

# JJCMHS WINGS

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## Upcoming Dates

10th October - First Day of Term 4

12th October - HSC Exams Start

2nd December - Big Night Out XV

12th December - Zone Soccer Trials

15th December - Zone Touch Trials

19th December - Last Day of Term 4

## From the Principal

### Good Luck Year 12

As we arrive at the end of term 3 I want to wish Year 12 the best for their forthcoming exams. I also want to acknowledge all of the hard work that the staff have put into preparing students for their HSC. Your children's teachers have a deep commitment to supporting all students to achieve their best and work with students right up to the end of term. Students are also able to contact their teachers during the exam period for last minute tips and support.

I want to also acknowledge the students who have applied themselves with diligence to their studies. Our values, opportunity and excellence define the schools ongoing expectations for students, that they work hard to make the most of the opportunities provided to them through quality education and strive for excellence and continual growth and improvement.

The HSC is a challenging course. It has become even more so with the impact of coronavirus over the last few years. Last year HSC students had 2 years of impact due to coronavirus. The current cohort has at least had a significant amount of face to face learning. It is important at this time that we support the wellbeing of our year 12 students so that they can focus upon their studies. The school has put in significant support over time to help students manage anxiety and maintain connection with their peers and the school. If there is anything we can do to support you and your family at this time please do not hesitate to call.



The transition to work or further study is an exciting one where students move from school into the adult world. It is my hope for all of our students that they take the lessons from school and apply them to their lives. Namely, hard work, perseverance, a belief in oneself, compassion for others and tolerance of differences are vital if we are to continue to grow and develop into fully formed human beings who can contribute meaningfully to their world.

I wish all of year 12 the very best in their future endeavours and am always excited to hear what they have achieved when leaving school. So please share your achievements with us so that we can celebrate with you.

### **Parents and Citizens Association**

If you have been reading my emails and sms messages this year you will have noticed that we have a committed and growing P&C. Thank you to all parents who participate and have signed up for updates. I would like to give a special thanks to our P&C leaders Daniel Girling-Butcher, President, Rosie Reynolds, Secretary and Rona Hamieh, Treasurer and acknowledge the work and commitment they have made to ensure we are incorporated and can raise money for the school.

If you are interested in being involved Please Rosie Reynolds [jjcahillpandc@gmail.com](mailto:jjcahillpandc@gmail.com). You can control your level of involvement.

If any parents have skills in writing grants that would be much appreciated. The school has several projects that will improve the facilities and learning opportunities for students. If we were to win a few grants that would make a big difference for the school.

### **Attendance**

We are currently reviewing and updating our processes for acknowledging, promoting and supporting attendance. As part of this I am communicating expectations in this newsletter and will follow up with more information about how we can work together to support good attendance.

Our targets are to increase the number of students to attend greater than 90%. If you have requested access to the parent portal you will be able to see your child's percentage attendance as well as daily attendance and which classes that they have or have not attended. Being aware of this is valuable so that you can have informed conversations with your child.

It is essential that students attend school every day that they are well enough to attend. It is also essential that students arrive on time at the beginning of the day and come prepared to engage in learning. Students who miss school regularly fall behind in their learning. I will be sending a survey out soon to understand your expectations and challenges around getting your child to school and to explore how we can work together to ensure that poor attendance does not impact upon your children's future.

We will be communicating partial attendance through sms next term. That means if your child is late for school, you will be made aware and be able to support the school. We will meet each day with all students who are late to understand why they are late and support them in improving their attendance. If their attendance does not change we will meet with parents to plan how to help them improve their attendance.

We are updating our processes to include community awareness, engaging curriculum, school processes, promoting attendance, attendance support and acknowledgment when students have high levels of attendance or have attended every day they were not too ill to attend.

### **Digital Distraction - Mobile Phones Social Media Young People**

It has been over a year since we worked with our community to reduce the negative impacts of mobile phone technology on learning and student wellbeing during learning time. Despite the gains we have made as a school reducing the distraction of mobile phones during learning time, it is and continues to be a challenge for staff to manage the disruptive aspects of technology.

It is clear that digital distraction robs students of their ability to learn effectively and that continuous partial attention increases cognitive load making it harder for students to process information. However, it also increases the likelihood of explosive behaviours in the classroom. The impact of mobile phone technology has been identified as having huge impacts upon mental health. It is even transforming our biology, impacting upon students ability to focus upon one thing at a time or for any length of time and the capacity to engage with long texts. Digital distraction can result in sleep deprivation, cyberbullying and addictive checking of phones for new messages. Working from home through the coronavirus pandemic has clearly exasperated the negative impacts of technology, (Five Paths of Student Engagement, Dennis Shirley and Andy Hargraves 2021).

You may have heard me say that the focus of school is and should be education not banning. We need to teach our young people how to appropriately engage with technology. To do this effectively we need the support and commitment of parents. When parents establish clear boundaries with technology in the home that translates to an improved ability to engage in learning. I am aware that this is not easy and that it can create conflict in the home but to do nothing will have a greater impact upon the development of the young person.

A useful resource that parents might find useful when helping their children develop healthy habits around technology is the work of Jocelyn Brewer, Digital Nutrition, <https://jocelynbrewer.com/digital-nutrition/>.

**Ralph David**





## From the Deputy Principal

I would like to express my personal congratulations to all of the Year 12 students for completing their secondary education. Collectively you have provided such great memories and making a significant contribution to the culture, playground and dynamic of our school. Some have been with us for six years and others only a shorter time but the connection you have made with teachers has been recognised. You have embraced learning activities and worked well with teachers. I want to thank the students who took the initiative to assist teachers at school activities, mentored younger students, nominated themselves or accepted student leadership positions. You have been great role models over the years. You have welcomed new students to our school warmly and modelled the school values for others to understand and follow.

We thank you for working so well with us at JJ Cahill Memorial High School and wish all of you success in your future endeavours.

### John Mifsud

Congratulations to our School Captains, **Isabella Gan** and **Jack Matthews**, our Vice Captains, **Valeriya Tkatchenko** and **Arthur Ouzounoglu** and our SRC President, **Emmanuella Chidi-Egboka**. Our Prefects are **Oyuka Onol**, **Louis Girling-Butcher**, **Sofia Tarabay**, **Ricky Huang**, **Diana Natonio** and **Jasmine Ng**.



2022-2023 Student Leadership Team



# Year 12 Graduation



# Year Advisors

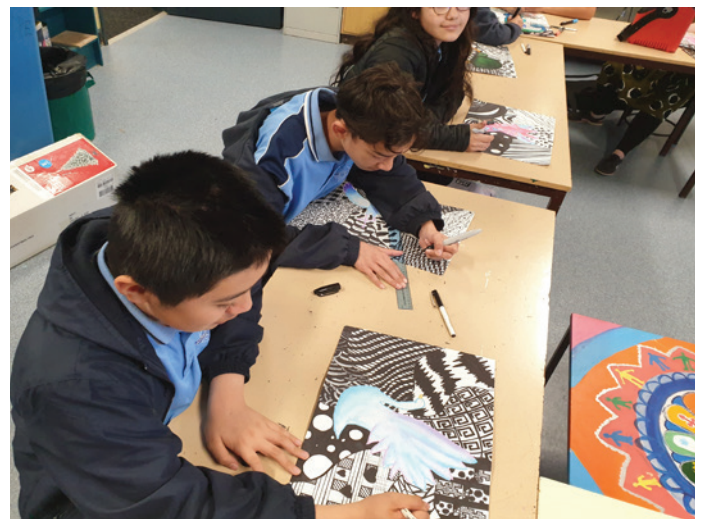
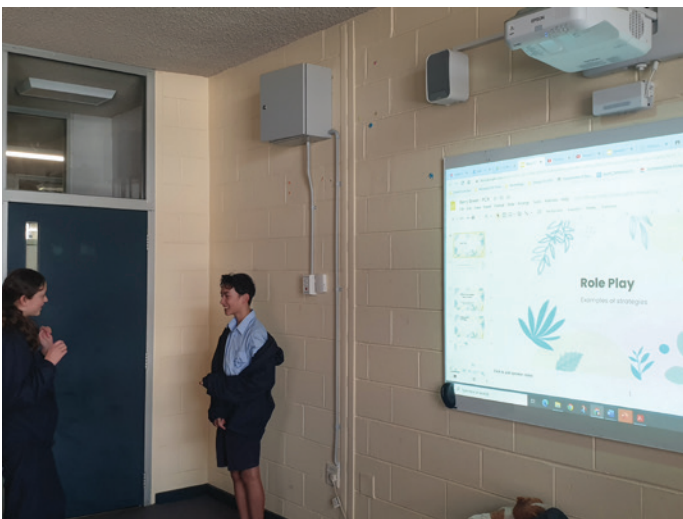
## Year 7

Students have been busy with developing their Information Communication Skills using the program typing.com. The weekly challenges have enabled them to gain confidence and experience in their touch-typing skills and each student has demonstrated an improvement over the term. Our competition winner for this term is Christine Peadon winning a Westfield gift voucher for her accuracy and speed. Great work Christine!

Our Berry Street Education Sessions have focused on how to be PCR – Present, Centered and Ready to learn. Students have been working on developing skills in recognising and controlling emotions to ensure they can be PCR in any situation. As part of the program, we have been practicing breathing techniques, mindfulness and de-escalation strategies. Some of the more popular sessions included the confectionary sorting task and role plays with our Year 7 students.

In our Year Meetings this term, we have continued to focus on anti-bullying and the role of the bystander. These sessions are building knowledge and awareness in students to ensure that they are supported in recognising and calling out bullying when they see it. Many of our Year 7 students have stepped up to join the School Representative Council (SRC) this semester. Although they are our youngest members, they are certainly the most enthusiastic helping with our Inclusion and Are you OK days this term. Well done Year 7 SRC members!

## Kahina Kharitos



*Year 7 Berry Street Education Sessions*



## Year 8

This term Year 8 have attended a sporting gala day, completed many assessment tasks, learnt so much about themselves, developed their understanding of consent and their rights in this world, focused on what it means to be Present, Centred and Ready to Learn, and so much more.

### Subject Selection

On the evening of the 29th of August, Year 8 students and their families were welcomed to attend the Year 9 2023 Subject Selection Information Evening hosted in our school library. The evening played an integral role in the subject selection process as it provided students and families with current and clear information about the RoSA and the avenues of each mandatory and elective subjects. I am thankful for all who were able to attend the evening and extend the thank you to all involved in the learning and development process of the students in Year 8 2022.

### RAISE Mentoring

12 Year 8 students have participated in RAISE Mentoring this year and it is nearly coming to a close. They will have their graduation next term in front of their mentee peers, trusted teachers and parents and carers. RAISE Mentoring is a valued part of the Year 8 journey and has been a successful program at JJCMHS for an extended amount of time and through online learning last year. Well done mentees and thank you mentors and Shelly (RAISE Coordinator) for allowing this program to run and be so successful.

Overall, this has been a successful term for Year 8, and I am excited to see them continue to follow our school values: honour, excellence, responsibility and opportunity, next term.

**Jenna Evans**



*Students participating in RAISE mentoring*



## **Year 9**

Year 9 had a positive return to learning in Term 3, demonstrating maturity and a growing application towards their studies. Students have embraced the school-based initiatives and activities that were held in Term 2 and 3. They were involved in celebrating Wear Purple Day, R U OK Day, and our annual athletics carnival. I'd like to take this opportunity to acknowledge the new students who have joined Year 9 this year. As the year advisor for this group,

I look forward to welcoming you and your families into the JJ Cahill Memorial High School community. We have many more fantastic opportunities still to come this year - excursions, Big Night Out and much, much more! Well done on your positive application thus far this year, I look forward to sharing in your successes and seeing you all well rested and enthusiastic after the school holidays!

**Georgina McInnes**

## **Year 10**

Our Year 10s have had some tough choices and difficult decisions recently with their subject selection and applications being submitted for EVET and SBAT placements. This is a momentous time in their secondary schooling, and it's been a lot for these still relatively young learners to absorb. Most of Year 10 are now recognising what their true strengths are while discovering how important it is to have direction and passion, even this early on in their lives. Thankfully they've now got more options with the big vocational course shake-up in the HSC, allowing them to select more than one such subject. Some of our lovely Food Technology students were even featured in the Daily Telegraph article about this news! Huge shout-outs to Ebony Ali, Shayla Fares, Harlyn Manu, Andrew Mastropiros, Mikayla Pollock, and Focus Sominthu!



**Julie Low**

## **Year 11**

It has been a busy term for Year 11 with work placement, excursions, leadership elections, and yearly exams. I recently had the pleasure of being part of the interviews for our school leaders of 2023, it was wonderful to see so many of you put yourself forward for a leadership role. By all accounts, Year 11 acquitted itself well during the recent exam week, and students are to be congratulated for their mature, sensible approach to their exams. As the term closes, it's important for Year 11 to recognise that their HSC begins from the beginning of next term. They are advised to return to school with a growth mindset and strive to achieve their absolute best in the first term of their HSC year. I look forward to returning in Term 4 and helping you navigate your first term of Year 12 and your HSC. I encourage all students to enjoy the two-week break, so they come back refreshed, rejuvenated and ready to work hard!

**Tamara Tickle**

# Indigenous Activities

## 3 Bridges Community Program

This term our school started a new program working with the 3 Bridges Community Program. The sessions support our students in building connections to culture and history, engage them in Indigenous games, yarning circles and creating artwork.

The sessions, led by William Gordon and Jada Mundine, are run twice a week and all of our Aboriginal students are invited. We look forward to sharing more of our adventures with the 3 Bridges Community Program in Term 4!

## Deputy Principals Conference

Jaydus delivered the Welcome to Country at the Deputy Principals Conference - Special Education School on the 17th of August at Rydges Hotel.



*Jaydus at the Deputy Principals Conference*

## Kahina Kharitos



*3 Bridges Community Program*

# Careers

My name is Ms. Bhatia and I am the new Careers Advisor at JJ Memorial High School. I am a highly experienced teacher of nearly 17 years' experience, having last year been awarded my Graduate Certificate in Career Studies and Development from RMIT Melbourne. I have successfully completed leadership trainings from "Landmark Forum" and "Life Leadership", Michigan, USA. I am very excited to be at JJ because I am building **strong working partnerships** with a lot of students aspiring to enter the world of further education and /or work. I work with students to develop and process their university and EVET applications ensuring an appropriate match between their aspirations and the capabilities demonstrated during their school years. In these contexts, I provide mentoring and guidance to ensure their selection and pathways are appropriate to their ability and expectations.



I am also effectively managing **early entry programs** which will result in students at JJ receiving offers for early entry to university prior to sitting their Higher School Certificate (HSC). Since the beginning of this term, I have created a **climate of trust** and two -way dialogue, resulting in students coming to me for advice in key areas. I also provide individual career counselling and regular communication with parents. In order to manage N-warning appeals and navigate through the protocols to ensure students comply with requirements of TAFE, I work with head teachers, subject area coordinators and key NESA staff. I play a key role in setting up year 10 students for SBAT and EVET applications. I work with students to monitor their HSC unit credit as they remain enrolled at school for duration of their traineeship. In term 4, I will be managing work placement program for year 10 students. This program is a part of NSW secondary school curriculum. They enable students to spend a planned period of time, usually a week in a workplace of their choice and building their industry skills. Please contact me if you have any further questions.

**Anju Bhatia**



As part of our ongoing mission to deliver the best possible educational experience to our students, through utilising innovative technologies and learning tools in our classrooms, students are encouraged to BYOD (Bring Your Own Device).

## **What is BYOD?**

Put simply, BYOD is a programme where students quite literally bring their own devices to school in order to access the Internet and school resources via the school Wi-Fi.

BYOD enhances student ownership of learning tools, and helps students to transition from using devices as novelty items to understanding their function as tools for learning and productivity.

***BYOD@JJCMHS IS NEW***

***BUT YOUR DEVICE DOESN'T HAVE TO BE.***

If you own an existing device that meets the minimum requirements to be used at school, then you're ready to go! In many cases, the addition of an inexpensive Wi-Fi dongle/adaptor can make most laptops compatible with Department of Education infrastructure, helping you get BYOD-ready as easily as possible!

## **Internet & Wi-Fi upgrades in 2022**

To further support the utilisation of technology in the classroom, J J Cahill MHS with the Department of Education now has access to top tier NBN internet speeds. Coupled with stronger Wi-Fi modems to be rolled out in Term 4, including internet access in outdoor learning areas, J J students will have access to a range of new learning experiences through technology integration.

**Marc Sneddon**

## Sport

There have been a lot of exciting things to happen in sport this term. We have been able to introduce some new sporting options for our Wednesday sport time and have partnered with two local providers, Plus Fitness Rosebery and Manhattan Superbowl, to provide our students with off site sporting activities. Students have really enjoyed the new options and we look forward to finding more local partnerships in the future.

Our 16 years girls' rugby league team represented the school at the Katrina Fanning Cup Rugby League Gala Day this term. It is the first time in years that our school has had a female rugby league team. The team played with courage and determination, and really represented our school values in all their games on the day.

Recently, we held our Year 8 Zone Gala Day, where students in Year 8 were able to go to Heffron Park to verse students in our local zone at different sports. We had oztag teams, soccer teams and a netball team represent the school on the day. It was a great day that allowed our students to compete in sports they love and connect with other Year 8 students in our zone.

There was also an amazing achievement to happen this term in sport. Tom Wilsmore of Year 8 won a bronze medal at the Combined High School Athletics Carnival for the 13 years boy's high jump. This is an exceptional result, and the entire school is proud of his achievements. Well done, Tom!

## Joanna Axiotis



*Tom Wilsmore winning bronze at the Combined High School Athletics Carnival*



*Tom Wilsmore participating in the State Snowsports Championships*





*16 Girls' Rugby League Team at the Katrina Fanning Cup*

### **Personal Development, Health and Physical Education in the Classroom**

Year 7 focused on the strategies and tactics of capture the flag and slider hockey and created an informative pamphlet focused on mental health advocacy.

Year 8 created and performed a gymnastics routine in groups of 2-3 and investigated holistic health and wellbeing with a large focus on making informed nutrition decisions.

Year 9 and 10 gained a greater understanding of a range of invasion games include basketball, soccer and netball. Year 9 had the opportunity to apply their knowledge and understanding of healthy relationships, while Year 10 developed their road safety skills and created a newspaper article to demonstrate this knowledge.

Year 11 engaged with the final parts of content for Preliminary Community and Family Studies and Personal Development, Health and Physical Education. They are congratulated for their efforts this 'year' and for finishing their examinations.

Year 12 did their trial examinations and have taken on feedback ready for the HSC exams next term. Good luck, Year 12.

**Jenna Evans, Joanna Axiotis and Siobhan Fahey**



# Performing Arts

## **Year 12 Music**

Congratulations to Sanele, Rosemary, Denise, Zara, Raven and Sheldon on an amazing effort with the HSC performance exams in Week 8! Song highlights included Adele's When We Were Young, a funky rendition of Fly Me To The Moon, Ruth B's Dandelions, Say You Won't Let Go by James Arthur, a My Chemical Romance cover and especially Sanele's version of Johnny Be Good - which was a toe tapping end to a big day.

## **Showcase**

A dance group represented JJ at the Showcase @ The Juniors Concert in August, led by Harlyn in Year 10. It was a joy to see our students present something different on the night. Dressed in traditional costumes, the students from Year 7-10 delighted the audience with a Cook Islands dance, set Manea by Samson Squad. At the same event, Azra from Year 10 blew the audience away with a powerful and emotional rendition of Beyonce's Runnin'. Azra is an absolute superstar in the Music department and has also thrived in the Music program at Ultimo TAFE this term. Well done Azra!

## **Bayside Spring Fair**

Year 10 students Mataua, Bethany and Azra, Year 11 student Keisha and Year 9 student Jake entertained a large crowd at the Bayside Spring Fair on September 10. It was great to see the community supporting our students' strong performances, which showed our great talent here at JJ.

## **Big Night Out XV**

The 15th edition of Big Night Out is scheduled for Friday December 2. Keep an eye on the JJ socials to stay updated about times and tickets!

## **Music in the Classroom**

It's been a thrill to see the music classes at JJ thrive in Term 3. Congratulations and thank you to Mr Barnes for completing his intern placement with us this term.

Year 7 Music - Australian Focus with Guitar, Bass and Drums, Year 8 Music - Music of the 1980s, Year 9 Music - Baroque Music, and now Jazz and Funk, Year 10 Music - Classical Music

## **Senior Music**

Even in their busy study schedules, there's been some stand out music making going on in Year 11, including amazing improvement from Keisha and our 3 drummers in Music 1 and also to all of the Music 2 students who have completed the very demanding preliminary HSC course. Good luck especially to Hilton and Noah in pursuit of excellence in Music Extension in 2023!

## **Adrian Lim-Klumpes**





*Students performing at the Juniors Showcase*



*Azra performing at Bayside Spring Fair*



# Creative Arts

The art rooms have been busy this term with all year groups happily engaged in a range of exciting projects. It is wonderful to see many students making the most of opportunities to further the development of their work by attending Art Club on Tuesday afternoons and coming to the art rooms at pre-arranged break times.

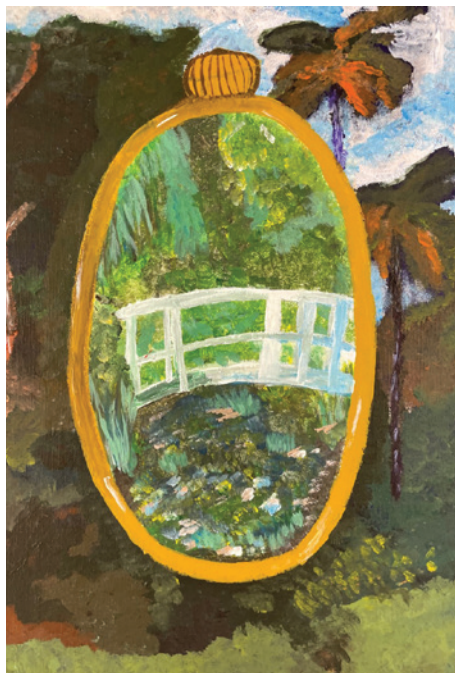
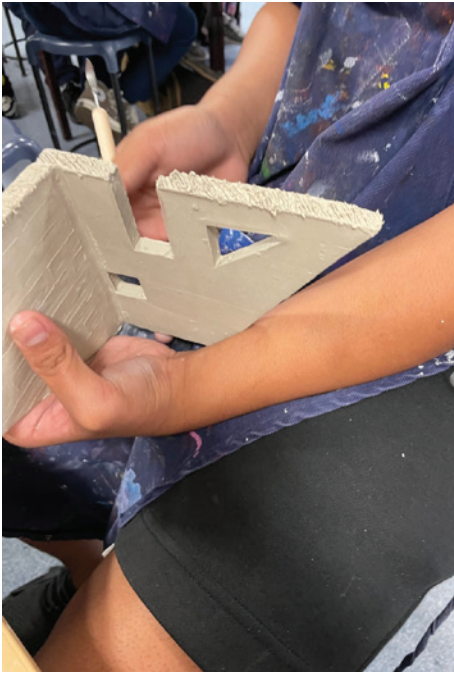
Year 7 students have been learning about the depiction of animals in art and practicing mindfulness through the production of Zen-tangle animal paintings. In this unit they have learnt about the elements of art, focussing on shape, colour and line. Year 8 classes are learning about Street Art and have completed a study of Australian street artists. In artmaking they are currently in the process of creating a series of ceramic architectural forms that will be embellished with Street Art. Year 9 undertook an excursion earlier this term to take photographs of our local area. They have then used these images to create lino prints observing the unique characteristics and the changing landscape of the Mascot area. Year 10 have learnt about appropriation and have painted skateboard decks to re-create some iconic artworks with a contemporary twist. Year 11 have also used appropriation as a part of their study of Postmodernism. Their task was to take two or more Modernist paintings, from their study of Modernism in Term 2, and merge them together in a new and challenging composition. Their results demonstrate the acquisition of excellent painting skills. This term Year 12 students have completed the monumental task of creating a Body of Work for their HSC. These impressive works have now been sent off for marking and we wish the students all the best in this component of their HSC.

We can't wait to display the results of all this hard work at the Big Night Out exhibition later this year.

## Sally Jessop













## Industrial Technology - Timber Major Projects.

Congratulations to Sanele, Sumeo, Kaya, Sigmone and Raven on very successful projects. Thank you to Mr Greg Lucas who assisted the class and guided them to produce projects of incredible quality.





# Hospitality

## Coffee Club

Students in Year 10 have been participating in a weekly coffee class. Students have been making and serving coffees to staff and faculty. Students have been doing an amazing job and learning some essential workplace skills that will benefit them in their careers.

## Year 10

Year 10 Food Technology students completed their showstopper cake assessment task last week. We definitely had some show stopping cakes on display! Year 10's did an amazing job and have demonstrated some amazing talents

## Year 11

Year 11 Hospitality students completed their practical assessment task this term. Students created a 3-course meal including baja style fish tacos, steak with vegetables and sweet potato mash, sesame chicken and rice, and coconut cupcakes.

## Awards

Sumeo Niko Lesa won the award for VET excellence for JJ Cahill Memorial High School. Sumeo represented our school at parliament house for his dedication and leadership demonstrated this year in hospitality class. Congratulations!

## William Truss

We would also like to give congratulations to our Hospitality Teacher, William Truss, who won the award 'Commitment to VET Delivery' at the 2022 VET Teachers Awards. We are so proud and grateful to have such a dedicated teacher at our school!



*Year 11 Hospitality Class*





*Year 11 Student making cupcakes*



*Year 10 Show Stopper Cake*



*Mr Truss and Sumeo receiving VET Excellence Award*



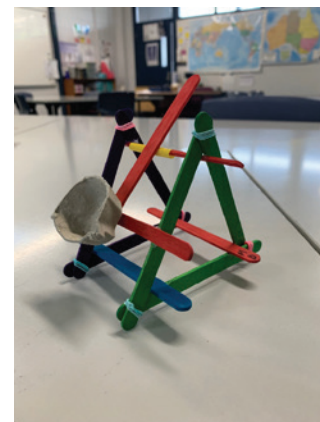
*Mr Truss - 2022 VET Teacher of the Year*



## Year 7

Year 7 have been learning about Ancient Rome, Ancient China, The Mongols, Japan Under the Shogun and next term they will be learning about the Vikings. Students are to be commended on their commitment to learning and application to coursework.

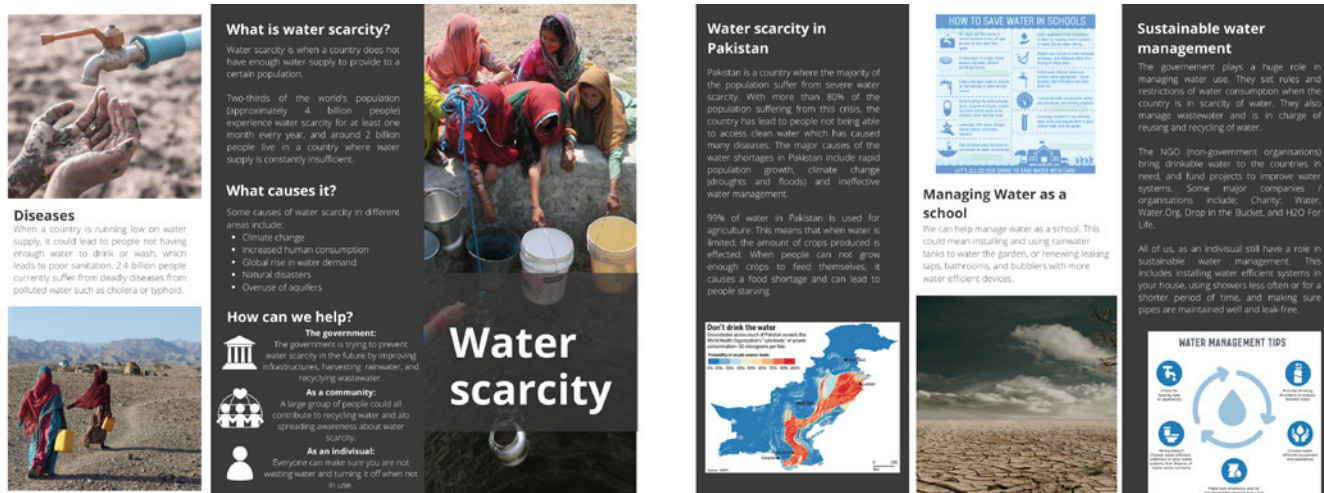
For their assessment task on the Mongol Expansion, some Year 7 students constructed siege weapons that would have been used by Genghis Kahn and his armies during the 13th century.



## Year 8

Year 8 Geographers have been learning about the importance of Water in our World. Students investigated the roles and impacts of water in their daily lives - and linked their learning to the broader world. This link is demonstrated by creating a brochure to educate fellow Year 8s about Water Scarcity!

A fantastic example of this brochure created by a Year 8 student:



## Year 9

Year 9 Geographers have been investigating the impacts of urbanisation in our cities. Students looked into issues such as property prices, population density and the impacts of urbanisation on the natural environment. Through this investigation, students understood why certain areas are more desirable to live in and the effects that this desirability causes in terms of housing affordability and environmental sustainability.



## **Year 10**

Year 10 have started their Geography course and students have recently been working on an assessment on the Great Barrier Reef. Students have demonstrated an understanding and appreciation of one of the 7 wonders of the world and have created a range of responses that demonstrate their understanding and commitment to saving and protecting the Great Barrier Reef and other coral reefs for future generations.

## **Upcoming Remembrance Day Assembly**

On the 11th of November we will hold an assembly for Remembrance day that will be led by Year 11 Modern History students to honour and remember Australian service personnel who have died or suffered in wars, conflict and peacekeeping operations.

## **Senior HSIE**

The current Year 12 courses are Business Studies, Legal Studies, Modern History and Society and Culture. The Society and Culture course submitted their Personal Interest Projects, and they are to be commended on their outstanding work. Year 11 cohort is studying Society and Culture, Modern History and Business Studies. Business Studies will be attending an excursion to the Zoo to learn about the Zoo Business model next term and are very excited. Year 11 Society and Culture will be visiting the Nan Tien Temple and Modern History will be visiting the Jewish Museum.

## **Upcoming Extension History Course**

Ms McInnes is excited to be beginning this course next term with engaged and passionate Modern Historians. We are so proud to be running such an amazing course at our school.

## **HSIE Faculty**



*School leaders, Head Teacher HSIE and our Principal Mr David at ANZAC Day March this year*

# Support Unit

## Food Technology

Over the last term the support unit classes have been taking part in cooking experiences. These classes have been learning about the different equipment and food types in the kitchen. They have learnt about safety in the kitchen and how to use the various utensils. The recipes that we have cooked are toasted cheese sandwiches, fruit salad and homemade pesto ricotta gnocchi. The students have been enthusiastic learners and have been excited to try new and different foods that they may not have tried before.

## Luke Cruickshank



## SU5 Work and Community Studies

The Senior Students in SU5 undertook work experience with DSA each Friday throughout term 2. The students gained experience in safe work practice, following work systems and processes, and building their skills in team work, collaboration and communication. Each Friday morning the students engaged in safely navigating themselves by foot to the DSA work site at Mascot, accompanied by their supervising teacher Mrs Hepple and SLSO Mr Espinosa. At times, the weather was horrendous, however the SU5 students demonstrated great resilience, perseverance and preparation, by being prepared and dealing responsibly with inclement weather conditions as we walked to DSA each week, rain, hail or shine.

Each week the students were presented with a new task, such as packaging confectionery, face cleansers or beauty sample sachets. It was impressive to see the students working cooperatively, supporting each other when motivation waned, taking on leadership roles and representing JJ Cahill Memorial HS with a high calibre of work ethic, honour and integrity. The experience has increased student engagement with a potential future workplace. SU5 students have demonstrated



to employers their capacity for hard work, continual improvement and ability to adapt in challenging situations.

### **SU5 Community Access**

Students have been visiting Eastgardens Shopping Centre this semester. They have been practicing and learning skills in interpreting bus timetables, charging Opal cards, posting letters and packages, independently navigating the aisles in food supermarkets, operating from a preplanned grocery list, avoiding impulse buying, making nutritious and healthy choices and ordering their lunch or morning tea from local food vendors.

The overarching objective of this excursion series is to increase levels of financial literacy so that students can gain a higher degree of independence in preparation for transitioning beyond school. It has been wonderful to see the skills and confidence of students increase as this excursion series has continued. Next term SU5 students will become mentors for students in SU2, conveying their new skill sets to assist these younger students.

### **Kristen Hepple**

#### **Hands On Learning**

SU1 has focused on “hands on learning” this year to support the acquisition of skills and knowledge across all subject areas. Hands on learning allows us to use tactile resources that we touch and feel that links up neurological pathways in the brain to create better understanding, retention and memory.

Getting our hands dirty in the science lab while also looking at creative design and innovative ideas in Tech. SU1 students looked at the textile and design industry and then applied that knowledge to making their own t-shirts. Some bold colour choices being made here!

In Geography we learnt about sustainable biomes and our favourite was the arctic tundra. The students showed a deep interest in creating their own models of the tundra and so we created one in a box. The lessons were student-directed and completely collaborative – so impressive!

### **Raquel Grammat**





## Big Night Out

Two of our students, Katie Pilkington and Max Morgan, have really put on a show these past two terms! Both brought down the house during our last Big Night Out event at the end of Term 2, and both have been involved in the Shining Stars program which has a big performance coming up in Week 5 of Term 4. We couldn't be more proud of these two for building up their confidence and coming out of their respective shells!



## Careers

Some of our Support Unit students have been thinking of the future and have already decided on their careers! Will Kelso is set on being a nurse, and he isn't the only student in the Support Unit let alone the rest of the school. We have so many students full of empathy and care in their hearts! Dane Allcroft, meanwhile, is more focused on the finer details of construction, carpentry, and engineering. He's soaring in his Timber and Construction class, and with some of the practice he gets in the classroom I'm sure he'll go far in the field. All of our Support Unit students can access so many future pathways through various programs and courses, all thanks to the funding and guidance they're eligible to receive!

## Julie Low



*Nurse Will Kelso*



*Engineer Dane Allcroft*



# Maths & Science

## Year 8

In Year 8 Science we are studying some chemical reactions. During the water to wine experiment, they are investigating a change in colour using a unique indicator. The purple colour change is identifying a basic substance and the colour can be changed back to clear by adding an acidic substance.

## Year 10

In Year 10 Science we are studying forces and motion. They are investigating Newton's 1st Law of Inertia. The egg, seen on the right, will have only gravity acting on it when the plate has been pushed. As a result, the egg falls directly into the beaker.

## Year 11

Year 11 Mathematics are currently learning about Probability. They are enjoying a card game named "Coups" and measuring the probability of successful interactions and the cards held by their peers. May the winner be the last one standing.

**Steve Smith**



*Year 8 Water to Wine Experiment*



## **Bell Shakespeare Performance Excursion**

This term, our Year 11 English students were lucky to attend a Bell Shakespeare performance of “A Comedy of Errors” at the iconic Sydney Opera House. The performance was sensational and had a contemporary twist, also including a Q&A at the end with the actors, which our students enthusiastically participated in. We enjoyed a great day out followed by lunch on the harbour.

Thank you to Ms Doret and Ms Kharitos for organising this experience for our students.

## **Languages and Drama Year 8 Taster Day**

In Week 8, Ms Welch and Mr Sneddon led an immersive experience in Spanish Language and Drama.

All students attended a Spanish immersion morning, learning about Spanish food, language, and culture. Students got to try sweet tacos and other treats. They were also able to engage with their teacher in a Q&A about the subject.

The second part of the day allowed the students to participate in a range of experiential and practical drama workshops. The cohort played a range of games that developed their understanding of the many elements of dramatic action and theatrical play, building confidence, collaborative ability, and creativity.

Thank you to Ms Welch and Mr Sneddon for leading the day, and for Ms Kharitos and Mr Nicolls for supporting, it was a great day had by all.

## **Farewell to our Year 12 students**

Our senior students had a term packed with HSC Trial examinations, Drama Performance Exams, leadership changeover and lots of assessment submissions. As we farewell our Year 12 of 2022, we want to wish them all the very best. Always remember - “To accomplish great things, we must not only act, but also dream, not only plan, but also believe.”

—Anatole France

## **The English Faculty**



Year 11 English Students at the Bell Shakespeare performance





## JJ CAHILL MEMORIAL HIGH SCHOOL 2022-23

### Girls All Season Uniform

BLOUSE:	SKY S/S JNR WITH TRIM AND EMB		\$40.95
BLOUSE:	WHITE S/S SNR WITH TRIM AND EMB		\$40.95
SKIRT:	NAVY CHECK JNR		\$56.95
SKIRT:	PLAIN NAVY 2 PLEAT SNR	From	\$76.95
SLACKS:	NAVY		\$42.95
JACKET:	NAVY MICRO WITH HOOD AND EMB		\$65.95
PULLOVER:	NAVY WITH EMB	From	\$71.95
HAT:	NAVY BASEBALL STYLE WITH EMB		\$20.95

### Boys All Season Uniform

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SHIRT:	WHITE S/S SNR DELUXE WITH EMB	From	\$38.95
SHIRT:	SKY L/S JNR DELUXE WITH EMB	From	\$46.95
SHIRT:	WHITE L/S SNR DELUXE WITH EMB	From	\$46.95
SHORTS:	NAVY COLLEGE STYLE		\$46.95
TROUSERS:	NAVY LONG COLLEGE STYLE		\$62.95
TIE:	NAVY WOVEN WITH CREST		\$29.95
JACKET:	NAVY MICRO WITH HOOD AND EMB		\$65.95
PULLOVER:	NAVY WITH EMB	From	\$71.95
HAT:	NAVY BASEBALL STYLE WITH EMB		\$20.95

### Sports Uniform

POLO:	SKY/NAVY/WHITE WITH EMB	From	\$48.95
SHORTS:	NAVY MICRO FIBRE WITH EMB		\$35.95
TRACK JACKET:	NAVY MICRO WITH HOOD AND EMB		\$65.95
TRACKPANT:	NAVY MICRO FIBRE WITH EMB		\$45.95

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# BELL TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY A	FRIDAY B
ROLL CALL	8:50	8:50	8:50	8:50	8:50 YEAR MEETING	8:50
PERIOD 1	9-10	9-10	9-10	9-10	9:20-10:15	9-10
PERIOD 2	10-11	10-11	10-11	10-11	10:15-11:10	10-11
BREAK 1	11-11:30	11-11:30	11-11:30	11-11:30	11:10-11:40	11-11:30
PERIOD 3	ASSEMBLY 11:30-11:40	11:30-12:30	11:30-12:30	11:30-12:30	11:40-12:35	11:30-12:30
PERIOD 4	11:40-12:40	12:30-1:30	12:30-1	12:30-1:30	12:35-1:30	12:30-1:30
BREAK 2	12:40-1:10	1:30-2	1-1:30	1:30-2	1:30-2	1:30-2
PERIOD 5	1:10-2:10	2-3	1:30-3	2-3	2-3	2-3





# FOCUS ON ATTENDANCE

## JJ CAHILL MEMORIAL HIGH SCHOOL

### Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

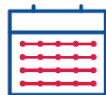
and years over their school life

**1** day per fortnight



=

**4** weeks



=

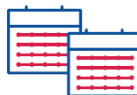
Over **1** year missed

**1** day per week



=

**8** weeks



=

Over **2.5** years missed

education.nsw.gov.au

## WHAT YOU NEED TO KNOW

J J Cahill Memorial High School is committed to working in partnership with parents to promote regular attendance at school so that all students can achieve their potential.

We have developed clear processes for monitoring and following-up whole and part day absences and this will include:

- Text message sent home for students who are absent which parents can reply to with a reason for the absence
- Letter sent to parents who have not explained their child's absence with a return slip for the school
- Follow up phone call to ensure the absence can be explained in a conversation

Regular attendance at school for every student is essential if students are to achieve their potential, and increase their career and life options which is why we are seeking to work together to give our students the best chance at school.



### HOW YOU CAN HELP:

Help your child to establish good routines for coming to school

Let us know if your child will be away as soon as possible

Reply to attendance texts with the reason for your child's absence

Contact the school for support to improve attendance