

## From the Principal



### **Have you updated your details with the school recently?**

Communication is very important. It is something that we have been working on improving at JJCMHS for some time. This message looks at some of the ways we communicate with our community (page 2).

It is essential that the school be able to contact families easily so that we can communicate your child's progress or call you if there is a concern. I encourage ALL families to contact the school if there are changes to phone numbers, contact people or addresses.

### **Are you accessing information to know what is happening at JJCMHS?**

It is important that as parents you stay up to date with what is happening at JJCMHS. If you do this you can support your children to remain focused on their studies and do well at school.

*Continued Page 1*

## What's on?

26 September – Year 12 Graduation Assembly and Dinner

27 September – Last day of Term 3

14 October – First day back of Term 4 – all students

17 October – 11 November – HSC Exams

11 November – Exam Period Years 9 & 10 commences

## Safe and Respectful



## PRINCIPAL'S MESSAGE CONTINUED

JJCMHS has spent quite a lot of energy in investigating how we can communicate better with our community. Communication might be in the form of celebrating student success, highlighting school expectations and informing families of attendance, assessment task submission or upcoming events.

Some of the ways we communicate with families are:

**The school newsletter** – This is used to celebrate student success as well as inform families of upcoming school and community events.

**The parent portal** – If you are not accessing the parent portal you are missing out on a lot of valuable information. The parent portal is used to deliver information specific to your children. It provides period by period and daily attendance, it provides electronic copies of school guidelines and expectations, the school newsletter and student reports. If you do not know how to access the portal please contact the school on 96695118.

**SMS** – an SMS is sent each day for students who are not at school. It is essential that you explain each absence, otherwise the absence becomes an unexplained absence. To find out more about attendance go to <https://education.nsw.gov.au/early-childhood-education/information-for-parents-and-carers>. SMS messages are also used to communicate urgent information about events.

**Emails** – The school sends emails to parents to provide information about school events, or specific information about each child. Emails are also sent to gain feedback from parents, for example, the survey sent out to parents this term about the P&C. We are able to send bulk emails to the whole school or specific groups. We can also send individual emails.

Other communication methods we use are phone, Face Book and our school's webpage.

### Oz Harvest Film

Our Hospitality students participated in a pilot this year with Oz Harvest where they used reclaimed food to make sandwiches to students in need. Thank you to Gerry Heffernan, our Hospitality teacher for organising and delivering this program.

A film has been made to promote Oz Harvest. The link is below.

[https://www.dropbox.com/s/kjg5uqy90n6zhxk/vet\\_ozharvest\\_final\\_web.mp4?dl=0](https://www.dropbox.com/s/kjg5uqy90n6zhxk/vet_ozharvest_final_web.mp4?dl=0)

### Year 12 leadership Team 2019 -2020

Congratulations new Senior Leadership Team! I am very excited to announce our leadership team for 2019-2020. The team represents a broad range of our school community. The students have a strong sense of giving back to their community.

I would like to thank Mr John Mifsud for encouraging the students to put themselves forward and supporting them with their election speeches. The speeches were powerful. You will be able to read excerpts from them in this newsletter.

### WISA conference

On Friday the 30<sup>th</sup> August 2019 four students (right) from our school presented for 55 minutes at the Wellbeing in School's Australia (WISA) NSW Conference [CPR - Connect, Protect, Respect: Breathing life back into school communities through best practice student engagement].





Jamie-Lee Ferguson, Jen-Jen Amponsah, Chris Vougioukas and Yigit Nayir, all of Year 10, presented information about two specialised programs focused upon empowering their peers with empathy, connectedness and inclusiveness. The students were strongly supported by the SRC coordinator Emily Lawson and Marisa Cruz (Support teacher and Wellbeing coordinator)

### **Farewell Year 12**

Our thoughts are with Year 12 as they approach their HSC exams and transition out of school into work or study or both. Thank you staff for working tirelessly to support these students in achieving their best. Students - we wish you well in your future. Please let us know where your studies take you.

### **Getting to school on time**

Our school starts at 8:43am and at this time students are with their home room teacher before period one. This is an opportunity to build a relationship with the home room teacher as a support person for your child within the school. There are also important announcements made and valuable conversations that help build connection to the school.

Please support us in this endeavour by helping your children arrive on time to school

### **Share Our Space – coming to JJCahill these holidays!**

These spring holidays send your kids back to school! And join them! We're opening our gates to the community as part of Share Our Space, from Monday 30 Sept to Friday 11 Oct.

Please come along with your families to enjoy the grounds, basketball courts, the open space and the play equipment. The spaces will be cleaned regularly, and there are security services in place to keep the grounds in good shape.

Share Our Space is a Department of Education initiative that opens the outdoor areas of schools to the public during the holidays, to provide local communities with safe and secure outdoor play spaces.



Share Our Space is fast becoming a normal means of engaging with local neighbourhoods and our school operations processes are adapting to reflect this.

The program was trialled over an 18 month period and is now gradually being expanded across NSW to schools assessed as being appropriate to participate. This assessment is being done in collaboration with EDs and DELs and schools are particularly sought after in areas where the summer heat poses a real risk to communities, where green space is in short supply, and where communities most need safe and accessible leisure spaces.

Community members expressed gratitude and praise for schools who opened these past July holidays and the Department would like to continue to build on this growing momentum. The initiative is set to grow even further with each subsequent holiday period as it is gradually extended to public schools across NSW.

Below is a link to a promotional video to explain how Share Our Space works.

<https://www.youtube.com/watch?v=C6eOwqyyAR8&feature=youtu.be>

Ralph David,  
Principal JJ Cahill Memorial High School



## SOME WORDS FROM MR MIFSUD



### STUDENT SCHOOL LEADERS 2020

It is with great pleasure we can announce the student leadership team for 2020. They will commence in this role from the beginning of Term 4 2019.

**School Captains:** Daniella Manning Shlemon, Liam Thomson

**Vice Captain:** Aisha Ors

**Prefects:** Luke Milendhall-Farquhar, Cecilia Manttan, Sameer Masum, Peter Siapkias

**Sport Captains:** Karim Eldehaibi, Jada Karam

Each student represents a different story, and brings to the team a unique set of skills and experience. Some have consistent involvement in the SRC, some are recent enrolments, and many represent the cultural diversity of the school. They took part in a process of nomination, interview, speech and ballot to be elected to the role. I am sure they will achieve great things as a team representing the school, supporting teachers and their fellow students with distinction. The messages delivered in their speeches was heartfelt and genuine and here is a snapshot of what they said:

*"To me, a leader is someone who is willing to take the initiative in a situation..... Being school captain means upholding the school values to the highest regard and being a representation and positive influence on the community."*

*"I am a leader who will encourage ... I am a leader who will give you a voice..... I am a leader who will treat you with the respect and dignity you deserve."*

*"I have previously been enrolled at a private school and have seen the luxuries on offer, but if I had to choose I would choose this school, JJ Cahill MHS, because the teachers and students care and they have been important people in my growth since I started here."*

These are very powerful messages, each showing the value of school involvement and role-modelling at the and the depth of leadership capacity on offer.

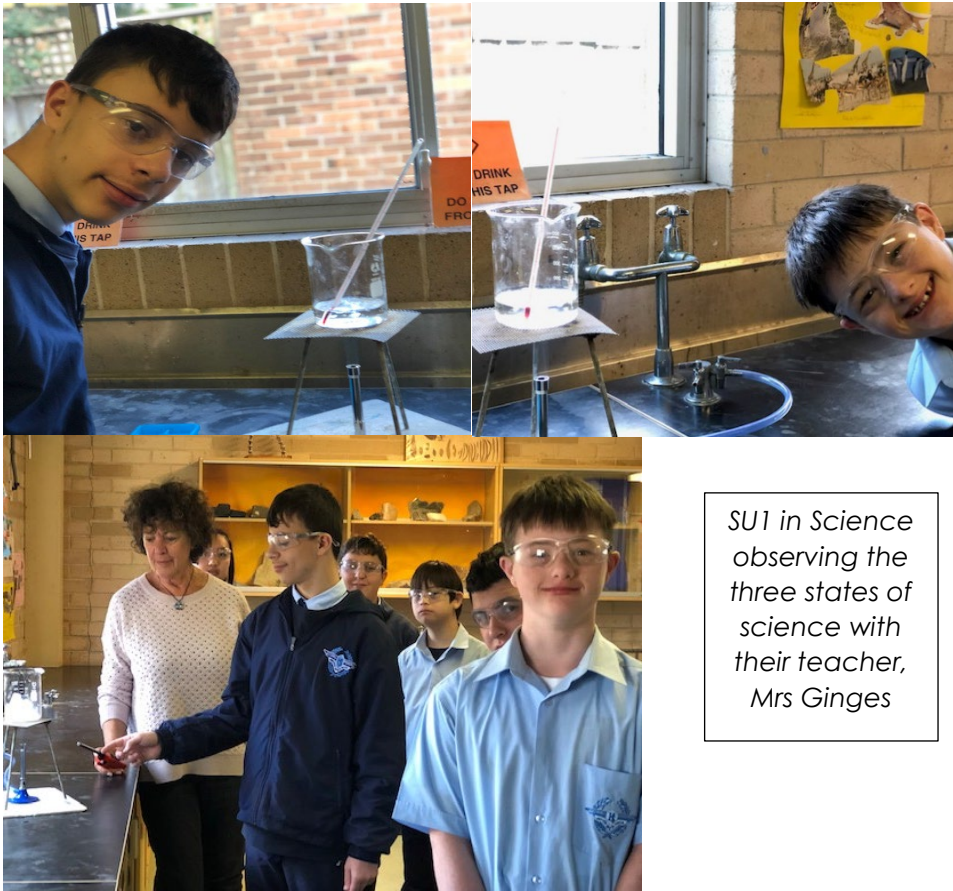
Congratulations to all students and I look forward to working with you closely over the next twelve months and watching your leadership skills grow even more.

### LEADERSHIP INDUCTION ASSEMBLY

An Induction ceremony will be held on Tuesday 15 October at 10: 45am in the school Hall followed by a morning tea for each inducted student and attending parent. We look forward to sharing this moment with you.

John Mifsud,  
Deputy Principal

## NEWS FROM THE SUPPORT UNIT



*SU1 in Science  
observing the  
three states of  
science with  
their teacher,  
Mrs Ginges*

## BAYSIDE SPRING FAIR



The Bayside Spring Fair was held on the 14 September, 11 am – 3 pm at Eastlakes Reserve. Our dancers performed on the main stage to a packed audience and our music students performed as the main event on the second stage to a large community audience.

This was a wonderful day where many students participated and came along to support our students.



This community event celebrated diversity and showcased the amazing talent that our kids at JJ Cahill Memorial High School have. We were the only school to perform and every performer did our school proud. Thank you to our Music teacher Mr Lim-Klumpes for supporting the students all day and congratulations to all performers.

Sian Batista DeMello,  
HT HSIE-CAPA

# WHAT'S HAPPENING IN PDHPE AND TAS?

## BSTREETSMART!

On the 11th of September, 2019, Year 10 was invited to Sydney Olympic Park to the Qudos Bank Arena to attend an event held by Bstreetsmart, an educational program on road safety designed to inform students about the risks and dangers on the road.

The purpose of Bstreetsmart is to reduce the fatality and injury rates of young people by promoting safe behaviour as drivers, riders and passengers. Bstreetsmart is the inspiring initiative of the Trauma Service at Westmead Hospital, working with schools and organisations to get students and teachers experiencing and learning about the impact of dangerous/distracted driving and the consequences for those directly and indirectly involved in a crash.



During the event, we witnessed a confronting live re-enactment of a horrific car accident. We viewed the consequences of unsafe driving practices and watched as the passengers and the drivers were injured on impact, and how emergency services handled the situation, the hospitalisation of victims and the arrest of the driver. For many of us, it was a very heavy experience to witness something so realistic. The crash depicted a common road crash involving young drivers, a situation that was very close to home and relatable due to their age group.



After the re-enactment of the crash was over, we listened to many victims and trauma survivors of car crashes, as well as parents and friends of victims. This was extremely emotional and somewhat hard to hear, but also very interesting and fascinating.

Everyone thoroughly enjoyed the whole experience of the Bstreetsmart road safety excursion. It was very informative about the

risks that come with being on the road as well as common things that cause accidents (phones, passenger distractions etc.) and what to do if you're ever in an accident. The experience has changed us all in a way where we would now think more cautiously, and act more carefully on the road. Simply because, at any moment our lives, or the lives of loved ones could end or change forever.

## CONGRATULATIONS CASSANDRA ON YOUR VET AWARD!

Congratulations to Cassandra in Year 12 for receiving a VET Excellence Award for Hospitality - Food and Beverage.

Cassandra is a dedicated Hospitality student who has been an active participant in a number of extracurricular events catering to the wider school community.

Luke McNaught  
Head Teacher (Relieving) PDHPE/TAS





# UNI OF NSW ASPIRE 'TASTER' DAY

## SOME OBSERVATIONS FROM STUDENTS AT JJ

*"I learnt that you need to manage your time wisely and do what you want to study at uni"*

*"I now know that no matter what you do, you can get into something you enjoy"*

*"I learned a bit about university life, people who study at UNSW and different faculties"*

*"There are so many clubs and societies and you can join one or start your own club"*

*"I learned a lot today" in the faculty workshop I was learning science in an environmental way and I really enjoyed the professor and the topic"*

*"I learned how much collaborating is useful at Uni. I learned how to solve problems in a team."*

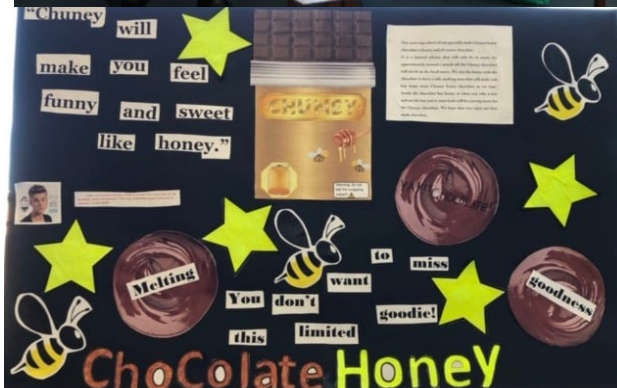
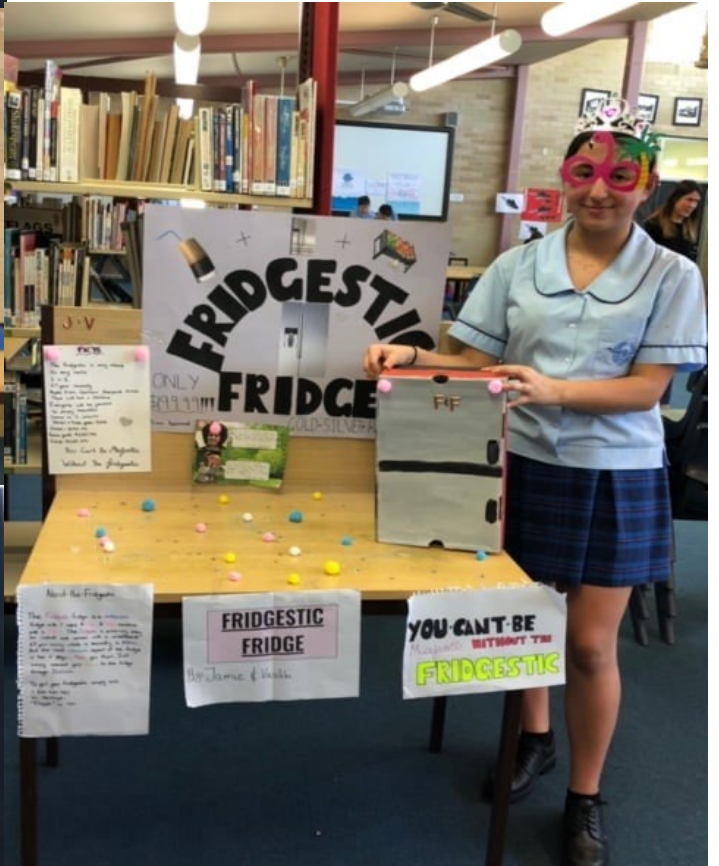




# ADVERTISING FUN IN ENGLISH



As part of our advertising unit, Year 8 were given the task of designing an original product, constructing a model, and then creating and performing an advertising pitch. As you can see from the pictures, they relished the task and did a fantastic job!





# OCTOBER 2019 YOUTH HOLIDAY PROGRAM

FOR YOUNG PEOPLE 12-18 YEARS OLD



## Monday 30th September

### ICE SKATING

Ice skating at Canterbury Ice Rink, Keep Cool indoors.  
Drop off & Pick up at Hillsdale Community Hall, 236 Bunnerong Road, Hillsdale  
Depart: 11:00am - Return: 3:30pm (BYO Lunch)  
Cost: \$25

## Tuesday 1st October

### EASTLAKES YOUTH DROP - IN + MEDITATION

All the usual fun including table tennis, pool tables, PS4 & Nintendo Switch + Meditation Workshop.  
Eastlakes Community Hall, crn. Evans & Florence Avenues, Eastlakes  
4pm - 7pm (BYO Lunch)  
Cost: FREE

## Wednesday 2nd October

### BANKSY ART EXHIBITION

The exhibition showcases 80 original works associated with Banksy, an anonymous England-based street artist.  
Drop off & Pick up at Hillsdale Community Hall, 236 Bunnerong Road, Hillsdale  
Depart: 10:00am - Return 2:30pm (BYO Lunch)  
Cost: \$40

## Thursday 3rd October

### HILLSDALE YOUTH DROP - IN + POOL COMP

All the usual fun including table tennis, pool tables, PS4 & Nintendo Switch + Pool Competition.  
Hillsdale Community Hall, 236 Bunnerong Road, Hillsdale  
4pm - 7pm (BYO Lunch)  
Cost: FREE

## Friday 4th October

### BOTANY POOL

Cool Off on a hot day at Botany Aquatic Centre.  
Remember sunscreen & a towel.  
Drop off and pick up at Hillsdale Community Hall, 236 Bunnerong Road, Hillsdale.  
Depart: 10:00am - Return 1pm (BYO Lunch)  
Cost: \$5

## GIRLS NIGHT @ EASTLAKES YOUTH DROP - IN

All the usual fun @ Girls Night including Movie Night.  
Eastlakes Community Hall, crn. Evans & Florence Avenues, Eastlakes  
4pm - 7pm (Snacks provided)  
Cost: FREE

## Monday 7th October

### PUBLIC HOLIDAY CLOSED

## Tuesday 8th October

### EASTLAKES YOUTH DROP - IN + MEDITATION

All the usual fun including table tennis, pool tables, PS4 & Nintendo Switch + Meditation Workshop.  
Eastlakes Community Hall, crn. Evans & Florence Avenues, Eastlakes  
4pm - 7pm (BYO Lunch)  
Cost: FREE

## Wednesday 9th October

### JAMBEROO

Where you control the action— Billabong beach - Taipan - Funnel web + much more. Remember a Towel & Sunscreen  
Drop off & Pick up at Hillsdale Community Hall, 236 Bunnerong Road, Hillsdale  
Depart: 8:30am- Return 4:00pm (BYO Lunch)  
Cost: FREE

## Thursday 10th October

### HILLSDALE YOUTH DROP - IN + TABLE TENNIS COMP

All the usual fun including table tennis, pool tables, PS4 & Nintendo Switch + table tennis competition.  
Hillsdale Community Hall, 236 Bunnerong Road, Hillsdale  
4pm - 7pm (BYO Lunch)  
Cost: FREE

## Friday 11th October

### MOVIES

Watch a Movie @ Hoyts Entertainment Quarters with a small popcorn and drink included .  
Drop off and pick up at Hillsdale Community Hall, 236 Bunnerong Road, Hillsdale.  
Depart: 9am - Return 1pm (Snacks Provided)  
Cost: \$20

## GIRLS NIGHT @ EASTLAKES YOUTH DROP - IN

All the usual fun @ Girls Night including Arts & Crafts.  
Eastlakes Community Hall, crn. Evans & Florence Avenues, Eastlakes  
4pm - 7pm (Snacks Provided)  
Cost: FREE



**Bookings are essential for more information contact  
0447 116 805 or yasemin.secim@bayside.nsw.gov.au**

# MEDIT8

## FOR YOUNG PEOPLE 12 - 18 YEARS OLD

Meditation is something everyone can do to improve mental and emotional health. You can do it anywhere, anytime; it needs no special equipment and it's free.

The benefits of learning to meditate;

- ✿ Reduce stress and Improve sleep
- ✿ Manage anxiety
- ✿ Support emotional health
- ✿ Promote self-awareness
- ✿ Generate kindness, empathy and self-compassion
- ✿ Develop mental discipline and willpower
- ✿ Meditation can help relax and quiet a busy mind

**Eastlakes Youth Drop In**  
**Eastlakes Community Centre (Alf Kay)**  
**Corner of Evans and Florence Avenue**

**5:00pm to 5:45pm**

**Week 1: Tuesday 17 September**  
**Week 2: Tuesday 24 September**  
**Week 3: Tuesday 1 October**  
**Week 4: Tuesday 8 October**  
**Week 5: Tuesday 15 October**  
**Week 6: Tuesday 22 October**

**Cost : FREE**  
**BOOKINGS ARE ESSENTIAL!**

Contact Councils Youth Worker on 0447 116 805  
or email [Yasemin.secim@bayside.nsw.gov.au](mailto:Yasemin.secim@bayside.nsw.gov.au)





Successful participants receive the Statement of Attainment in Provide First Aid  
Course code: HLTAID003. This is a nationally accredited course

#### COURSE OUTLINE

- ✚ Principles of First Aid: legal issues, casualty assessment, evaluate performance
- ✚ Assessment of the Unconscious casualty: CPR including the use of an AED
- ✚ Conscious casualty including medical emergencies: fainting, choking, asthma, diabetes, heart attack, epilepsy/seizures, anaphylaxis, stroke
- ✚ Trauma including: bleeding, fractures, sprains and strains, head injury, facial injury, burns, chest
- ✚ Injury: abdominal injury
- ✚ Poisons: bites and stings
- ✚ Environmental injury: hyperthermia and hypothermia

#### OUTCOMES

- ✚ Assess the situation
- ✚ Apply basic First Aid techniques
- ✚ Communicate details of the incident
- ✚ Evaluate performance

**Friday 4 October 2019 | 9:00am to 4:30pm**

**2Connect Youth & Community  
Level 3, Corner Moate Avenue & Princess  
Street, Brighton Le Sands**

**Cost is FREE. Bookings are Essential!**

For Bookings and further information contact 2connect's  
Community Development Officer Nicole Scobie on 0412 983 190  
or [communityprojects@2connect.org.au](mailto:communityprojects@2connect.org.au)





# HSC RESCUE

2019

## Helping you with your HSC Prep

**Totally Quiet Study Space, 3pm - 5pm**

Wednesdays to Fridays, 2 to 23 October

**Study Assist (Tutoring) Thursdays, 2pm - 3pm**

3 (English), 10 (Maths), 17 and 24 October

**Eastgardens Library, 152 Bunnerong Road**

Free pizza (Thurs 2-3pm). Free back and neck massages and other relaxation tips (Thurs 17 and 24 only). No bookings necessary.

