>th</sup> September - Last day of Term 3

## Embracing Opportunity



## PRINCIPAL'S MESSAGE CONTINUED

Having a healthy canteen means that our students are more likely to develop healthy eating habits that will have a long-term impact on improving their lives. To recognise our achievement, we have been awarded the **Healthy School Canteen Badge** and **Certificate**.

How can you as parents and caregivers support the school in helping students develop healthy eating habits?

It is important the schools and their communities work together to support children in developing healthy lifestyles. Our canteen represents our commitment to helping students do this.

Our canteen is very affordable and priced for students to be able to eat a well-balanced and healthy meal for around \$5.00. It has also provided for students to pay using a card to avoid the need for bringing money.

In order to keep our canteen we need to use it. I encourage parents to see the school canteen as a trusted option. I understand that some families prefer for their children to pack a lunch from home and this is fine but I would like you to know that our canteen can provide a valuable alternative.

I visited the Australian Institute of Health and Welfare website to understand how we as a country are travelling in terms of our diet and health. <https://www.aihw.gov.au/reports-data/behaviours-risk-factors>

Here are some of the facts the website contained. Behavioural risk factors such as poor eating patterns can have a detrimental effect on health. Excess weight, especially obesity, is a major risk factor for cardiovascular disease, type 2 diabetes, some musculoskeletal conditions and some cancers.

### Less than

1 in 10 adults met the recommendations for daily vegetable consumption in 2017-18

### 8.4%

of the burden of disease in Australia was attributable to overweight and obesity in 2015

### 2%

of the Australian burden of disease in 2011 was attributable to a diet low in fruit

### 7.3%

of the total burden of disease in Australia in 2015 was due to poor diet



## Children and adolescents

in 2014–15 were significantly more likely to be overweight or obese at ages 10–13 and 14–17 than those of the same age 20 years earlier

**2 in 3**

(67%) adults were overweight or obese in 2017–18

**7.1%**

of children aged 2–17 and 9.1% of adults consumed sugar sweetened beverages daily in 2017–18

It is important to understand that because the school is committed to developing healthy eating habits in children, we do not allow students to bring in fast food to eat at school. We ask families to help us promote good eating habits by ensuring that children come to school with healthy food, or buy it from the canteen.

It is clear that the growth in fast food consumption in Australia has contributed to the increase in health issues related to eating such as diabetes and obesity. To overcome poor health outcomes we believe that fast food should be seen as something that is eaten rarely or as perhaps a treat.

We are currently in the process of updating our school website. We will upload the summary of the results for our school. The results report provides a list of the food that is offered at our school canteen.

## Parents & Citizens Association Meetings Survey Results

Thank you to the parents who took the time to complete the survey sent out earlier this term to find out who would be willing to be involved in our schools Parents & Citizens Association.

We sent out the survey via email. The survey does not provide us with the details of who made what response so if you made a request specific regarding your needs, please call the school and ask to speak with the principal. It is essential for parents, citizens and the school to work together if we want to deliver the best outcomes for students attending school.

We need to work in partnership in a positive and productive manner with the aim of understanding each other's needs and student needs and how best we can support them be successful learners, confident and creative individuals and active and informed citizens. To achieve this it is essential that we meet regularly and have some clear goals.

We had 16 responses to the survey. Out of the 16 responses, 13 indicated that they would be willing to attend meetings. One other indicated that they would be able to attend sometimes and one person indicated they 'may' be able to attend. Preference for days of the week was evenly split between Monday Tuesday or Wednesday. The start time that received the greatest preference was 6:30 pm.

The frequency of meetings indicated twice per term or once per term with slightly more indicating twice as the main preference.

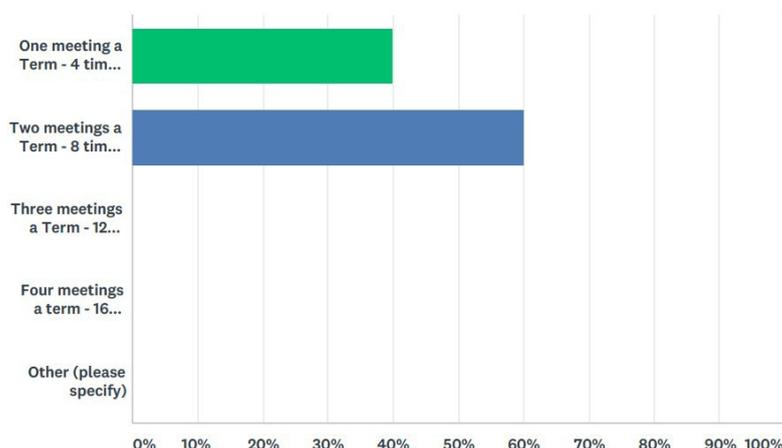
**GET INVOLVED**  
**Make a Difference!**



## Q4 Frequency of meetings - How often would you be willing and able to attend the meeting?

Answered: 15 Skipped: 1

Sample  
survey  
response



Overwhelmingly, parents completing the survey indicated the preferred length of meetings as one hour. Twelve parents indicated they would like to attend meetings and participate in discussion. Nine parents indicated that they would you be willing to be involved in raising money for the school by supporting fundraising strategies.

Five parents indicated they would be willing to participate in formal teams such as sit on school panels to select staff, sit on panels to make decisions about external enrolments, and work with the school to develop school processes.

Three parents indicated they would like to take up a formal role on the P&C such as treasurer, secretary or president. Three parents indicated they would be willing to write grants to support the school in gaining more funding.

Some other comments left by parents that I found inspiring were:

*"I believe community is important for local schools and the P&C can support the school to create events"*

*"JJ Cahill is a wonderful school so I really want to make the time and effort to be involved even though I previously haven't"*

*"It takes a village to raise a child"*

For the parents who still wish to respond to the survey, it was sent to the email address provided by you to the school. It only takes an average of 3-4 minutes to complete.

I have included the link here if you have missed it: [https://www.surveymonkey.com/r/JJCMHS\\_PandC\\_Meeting](https://www.surveymonkey.com/r/JJCMHS_PandC_Meeting)

I will collate the responses on the 6<sup>th</sup> September and provide a decision about the day, dates and times of the P&C meetings.

Thank you,

Ralph David,  
Principal, JJ Cahill Memorial High School

## SOME WORDS FROM MR MIFSUD



### **HSC MINIMUM STANDARDS TESTING**

To help support high school students achieve their best, the Higher School Certificate (HSC) is being reformed. The changes are designed to help motivate and challenge students to achieve at their highest possible level, reduce excessive stress and give students more skills and career options.

The minimum standard is part of a broader NSW Government strategy to support students to succeed in life and work. The minimum standard complements a new cross-sectoral, state-wide strategy to boost literacy and numeracy.

The standard is mapped against the Australian Core Skills Framework (ACSF) Level 3, a nationally agreed standard of functional literacy and numeracy. The changes will provide a flexible HSC that caters to all students' needs, with options for further study extensions. From 2020, all students who reach Year 12 in NSW must reach the minimum standard of numeracy and literacy to receive an HSC.

Students who do not reach the minimum standard will have the opportunity to sit online tests up to twice a year in Years 10, 11 and 12 and up to five years after completing Year 12.

It is important to remember that student development of literacy and numeracy skills should continue and with support from the school students are able to achieve the minimum standard by the end of Year 10, Year 11 or Year 12.

At JJCMHS we have incorporated specific learning strategies in our classroom teaching to further develop and prepare students with what they can expect from the NAPLAN assessment. We have employed a teacher to work with and support Year 10 and 11 students with practise for these tests and feedback for better understanding.

Should anyone require clarification on the HSC and minimum standards they are welcome to call the school and ask to speak to myself.

John Mifsud,  
Deputy Principal

# EDUCATION WEEK FUN!

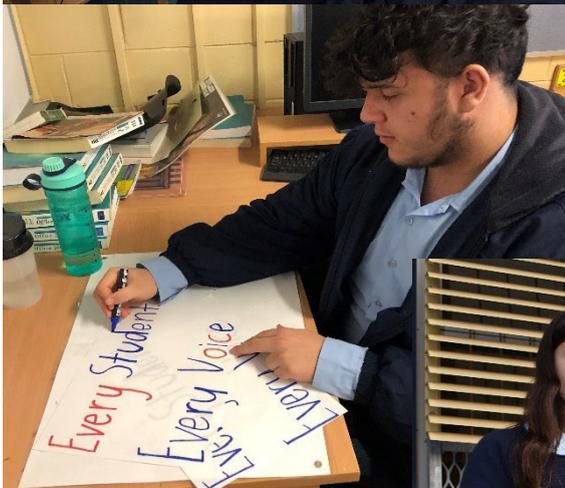
JJ Cahill Memorial High School celebrated Education Week **by holding an assembly and running a range of activities.** The SRC were driven by the 2019 theme 'Every student, every voice' and asked our students to consider what's already working and what we can do to improve the school.

There were also many other activities such as a PDHPE debate, science experiments, Library comic strip activities and Black Out poetry. Congratulations to the SRC for leading these activities and the assembly. #EdWeek19

Thank you,

Sian De Mello,

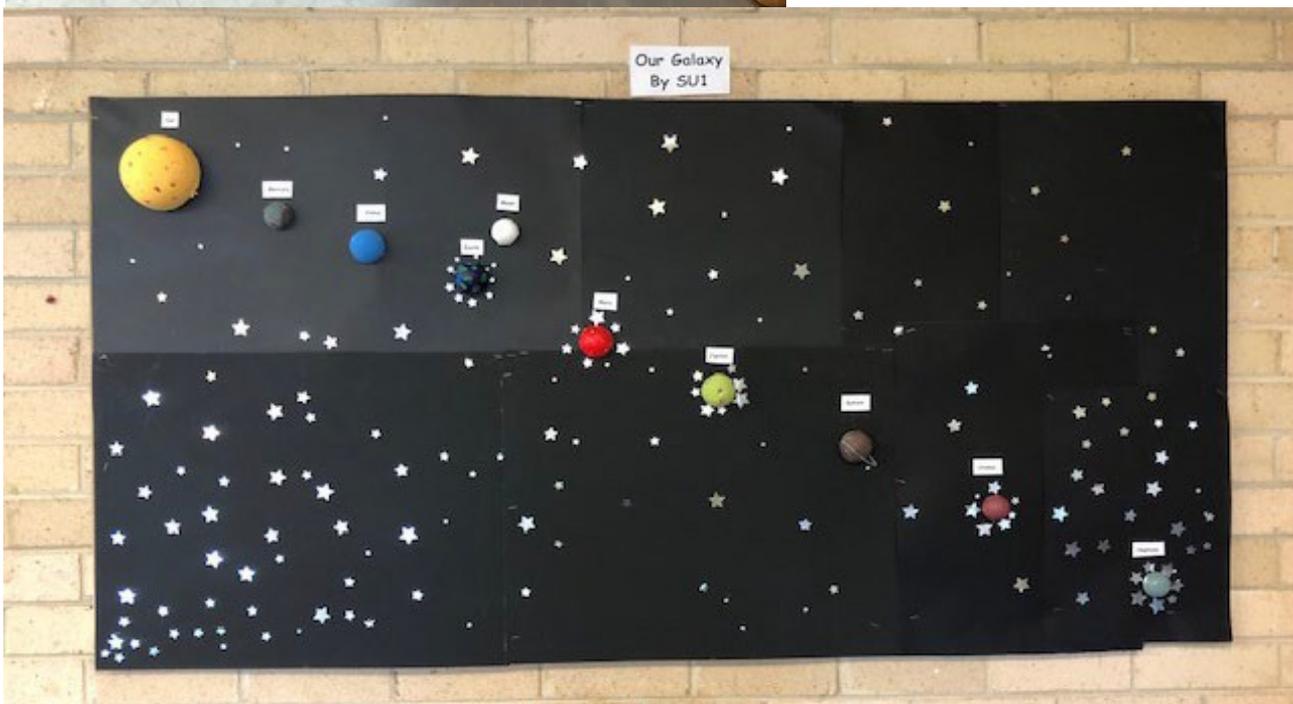
HT HSIE, CAPA



# HELLO FROM THE SUPPORT UNIT



*SU1 have been very busy making strawberry jam in TAS and a model of the planets in Science!*



## INDIGENOUS NEWS

Congratulations to Karleisha in Year 7 who is a recipient of the 2019 Deadly Kids Doing Well Award. 'Deadly' is an Aboriginal English word for 'great', 'excellent' or 'fantastic'.

Karleisha is a dedicated student who is developing into a bright, young leader. This is a fantastic award to receive and it is well deserved. Congratulations Karleisha!

A further congratulations to Cecileigh Patten who received the Aunty Fay Carroll Memorial Award. Cecileigh is a valued member of our staff and her hard work as a School Administration Officer and Aboriginal Student Learning and Support Officer is an asset to our school community.



## SHOWCASE AT THE JUNIORS

Our senior Music students - Ele Zorbas, Jadan Youd, Carl Padrones and Daniella Manning, accompanied by Mr Lim-Klumpes, performed the opening performances at the annual Souths Juniors Showcase on the 20th of August.



This event showcases the amazing talent and dedicated work of teachers and students in Eastern Suburbs Public Schools. Our students performed to a packed audience and received exceptional applause. They were outstanding and demonstrated a professionalism that is to be commended. Thank you to Mr Lim-Klumpes for supporting this evening and providing this opportunity to our students. Congratulations to all students involved.

Sian De Mello,  
HT HSIE-CAPA



*Jadan, Ele, Daniella, Mr Lim-Klumpes, and Carl at the Souths Juniors Showcase (above and left)*

# WHAT'S HAPPENING IN TAS

## Success with Vet Construction at JJ Cahill!!

Students in this class have completed their Cluster A (White Card) and Cluster B projects.

The Cluster A project involved attending a day long training about construction site safety.

All completed the White Card training, and many have competently completed their first 35 hours of "on the job" work placement.

Students have completed their cement float and mallet using timber, woodworking PVA glue and metal screws – using tools to make tools !!

Students have begun their Cluster C projects of

Stage 6  
2019 - 2020

## Certificate II in Construction Pathways Cluster B – Small Project

### Mallet, then Bench Hook or Cement Float **Assessment Task**

Units of Competency:

CPCCCM1013A – Plan and organise work  
CPCCOHS2001A – Apply OHS requirements, policies and procedures in the construction industry



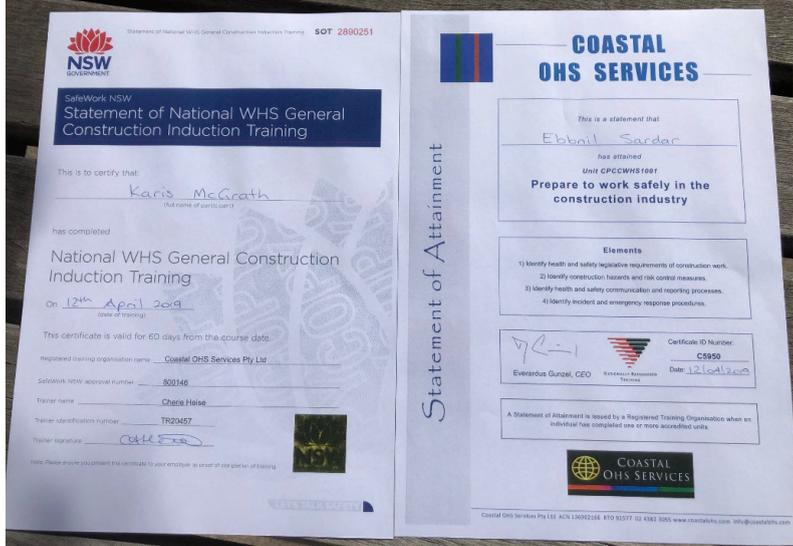
Figure 1: Mallet



Figure 2: Bench Hook



Figure 3: Cement Float



Students studying the theory section of the White Card course (above), a White Card certificate (left), and a card issued by SafeWork NSW (above)



## Construction Pathways Cluster C

Tool Box or Saw Horse

### Assessment Task



Units of Competency:

CPCCCA2002B – Use carpentry tools & equipment  
CPCCCA2011A – Handle carpentry materials



### What have Year 8 been up to?

- Students have been busy again in the wood rooms, this time completing their "DESK TIDY" project.
- It can hold pencils, laptops, books and much more!

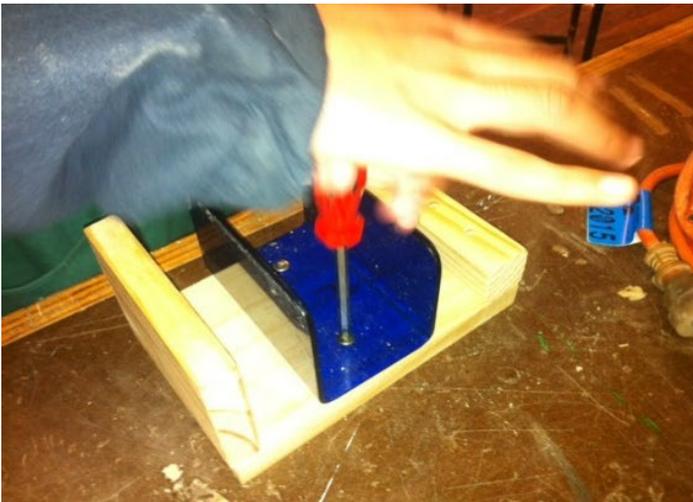




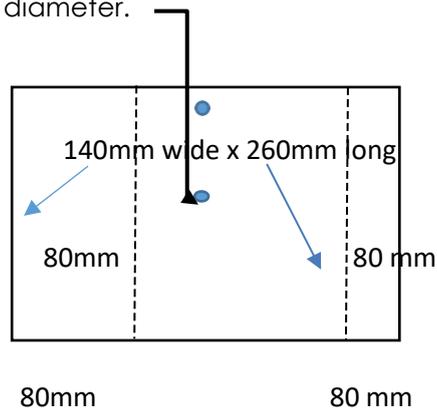
### IMPORTANT VOCABULARY

- Pine Timber..... a smooth type of timber, that has a tight grain and knots.. from the Pine tree.
- Oregon Timber ..... a type of Pine that is more expensive and a better grade of timber.
- Hammer.... A hand tool used to drive in nails and screws..... steel screws used to attach timber
- Carpenter's Pincers....
- Countersink Drill Bit...

### PERSPEX PIECE – strip heater below



The perspex piece is a rectangle, 140mm wide and 260mm long (the same as the timber base).  
2 x holes at 3mm diameter.



# BOOK WEEK FESTIVITIES!



