

From the Principal



Term 4, 2020

Are we there yet!

This has been my mantra for the last few weeks as we approach the end of a very long and challenging year.

While many people have worked from home this year as principal, I have needed to be onsite. It has been a challenge to keep up with and effectively manage all the changes and expectations through Covid. This included putting strategies in place at school to take account of social distancing and to follow health regulations, looking after our vulnerable people by providing flexible work options, developing processes and expectations around online curriculum, supporting the wellbeing of staff and students, and managing people's concerns and responses to the changes...

Yes! I, like everyone else, will be glad to put 2020 behind me!

Continued Page 1

What's on?

11 December – Presentation Day

15 December – School Picnic

16 December – Last day of Term 4 for students

29 January, 2021 – First day back for Years 7, 11 and 12

1 February, 2021 – First day back for Years 8, 9 and 10

Embracing Opportunity



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WEB www.jjcahill-h.school.nsw.edu.au

PRINCIPAL'S MESSAGE CONTINUED

Yes! I, like everyone else will be glad to put 2020 behind me.

I think especially this year of our Year 12 students who persevered, working from home for some of their HSC through online learning and missing out on all the fun things that they were looking forward to after 13 years of formal education, like formals and graduations where people can attend. I wish you well, Year 12.

I do wish ALL families a rejuvenating Christmas break. I hope you have time to relax and connect with family. Some students struggled to return to school after online learning. I hope that after a summer break, students come back next year eager and ready to learn.

In the last Newsletter I wrote about some of the challenges that all schools are having with mobile phones in relation to student learning and wellbeing. I have included your responses to that survey in this newsletter and some conclusions and decisions moving forward for our school.

Mobile Phone Survey feedback

Firstly, can I thank parents for participating in the mobile phone survey. We had 44 responses.

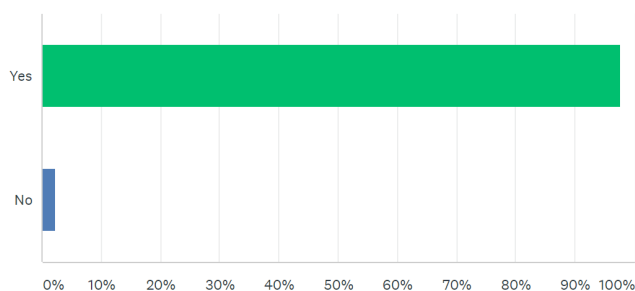
My focus is, as always, directly upon student learning and wellbeing. As principal I will always consult with the community and listen. Of course, that does not mean the decisions the school makes will be agreed upon by all members of the community. I value the partnership with parents and caregivers and it is clear that if we work together we end up with the best outcomes for students.

As a school we will table and discuss the responses from parents and caregivers. We will then collaboratively develop a workable solution and communicate that back to you to inform you how you can best support the school and your child to be successful at school.

Below is a summary of the survey responses and a snapshot of some of the more prevalent responses.

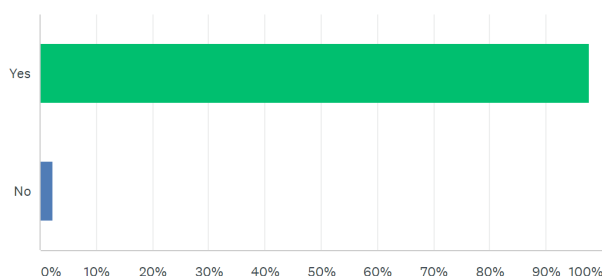
Does your child have a mobile phone?

Answered: 44 Skipped: 0



If they have a mobile phone do they bring it to school?

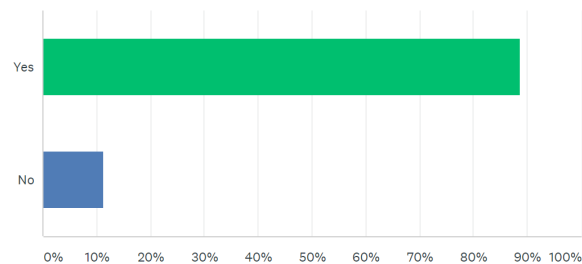
Answered: 44 Skipped: 0



From this it is clear that nearly all students have a phone and bring it to school.

Do you think students should be able to bring their phone to school?

Answered: 44 Skipped: 0



For parents who answered Yes to the above question most indicated that the phone will not to be used during school hours or class time and that it provided a good means for students and parents to know when they would be home or if they needed to be picked up.

For parents who answered No, all indicated that students should not have access to phones during learning time.

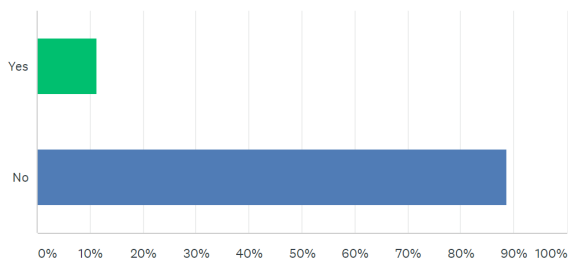
While the goal of the school is to educate students to make better decisions about their mobile phone use, I want to emphasise that if the phone disrupts learning and the student does not change their phone behaviour they may lose the privilege of having their phone on their person during school time. The processes for how the school will make these decisions are yet to be discussed by staff and we will inform you of the processes early next year.

The parents who answered No clearly saw the phone as a distraction to learning. Some parents indicated the student needed the phone so that they can contact them if there is an emergency. A number of parents made the point that students and parents can call using the school's phones if there is an emergency.

This is how we would like parents to communicate. If you text or call during learning time (and some parents indicated that they do that on occasion) you are taking away from students' learning time.

Do you believe that children should be allowed to use their mobile phone in the classroom?

Answered: 44 Skipped: 0



Clearly most of our community understand the importance of learning time.

The 10% of parents that answered Yes, that students should be allowed to use their mobile phone in class, also indicated that this should only be at the permission of the teacher and that it should be for learning.

Parents that answered No all emphasised that mobile phones are a distraction to learning and I would have to agree given the number of issues around mobile phone use. Here are some of the responses

These are some of the responses....

I agree it is a distraction and unnecessary. Learning is done in the classroom and mobile phones interfere with that.

We urge our son to keep the phone switched off at school and in his bag to not disturb lessons

It is common sense and students should be respecting their teacher by giving their attention and class is for learning not for personal phone use. The teachers should confiscate the phone until end of day if student caught using their phone during class.

Classrooms are about learning, and phone are distracting.

There should be enough technology available so that there is no need to use a phone to get all the information required to complete their work

The school does provide adequate technology for student learning

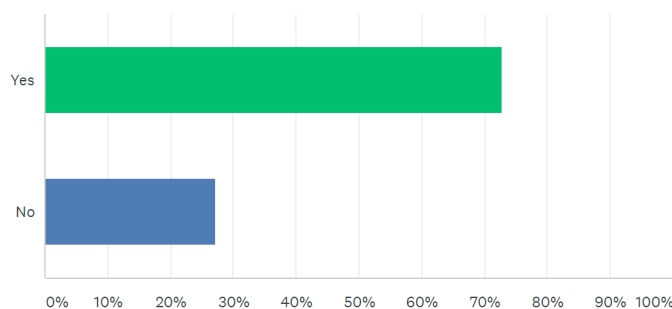
I would like you to know that the school does provide enough technology for student learning. Every faculty has 30 chrome books, and this is due to increase in 2021. There are also 3 well equipped computer rooms.

Phones should be silent or off during a class lesson

This is in fact the school's expectation.

Do you have concerns about mobile phone use in school?

Answered: 44 Skipped: 0



Some of your responses show that you do have concerns

Yes I think that the possibilities of bullying & harassment via mobile phones is a real problem. There is also possibility of accessing inappropriate sites & material.

Yes It would be hard for teachers to police what the phone is actually being used for.

Ok for kids to listen to music or catch up on text, comms at lunch and breaks, beside this, I do not see the point of mobile phone at school

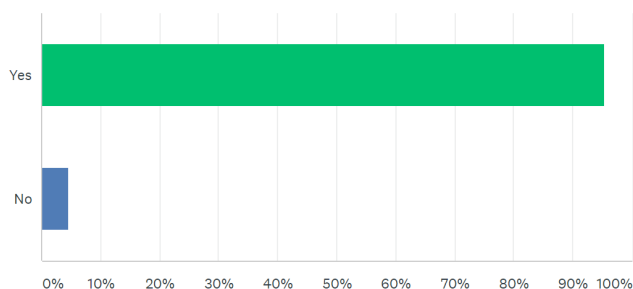
Yes I know from home that keeping teenagers off their phones is a struggle so I would prefer that they don't use it at all in the classroom so they are not tempted to misuse it

Social media, bullying, inappropriate use children not paying attention.

No Provided all obey the rules and respect the rules it Should be ok, However, those that don't obey the rules there should be consequences

Would you support phones being turned in when they enter school and being returned when they leave for students who are unable to regulate their mobile phone behaviour?

Answered: 44 Skipped: 0



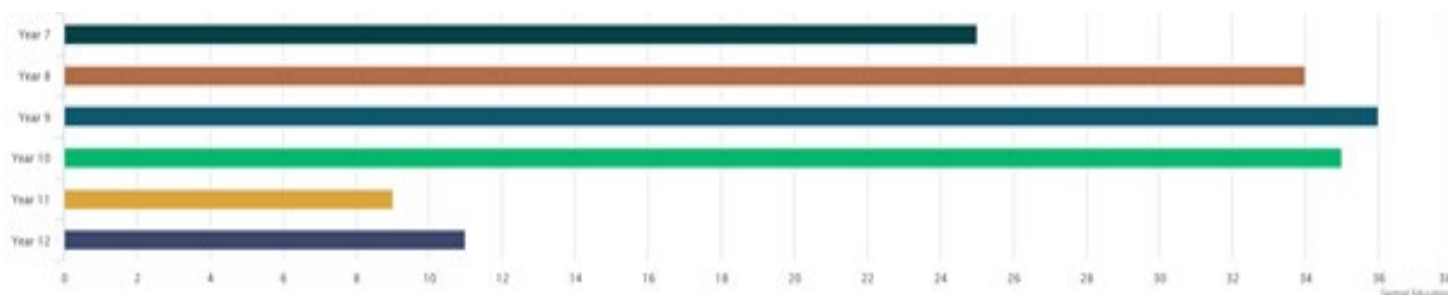
Overwhelmingly most parents indicated Yes. The few parents that indicated No, either provided no reason or provided a qualified reason stating it depends upon what the phone behaviour is or that they would prefer phones to be handed in at the beginning of each lesson.

A number of parents indicated that there should be consequences for ongoing failure to follow the school's expectations in relation to inappropriate mobile phone use. This is something that we will be looking at as a school at the beginning of next year to clarify what are appropriate consequences. I will communicate this to families when we have completed this work.

For more extended conversations can I encourage parents to join our school's P&C. You can have as much or as little involvement as you like but it will give you an opportunity to engage in valuable conversation about learning.

I will send information out at the beginning of 2021 to inform you of our meeting times. Generally, the meeting is held Weeks 3 and 7 of each term on Tuesdays from 6:30 to 7:30 (sometimes 8:00pm). We have been doing this as a zoom meeting and am happy to continue this way if it works for families.

Finally, I have included data about the number of incidents around inappropriate mobile phone use. This is to show you that it is a problem that needs a solution. This data does not capture the behaviours of students when they are asked to put their phone away and whether or not they are disrespectful, argumentative or display more serious behaviours towards their teachers.



Let's continue the conversation next year with an firm focus upon learning.

Have a relaxing break!

Best Regards,

Ralph David
Principal

WHAT'S HAPPENING IN HSIE/CAPA?

Remembrance Day Assembly 2020

An assembly was held at 11am on the 11/11/20 to mark Remembrance Day. Remembrance Day marks the anniversary of when the First World War (1914–18) ended. Each year on the 11th of November, Australians observe one minute's silence at 11 am, in memory of those who died or suffered in all wars and armed conflicts and appreciation of their sacrifice.

Thank you to Mr Bosco and the 11 Modern students for leading the assembly. A further thank you Mr Lim-Klumpes for setting up the audio and a special thank you to our guest Mr Morris, who joined us wearing his father Mr Jack Morris' war medals.

Congratulations to the following students who were involved in the assembly.

Year 11 Modern History 2020 students: Estefany Buxado-Hernandez, David Salman, Nathan McCarthy, Ronny Acland.

Acknowledgement of Country: Allira Haines and Karleisha Munro

Sound and Audio: Te Ata Delamere-Mill

Australian Anthem: Mikayla Pollock

Thank you,
Sian Batista De Mello,
Head Teacher HSIE/CAPA



HARMONY DAY 2020

At JJ Cahill Memorial High School we are committed to celebrating inclusiveness, respect and a sense of belonging for all Australians, from the traditional owners of the land to those who have come from many countries around the world.

On the 18 March we were due to celebrate the ongoing theme of Harmony Day, 'everyone belongs'. This event was postponed due to the Coronavirus pandemic and we held the day on Wednesday December 2, 2020.

This was a wonderful day full of activities, a year assembly, student and teacher band performances, sausage sizzle, and multicultural sport.

There were many staff and students who came together to lead, support and run this day and I would like to thank everyone for their contributions towards making the day a very special event for all our students and staff.

A special thank you to our teachers;

Mr Lim-Klumpes, Mr Hooper and Mr Potter for their leadership of this event.

Thanks also goes to our student leaders:

Sila Balci and Jamie-Lee Ferguson and our tech crew Noah Miles, Vlad Komov, Sanele Felise, Sheldon Cabasan, Raven Villanueva and Te-Ata Delamere-Mill.



Sian Batista De Mello
Head Teacher HSIE/CAPA

Harmony Day in the Art Room

Year 8 and 9 and Support Unit students, inspired by the Tibetan Buddhist tradition of the sand mandala, created a cultural homage in honour of Harmony Day.

Students upcycled furniture to incorporate vibrant colours and symbols of unity and diversity. When completed by Buddhist monks, the ritual is used as a meditative practice.

Students found the process to be calming and enjoyed discovering new elements of other cultures through this process. Special thanks to Sienna Di Rosa for volunteering her time to assist with this activity for Harmony Day



FROM THE YEAR ADVISERS....

Look forward to 2021 Year 7!

With the COVID situation forcing the cancellation of this year's camp to the Central Coast, year meetings have been trying to provide the year group with some fun – by students engaging in the following team activities: Tell a joke with a friend and pass the message on (Chinese Whispers); 'Don't let go - get tangled then untangled!' (see images), and the old 'Tunnel Ball'.



At the last year meeting Mr Morris spoke about Presentation Day at JJ Cahill MHS - a new experience for year 7. Getting up on stage in front of everyone to receive an award for Academic Excellence and Highly Commended can be a proud moment. But if your name isn't called out don't worry too much. Next year - 2021 - you might have your name called out if you do the following things:

- i) work hard in every lesson and follow all your teachers' instructions;
- ii) complete ALL class tasks and, most importantly, assessment tasks;
- iii) seek extra help from teachers, parents, aunts, uncles, brothers, sisters, cousins ANYONE !!
- iv) be nice to everyone by using nice language and treat others fairly;
- iv) DO YOUR BEST!!



2021 will be a better year than the COVID 2020. There is a good chance we will go on camp. Just think of the movie Back to the Future. When Marty McFly went into the future in the DeLorean time machine he would be best advised NOT to enter the year 2020!

Anthony Morris,
Year Adviser

Message to Year 9

2020 has been a year full of unprecedented challenges and uncertainty. It has been pleasing to see the resilience of Year 9 and how the majority of students have navigated change and embraced all opportunities provided to them by the school community this year.

This year, ten Year 9 students participated in the Raise Mentoring program. The mentoring program offers selected students the opportunity to be partnered with a mentor role model from the business community in order to discuss and set goals and aspirations for the future. On the 25th of November I had the privilege of attending the Raise Mentoring graduation ceremony. It was wonderful to see how much each of the students have grown in confidence since participating in the program. Congratulations to Daphne, Sofia, Heidi, Gianne, Montanna, Noah, Jack, Kaylan, Vlad and Louis B, it was fantastic to hear how much you valued and took from the program.

Term 4 has been overwhelmed by subject selection for Year 10, 2021 as well as yearly examinations and assessments. As the year draws to a close, it is important to reflect not only on the successes of the year but also the speed bumps and challenges that came up along the way. After reading through Year 9 reports, it is

important for students to personally reflect on the successes and areas they need to improve on as they begin Year 10 in 2021.

Have a safe and restful break. I look forward to seeing you all on the first day of Year 10 in roll call, wearing full school uniform, ready and eager to learn.

Tamara Tickle,
Year 9 Adviser

Some words for Year 10

As the 2020 school year is close to an end, our Year 10 students have selected their Preliminary HSC courses, or chosen other study or work apprenticeship pathways. It is indeed a time to reflect about a few things in preparation for next year and hopefully the brighter times that 2021 will bring.

At the end of this year, Year 10 students are having a pretty decent break from the regular routine to think and prepare for the future in their Year 10 program. In Week 8 Year 10 have become "The True Spartans" and "The Mysterious Aces". They have been given the opportunity to learn study skills and the theory about how we learn with Ms DeMello and Mr Bosco. They have also gained an insight into pop culture with Mr Gracie and looked at digital tools they will use their future careers, experimenting with coding with Ms Kharitos.

Ms Schibeci and Mr Zhang led some Maths skills-based team building exercises related to career skills and team building with coloured balloons. English activities were led by the English Faculty to help Year 10 understand and appreciate the skills and knowledge needed to succeed in the senior years.

Mr Sneddon and Ms Neufeld also provided for a thespian experience with Theatre in the Round. On the last day of the program there was an opportunity for strength and shine sessions, to develop an awareness of personal value and identity. On Friday the whole program was nicely rounded out with an outdoor BBQ lunch for Year 10.



Maria Perez,
Year 10 Adviser

See you in 2021 Year 12!

Year 12 has had a great year even with the difficulties of Covid-19 and the bushfires that swept through NSW and Victoria at the beginning of the year. They rose to the occasion and completed their schooling with diligence and dedication. I congratulate them on their attitudes and behaviours at school this year. Year 12 is also reminded that this 5/6-week break is different than any other in their schooling history. This is a working break – pick up your books, read your texts, do your research and keep reviewing content. You have three terms of Year 12 left and then you sit your HSC exams. There are a few hurdles to cross as we move towards this goal. Congratulations on a wonderful year. See you in 2021.

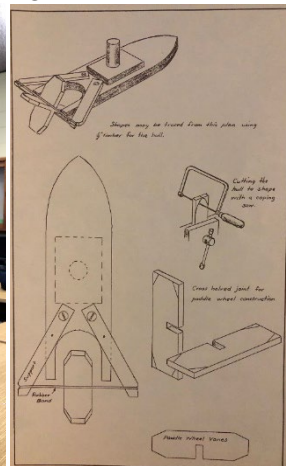
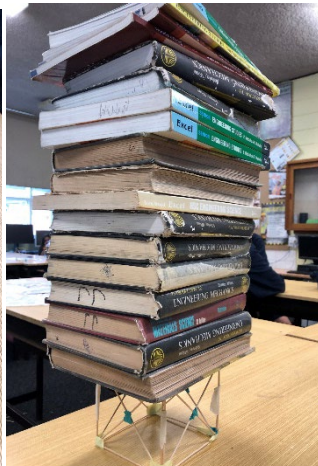
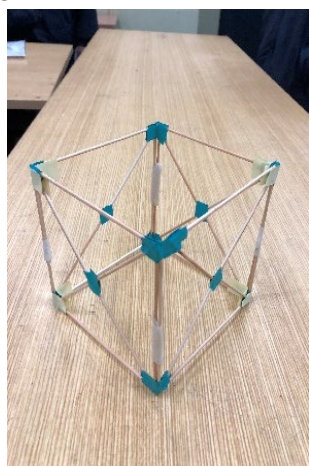
Emily Lawson,
Year 12 Adviser

WHAT'S HAPPENING IN TAS?

Year 9 Building Construction and Engineering

Year 9 Building Construction and Engineering built the structure box and learnt the building method of columns and diagonal bracing to hold a load much more than its own weight. This one – built by other students (8N Technology Mandatory), is holding an 18 kilogram weight.

The thing to remember is: If it's built properly and built strong, it will work! See the two pics below (left).

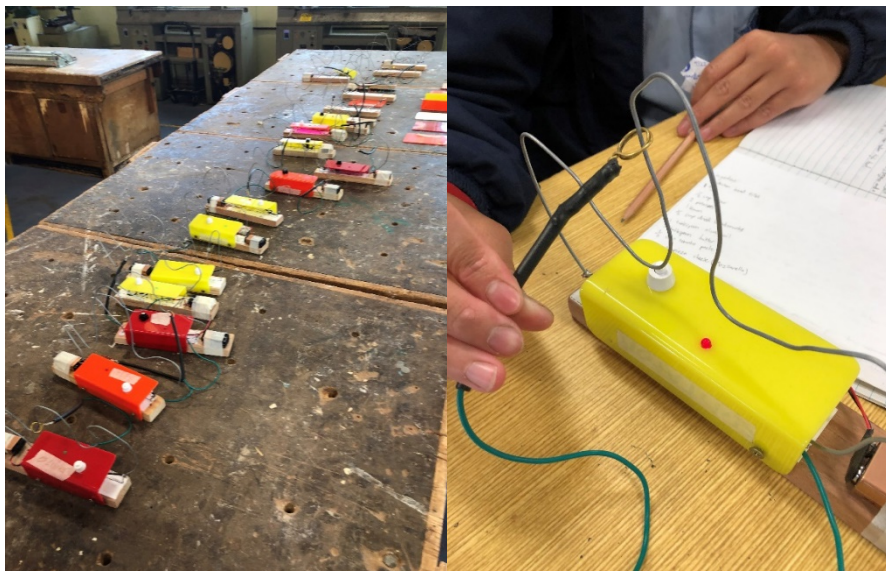


Year 10 Timber/Metal students built the power boat and are tested in the water tank, built by Atilla G, Seth M and Engin K.... the water trials "went very well ", says Mr Morris. See the two pics (above right).

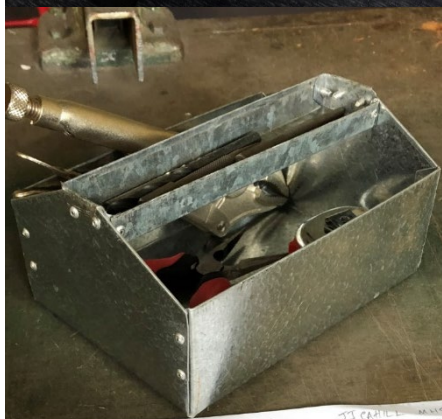
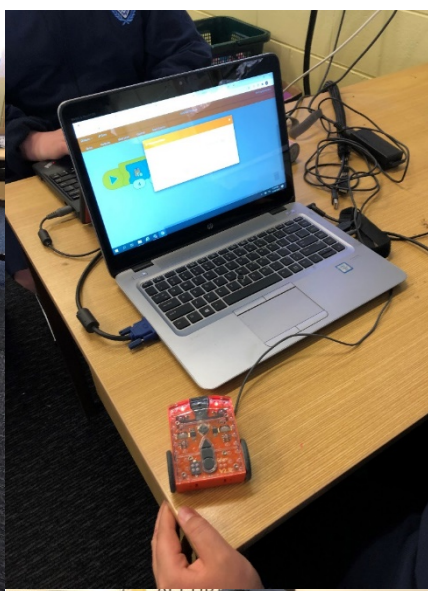


Omar, Stephen, Dane, Aaron and Kevin hard at it building The Bug House which will be a gift to Gardener's Road Public School.

Year 8N made the electronics 'Skill Tester' project in Technology Mandatory. All did well.



Jack Tuck (left) made a box and lid for his dad's birthday which held milk chocolates he made in cooking class with Mr Heffernan – well done Jack and Happy Birthday Dad! Below are the Edison Robots, programmed to follow the road and reverse into the parking spot.



Above: Stephen Ball and Brandon Phang with their timber pencil cases and (above left) a metal tool box designed and constructed by Montanna and Arda in Year 10.

AND FROM THE SUPPORT UNIT...

SU2 enjoying their textiles class...

Ms Ryan's SU2 class undertook Textiles "That's my style" this term for Technology. The SU2 students completed a design folio, as the mainstream syllabus require in their Technology courses. The SU2 students designed, learned how to tie dye, used stencilling and fabric paint to create their T-shirts. Aside from theory, the students learned about how to create a pattern for a face mask, and use a sewing machine to complete their mask. We finished the program with a fashion show for their peers



SU2 and SU4 doing amazing things in Science!

SU4 recently enjoyed testing for acids and bases with Ms Ginges in Science, while SU2 created fantastic work using items from nature such as leaves and flowers.

They were even able to show the finished product to incoming Year 7 Support Unit students who visited the school on their transition day in Week 7.





SU2 doing Project Based Learning!

This term, with the encouragement from Principal David, SU2 undertook a Project-Based Learning unit in the school garden with Ms Ryan. The students learnt about composting, worm farms, and extended their prior knowledge from their Agricultural unit for growing herbs. They then designed and built a multipurpose design, which will function as a combined compost, worm farm and herb planter. The modern design fits perfectly into the fantastic garden that is being built. This week, the yr10 on-site work experience team will paint the design with Ms Ryan also. Well done SU2!



Naidoc Week art works



JJ Students Laura Viniasi and Karleisha Munro were honoured by Bay City Council for their contribution to NAIDOC Week for submitting Aboriginal art works.

The artworks were collaboratively created by students across Mainstream and Support Unit.

Ms Grammat and Ms McInnes

NAIDOC Luncheon

On 10th November, Souths Cares held a NAIDOC Luncheon at Souths Juniors.

This included a three-course meal with participants from the program and guests from the community. Luke Carroll was the host of the event with special guests such as Latrell Mitchell and Cameron Murray.

With very few opportunities to attend events this year, it was a well-deserved reward for our Souths Cares 'School to Work' students.

Luke McNaught,
Rel. Head Teacher TAS/PDHPE
Aboriginal and Torres Strait Islander Programs Coordinator



ALL THE LATEST FROM CAREERS

UNSW Gateway Program

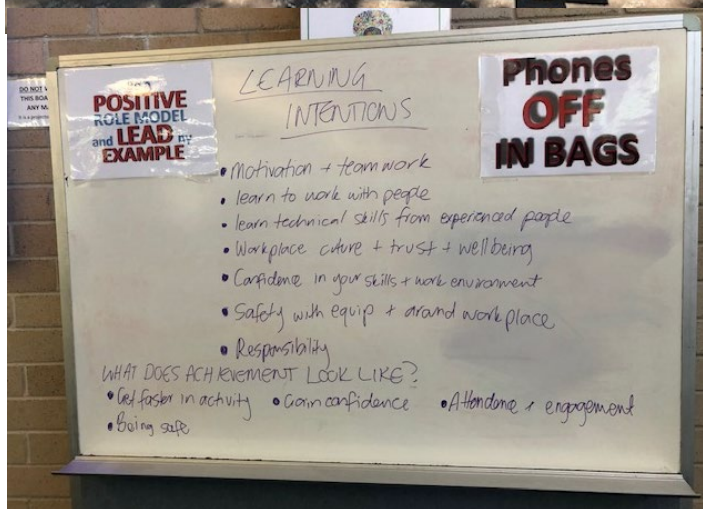
Our school is fortunate to have a long-standing partnership with the University of New South Wales. New to this has been the establishment of the **Gateway Program** where JJ Cahill MHS has been given the status by UNSW as a "Gateway School". Key to this is the **Gateway Admission Pathways Program** for students in Years 10, 11, and 12, and ongoing successful participation will ensure students receive an early conditional offer to UNSW and prioritisation for UNSW Equity Scholarships. Gateway early conditional offers provide a generous ATAR adjustment of up to **15 points** below the Guaranteed Entry Rank as advertised in the UAC guide.

<https://www.uac.edu.au/assets/documents/uac-guide/uac-guide-2020-21.pdf>

More information about the program can be found at <https://www.futurestudents.unsw.edu.au/unsw-gateway-early-offer>

Year 10 - Work Experience and School Community Service

All Year 10 students have had the choice to participate in work experience in the business community, or within school grounds in the form of School Community Service supervised by a number of teachers. This is the first time the school has provided in-school work experience mainly due to the financial pressures placed on businesses due to Covid-19. This has also provided a more supportive environment for building students confidence.



SOME WORDS FROM WELLBEING



Keep calm! The holidays are coming!

You made it through one of the toughest years ever. Well done! Now give yourself some love and enjoy your holidays. Follow these 5 tips to boost your body's defences:

Fend off germs. Family gatherings, travel stops, shopping malls, even the library during finals week — they're all places germs like to mingle. So, protect yourself: keep away from crowds and wash your hands *a lot*. The holidays are all about sharing, but some things you'll want to keep to yourself: forks, spoons, and drinking utensils. People can be contagious before they know they're sick, so even just a sip from someone's drink puts his or her germs in your body.

Eat healthy and be merry. Holiday foods can be high in calories and low on the nutrition you need to battle germs and boost energy. Make it a priority to eat five or more fruits and vegetables a day (choose the whole fruit instead of juice so you feel full longer and avoid added sugar). Carry an apple or a bag of baby carrots so you always have a healthy snack available. And don't give your exercise routine a holiday. Exercise gives you energy and improves your mood in addition to burning calories.

Chill. "Can I afford it?" "Will it be perfect?" Even things we look forward to, like parties or gifts, can come with worries attached. If you feel stressed out, stop what you're doing for just a moment. Take five deep breaths — all-the-way-down-to-your-belly deep. Concentrate on each breath as you inhale and exhale. Walk over to a window and look out at the sky. Then go back to what you were doing, realizing that holiday drama will happen. Just hope it leaves you with some great stories to tell.

Beat the blues. Holiday depression doesn't just happen in songs. For some people, it's seasonal, brought on by longer days, hot weather, and being out of their normal routine. Other people are going through difficult life events like a breakup or a move. If you feel down, go outside. Sunlight and exercise are great mood lifters. Try a seasonal activity to put you in the holiday spirit, like bushwalking or joining some friends and family for a BBQ. And don't hesitate to talk to someone you trust, like a family member or a friend, about how you're feeling.

Get some ZZZs. Getting 8 to 9 hours of sleep a night during the holidays can help strengthen your immune system, give you more energy, and make you less vulnerable to stress.

One of the top things to do for your health is to get out and have fun. Forget about the tough stuff for a while. Laugh and enjoy yourself — summer holidays only come once a year!

From the JJ Wellbeing Team



youth

HOLIDAY PROGRAM

FOR YOUNG PEOPLE 12–25 YEARS

TIMEZONE

Monday 4 January

10:30am – 3:00pm (BYO Lunch)

Cost: \$25

Hillsdale Community Hall
236 Bunnerong Road

Enjoy 1 hour of arcade play and 2 rides on the bumper cars at Timezone Haymarket.

EASTLAKES YOUTH DROP-IN, GIRLS ONLY

Tuesday 5 January

4:00pm – 7:00pm (BYO Dinner)

Cost: FREE

Eastlakes Community Hall
Corner of Evans & Florence Avenues

All the usual fun including arts and craft, movie night, games and much more.

ROCKCLIMBING

Wednesday 6 January

10:00am – 2:00pm (BYO Lunch)

Cost: \$11

Hillsdale Community Hall
236 Bunnerong Road

Rock-climbing at Sydney Indoor Climbing Gym, with all different levels of walls to climb.

SKATE PARK YOUTH OUTREACH

Thursday 7, 14 and 21 January

5:00pm – 7:00pm (BYO Dinner)

Cost: FREE

Mutch Park Skate Park
Wentworth Avenue

Skate Park Youth Outreach. Swing past, hang out and chat with Council's Youth Workers.





HILLSDALE YOUTH DROP-IN

Friday 8, 15 and 22 January
4:00pm – 7:00pm (BYO Dinner)

Cost: FREE

Hillsdale Community Hall
 236 Bunnerong Road

All the usual fun including table tennis, pool tables, PS4 & Nintendo switch.

FIRST AID COURSE

Monday 11 January
9:00am – 4:30pm (BYO Lunch)

Cost: FREE

Eastlakes Community Hall
 Corner of Evans & Florence Avenues

Obtain your First Aid Certificate with ReViva First Aid. Must be 15 to 25 years old.

EASTLAKES YOUTH DROP-IN

Tuesday 12 and 19 January
4:00pm – 7:00pm (BYO Dinner)

Cost: FREE

Eastlakes Community Hall
 Corner of Evans & Florence Avenues

All the usual fun including arts and craft, movie night, games and much more.

PAINTBALL

Wednesday 13 January
9:30am – 2:30pm (Lunch Provided)

Cost: FREE

Hillsdale Community Hall
 236 Bunnerong Road

Fun, energetic and great team building activity at Indoor Paintball Turrella. Must be 12 and over.

MOVIES

Monday 18 January
5:15pm – 8:00pm (Snacks provided)

Cost: \$25

Hoyts Entrance – Westfield Eastgardens
 152 Bunnerong Road

Watch a movie @ Hoyts Eastgardens with a small pop-corn, drink and choc top. PG to M rated movies only.

CABLES WAKE PARK

Wednesday 20 January
9:30am – 3:30pm (Lunch Provided)

Cost: FREE

Hillsdale Community Hall
 236 Bunnerong Road

Inflatable pillows, slides and runways at Cables Penrith. Remember a towel and sunscreen.

Bookings are essential! For more information please contact Yasemin on **0447 116 805** or **yasemin.secim@bayside.nsw.gov.au**

We request that you follow COVID-19 requirements to ensure the safety of everyone



BAYSIDE COUNCIL
YOUTH SERVICES

Bayside
Council



