

## From the Principal



**Term 4, 2020**

### **Mobile Phone use at school**

I want to use this newsletter to share our school's processes and expectations around mobile phones. I want to also discuss some of the challenges they bring to a school and seek your support in ensuring children behave respectfully and responsibly around their mobile phone use.

At JJCMHS we have developed proactive and preventative strategies to support students in making good behaviour and learning choices. I have written about the school's values and expectations in previous newsletters.

In 2018 as a whole school we developed a set of shared values and expectations. Students were central to this process and were asked to describe how they would behave if they were demonstrating the school's values in the classroom and across the whole school.

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## What's on?

26 November – VALID Testing Year 8

1 December – Orientation Day Year 7

2 December – Harmony Day

16 December – Last day of school for students

18 December – Last day of Term 4

## Pursuing Excellence



## PRINCIPAL'S MESSAGE CONTINUED

The school has signs in all classrooms that describe in simple terms the behavioural expectations across all locations of the school, including classrooms, corridors, the library, the toilets, the hall and the canteen. Staff utilise these signs to remind students of the behaviours that are expected.

The behaviour expectation for mobile phone use is in every classroom and it states under the value of excellence that *"I have my electronic device off and out of sight unless permission is granted by my classroom teacher"*. Teachers know that the only time that they can give permission for phone use is for learning.

Honour	Excellence	Responsibility	Opportunity
I speak politely and use appropriate language.	I am at school every day.	I wear my full school uniform every day.	I ask for help when I need it.
I listen to and value the opinions and contribution of others.	I strive for quality in my class work.	I use equipment safely and respectfully.	I actively listen and engage in discussion during class.
I follow instructions and cooperate with others.	I am on time to school and class every day.	I line up outside the classroom quietly and calmly.	I actively participate in the school community.
I keep the school vandalism and graffiti free.	I bring all equipment to class at all times.	I follow the safety procedures of the lesson.	I seek opportunities to enhance my knowledge and skills.
I am inclusive and respectful of culture and diversity.	I complete my homework and assessments on time.	I am accountable for my actions and communication.	I encourage others to learn by staying on task.
I am honest in my communication, actions and class work.	I have my electronic devices off and out of sight unless permission is granted by my classroom teacher.	I eat and drink at appropriate times and places.	
	I am organised for my learning.	I care for the safety of others and myself.	

Why do we have this expectation? Schools are a place for learning and classrooms are the centre of learning. A classroom is wherever teaching is taking place; it may be outside or inside and is not contained to a physical space. Mobile phones present a serious distraction to learning, interrupting the concentration and focus of not only the student using the mobile phone but other students around them.

### Free from Distractions

It is essential that students are free from distractions when they enter the learning space, which means that they need to put their phone on silent and have it out of sight.

I am deeply concerned about how much mobile phones intrude on and distract students from learning. I am in regular communication with other principals across NSW and they have also expressed concerns about the impact of mobile phones in their schools.

There are of course other more serious concerns around mobile phone use that I will not discuss in-depth here, but they include cyberbullying, unsafe cyber behaviours, addiction to social media, to name a few.



I am sure that as parents and caregivers you have found your children's use of mobile phone technology challenging at some stage.

While the normal strategies that we use to help students make good decisions about their mobile phone use work with many students, there are an ever-increasing number of students who seem to be unable to regulate their phone behaviour.

Teachers prompt students about their phones, they give them choices, they re-teach behavioural expectations, they conference with students to develop behaviour plans. The teachers may apply consequences to help the students reflect upon and change their behaviour and at times the phone is requested from the student.

However, with some students the behaviour does not seem to be shifting.

### **Please call the school directly if you need to communicate with your child**

At times I have had parents or caregivers calling or messaging their child during class and students choosing to take the call or answer the message. Please, can I request that you do not call or message during learning time. If there is an urgent matter, please call the school directly and we will contact the student at an appropriate time. If it is a serious matter, we will respond appropriately.

As principal I need to ensure that teachers can focus upon teaching and students can focus upon learning without unnecessary distraction.

I do not want to be a school where we ban mobile phones. I believe we are an educational institution and that we need to educate students about the appropriate use of mobile phones. However, it seems that mobile phone use for some students has become an addiction and they struggle to regulate their use of these devices.

### **Other options for managing phone use**

It is because of this that as a school we are looking at other interventions for students who are unable to regulate their mobile phone behaviour. This may include students turning their phone in at the beginning of the day and picking it up at the end of the day. Let me assure all parents and caregivers that if a behaviour is at this level of concern, we will always involve you so that we can work together to help your child make better decisions.

Before I meet with staff to discuss other strategies, I want to understand what you think about this issue. Please complete the survey to help the school understand community attitudes in relation to mobile phone use at school.

Please go to the link or use the QR code to navigate to the survey  
<https://www.surveymonkey.com/r/MobilePhoneJJCMHS>



## Year 12 HSC 2020

Some of our HSC students were featured in the news a few weeks ago after completing their English exam. They represented themselves and the school well. Here is a snapshot from some of the media footage and links to others if you missed them.

<https://www.sbs.com.au/news/after-a-school-year-like-no-other-year-12s-in-nsw-have-begun-their-hsc-exams>

### After a school year like no other, Year 12s in NSW have begun their HSC exams



Students at JJ Cahill Memorial High School in the Sydney suburb of Mascot on Tuesday Source: SBS News



**9News Sydney**

[@9NewsSyd](#)



After having their academic year turned upside down due to the pandemic, there's finally some relief for Year 12 students with their first HSC exam now firmly out of the way.

[@LauraTunstall9](#) [#9News](#) [pic.twitter.com/sgqTd0Cknp](https://pic.twitter.com/sgqTd0Cknp)

20/10/20, 6:22 pm

### Best of Luck, Year 12!

Most of our students have completed their HSC exams. I want to wish all students well in their future studies or work - whichever path they have chosen. I want to thank families for sending your children to JJ Cahill Memorial High School and entrusting your child's future with our teachers and support staff.

It has been the most challenging year for everyone and especially challenging for students sitting their HSC and endeavouring to move into work or further study. I wish you and your children all the very best. I encourage students to continue learning and working hard even though formal school is complete.

I believe strongly that we should never stop challenging ourselves and pushing the boundaries of what we can do. Education - whether it be at TAFE or university, a private college, or an apprenticeship or traineeship - are all valuable. Everything you learn leads you to the next opportunity.

Ralph David.  
Principal

# WHAT'S HAPPENING IN HSIE/CAPA?

## Naidoc Art Week Competition

Last week, students in Years 7-11 at JJCMHS developed artworks for the NAIDOC Week Art Competition to be exhibited at Westfield Eastgardens.

The competition was an initiative run in partnership with Westfield and Bayside Council. Students collaborated to create Indigenous artworks that reflected the theme 'always was, always will be', designing artworks that explored the contributions of Indigenous Australians as First Nations People. This included representations as the first navigators, explorers, builders, botanists, farmers and the connection between the oldest living culture to the land in both our contemporary urbanised landscape and through dreamtime.

The students displayed their creativity and technical skill in the artworks which are to be finished this week and exhibited in Westfield Eastgardens in November. Ms McInnes would like to congratulate the students on their wonderful efforts and dedication to honouring this important cultural celebration.



## From the Visual Arts Room

Ms McInnes' classes have been furiously working away at their projects for artmaking and theory. Year 8 have finished their Pop Art unit, completing a theory assignment on American artist Roy Lichtenstein and creating a series of ceramic and painting artworks inspired by the artistic movement. Year 9 have painted instruments inspired by culture and music for their 'Cultural Soundscapes' unit. Their artworks are looking magnificent and will be displayed once finished around the school. Each student chose a country and created an artwork that provided insight into aspects of the culture on a guitar or double bass. Year 7 have also looked at culture, focusing on Chinese artist Pamela Leung for their theory work and have created ceramic sculptures inspired by zoomorphology and the Chinese Zodiac.

Year 10 finished off their ceramic busts at the end of last term and will continue to decorate their busts over the course of this term. Their sculptures show refinement and solid technical skills as evident in the pictures of their artmaking process.

It has been a busy start to the term for Visual Arts!

Georgina McInnes, Teacher, Art



## Congratulations to Jadan Youd in Year 12 Music!

Congratulations to Jadan Youd who was nominated for HSC Music Encore, 2020. Jadan excelled in his results for Music 1 Performance. This is an extraordinary achievement. He will be recording his program again for selection into the Concert in the coming weeks. Good luck Jadan!

Adrian Lim-Klumpes  
Teacher, Music

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# OUR SCHOOL GARDEN

## JJ Cahill School Garden

Over the holidays the JJ Cahill School Garden was completed. We have a total of nine beds ready for planting with another four in our soon-to-be completed greenhouse. Classes across the School's KLAs will take advantage of the Garden as an alternate learning space and allow our students to literally and figuratively get their hands dirty while planting, caring and learning not about just gardening.

Students will take advantage of the garden to learn about seasons and food provenance, what to grow at which times of year, the measurements involved in growing and recording produce and developing designs, and apparatus such as watering systems to complement the garden. We look forward to sharing our achievements in the coming years.



## AND FROM THE MATHS/SCIENCE FACULTY...

### Valid Testing 2020

On Monday the 26<sup>th</sup> of October the Year 8 cohort sat for VALID.

This stands for Validation of Assessment for Learning and Individual Development. This program provides online end-of-stage assessments for the science key learning area and is mandatory for all Year 8 students. The assessments can be used as a diagnostic tool to assist in improving student outcomes in science and as a tool for program evaluation.

The test is linked to the science syllabuses, and assesses what students know and can do in science. It also provides useful information about student attitudes towards science.

Our Year 8 students undertook VALID in the library and their behaviour, attitude and engagement during this online assessment was impressive and must be commended. Well done Year 8, we are proud of you.

Irene Gunawan Daly  
Teacher, Science

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# Mindfulness Meditation



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, manage anxiety and improve sleep
- ★ Support emotional health and promote self-awareness
- ★ Generate kindness, empathy and self-compassion
- ★ Develop mental discipline and willpower
- ★ Can help relax and quiet a busy mind

## FOR YOUNG PEOPLE 12 - 20 YEARS OLD

Online Via Zoom | 5pm to 5:45pm

Every Wednesday

Starts **Wednesday 23 September**

Ends **Wednesday 9 December**

**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)



