

JJCMHS WINGS

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Upcoming Dates

18th July - Students return for Term 3

31st July - HSC Trial Exams begin

22nd August - Parent Teacher night

19th September - Year 12 Graduation Dinner

22nd September - Term 3 ends



From the Principal

We have had another very busy and productive term. Our school's P&C is going from strength to strength and I very much appreciate their commitment to work with the school and other parents to find ways of improving our school. The P&C are an excellent team to join and build strong connections between the school and home. You have direct access to the principal and

other staff who attend. You will gain deeper insights into what is going on at school. The commitment is twice per term on a Wednesday night from 6:30pm to 7:30pm.

Ralph David



From the Relieving Principal

Contruction Works

Three weeks ago construction works for A-Block began with an extensive project to refurbish the roof, eaves, down pipes and guttering of A-Block. Further work on C-Block guttering and downpipes as well as refurbishment of the school Hall will continue into the school holidays. Work began with the creation of the scaffolding and re-organisation and detours of walking routes for students and staff to be in safe conditions. It is my pleasure to report the maturity and understanding students have displayed managing the changes to the school layout and normal routines. All disruptions have been minor but the acceptance of our students has allowed work and learning to continue.



Presenting the Peaoples' Choice awards at BNO XVI

We have three weeks remaining of this term and there are many events ahead of us. We have excursions, sport events, the writing of your Semester 1 academic reports and of course the lead up to Big Night Out and the event itself promises to be enjoyable and impressive. I have been really impressed with the maturity I have seen in students rehearsing and respecting the feedback provided to them and the leadership students have shown helping peers and encouraging each other. This notion of belonging to a group or a band to achieve higher standards and a common goal really exemplifies the school values of respect, opportunity and excellence. I want to acknowledge the time our have devoted to use our school resources and facilities to acknowledge the time and commitment Mr Lim-Klumpes and Mr Hooper have devoted to continue to develop student performance and make Big Night Out a successful night. The night belongs to the students. It is performed by students for our school and its community. Big Night Out allows us the opportunity to come together and showcase student ability, embrace diversity and celebrate our respective cultures. I am glad we were able to celebrate it with parents and the community last week.

In amongst all of this the learning continues in our classrooms. I want to stress the learning in classrooms continues into next term with Year 12 having the Trial HSC exams and gaining momentum

in preparation for the HSC exams in October. Teachers are in the midst of formalising student academic progress reports. These reports will be oriented and sent home with students on the last two days of term. They will also be shared on the SENTRAL parent portal.

Positive news stories

Lastly I want to talk about the good news stories which you may or may not know about involving our school over the last few weeks. A recent edition of the Sydney Morning Herald on Monday 5 June 2023 included an interview and quotes from our school Principal Mr David who talked about the strategies and initiatives implemented in the school to enhance student development and the quality teaching and learning in classrooms. The article paid attention to the care and support provided to students and families with wellbeing needs, the provision of learning equipment and food being provided, opportunity to students with extra curricula programs.



The article featured on the front page of the Sydney Morning Herald

The article also highlighted the new specific equipment purchased in C-Block for higher purpose work in technology, the yoga room and innovation hub having high specked computers specifically targeting and supporting students to use software for high calibre work. Furthermore an ABC Radio interview took place on Wednesday 7 June publicising the success of our initiatives and lift of the school profile. You can find the full segment on our official school Facebook page.

I encourage you all to think about what you are doing for your learning to be better each day. What you are doing to gain access to the opportunities our school offers and expertise of our teachers and to show the wider community the benefits of gaining an education here at JJ in all the things you do beyond our school gates and after our school day ends.

John Mifsud

From the Relieving Deputy Principal



Hello to all our families and students, what a wonderful term this has been. We are immensely proud of all the work our students and staff have been doing both in and outside of the classroom. We have had so many exciting whole school events this term such as our ANZAC Day March and ANZAC Day Assembly to our Athletics and Cross-Country sporting carnivals, where all students and staff had a wonderful day. We have also held key events in our Aboriginal and Torres Strait Islander program, this includes Reconciliation Week activities that culminated with an incredibly special community gathering and thank you to all members of the community who attended. This has then followed with an immensely powerful program for NAIDOC. Then our term will then conclude with another one of our key events, Big Nigh Out. Thank you to all staff and students who made these events a success.

There have also been many excursions from the Australian Museum, Visual Arts Body of Work program, Work Placement, Early Childhood excursion, ANZAC Memorial excursion, HSC Careers Expo, Photography excursion, STEM Primary school program and many more. Again, thank you to all staff who have provided these enriching and engaging programs for our students.

This term has shown, as we always do at JJ Cahill Memorial High School, we provide numerous engaging whole school events and opportunities both in and outside the classroom. I hope all our staff, students and family have a wonderful holiday and we will see you all next term.

Sian Batista De Mello

High Potential and Gifted Education Program 2023

This term we held the JJ Great STEAM Challenge for 2023. We gathered the best and brightest from local public primary schools to visit us each week to participate in this competition. The sixteen competitors had the goal of working in teams to produce the best solar-powered miniature car. This challenge put not only the scientific knowledge of these students to the test, but also their ability to research, design, and engineer a fast yet stylish end product. Their collaborative skills were also put to the test as every member of each team was responsible and accountable for their respective successes.



The competitors entering JJ's school grounds

Over the course of several weeks, the teams put in a fantastic level of effort and completed their builds without any direct teacher aid in the construction of each car. Our Head Teacher of Maths and Science, Mr Smith, lay down the foundational knowledge for these students in regards to circuitry and how solar panels function. We knew we had the perfect candidates for this program when our competitors were still able to handily recall this scientific knowledge weeks later without Mr Smith and only minimal prompting from their peers.

These young learners from Mascot Public School, Eastlakes Public School, and Gardener's Road Public School also received some peer support from Year 10 JJ students who provided invaluable guidance with the construction of each team's vehicle. We're proud of these Year 10 students who jumped at the opportunity to provide support for their younger peers and who were able to draw on their own knowledge and experience with this level of science.

This culminated in the final day of testing and the race that would help determine it all! This was a harrowing moment as no cars had been allowed to test until this final day. Amid the hustle and bustle of Wednesday Sports at JJ, our challengers were able to perform hasty checks on the speeds and distances their designs were capable of. With testing done and no more tweaks permitted, our teams set-up at the starting line and waited for the signal to go. In an instant, the red-and-orange blur of the build from “The Mathmeticians” whizzed across the finish line by a wide margin. What an event!



Mr Smith teaching circuitry to the teams



Each team's prototype car

While “The Superstars” had won the aesthetics category of the contest, judged by Ms Low (Support Unit Teacher and Media & Communications Coodinator), due to their careful and intentional use of colour and materials, “The Mathmeticians” had knocked it out of the park with their car’s speed, distance, and their team’s overall collaborative effort. The awards ceremony itself was also a big hit with the competitors, their families, as well as staff from their schools in attendance. Each competitor took home a laser-cut acrylic keychain, while the winners took home custom-made laser-etched acrylic plaques. Meanwhile the winners’ respective schools received laser-cut acrylic trophies to display, commemorating the achievements of their own students. These were all crafted by our wonderful Mr Lucas (TAS teacher) whose own expertise, along with the resourcefulness of our admin staff member Ms Callan, proved invaluable throughout this program. It was a night filled with celebration and recognition of the hard work and passion poured into the competition.

Raquel Grammat



One of the trophies to be displayed at the winners' primary schools



Mr Mifsud addressing the attendees of the awards ceremony

Year Advisors

Year 7

Year 7 have been engaged in many different activities during term 2.

Early in the term year 7 participated in a Together For Humanity Incursion. Together For Humanity is an inclusive educational organisation that works with school communities to foster intercultural understanding and help students learn how to deal with differences.



I'm proud to acknowledge that the Cross Country and Athletics Carnivals witnessed a huge turn out from our year group with some of our cohort even going on to represent JJ at zone. Well done to these students!

Berry Street lessons have been continuing with the student focus on stamina and building a growth mindset both in and out of the classroom. This growth mindset has been evident in the participation seen at Big Night Out rehearsals. Most of the students in year 7 will be participating in the BNO performance in either music or dance. This is a huge effort and I congratulate the students on representing our school values of Honour, Excellence, Responsibility and Opportunity.

Ian Hooper

Year 8

Year 8 students have had a productive term filled with many events and exciting opportunities to demonstrate our school values. This term, year 8 have demonstrated their creative, organisational and collaboration capabilities through their leadership and participation in numerous initiatives and events across the school. These included, the planning and delivery of our ANZAC Assembly, visible participation in our Athletics and Cross Country Carnivals, leading art sessions during our Community Gathering and NAIDOC Celebrations, as well as visiting and supporting community partnerships through our visit to MAscot Public School for NAIDOC celebrations.



Our term ends with the incredible Big Night Out event, where many of our students are involved

on many levels, be it behind the scenes, or or performing during the event.

I am delighted to end this term on such a high note of success for year 8, and proud to see so many of our students stepping up in our school community and demonstrating our school values of HERO so boldly!



Kahina Kharitos

Year 9

Year 9 students have been volunteering their time across the school to ensure that events such as the JJCMHS Community Gathering, NAIDOC Week, Cross Country and the Athletics Carnival were a success. They have also been integral parts of the annual Big Night Out - singing, dancing, creating, performing and supporting.



In Berry Street lessons, students have been working on developing their stamina within the classroom. Each session, students have been reading in the library, working on increasing their level of focus and the duration from before. I have seen the growth in all students over this term and I am keen to see this continue next term.

As you are nearly halfway through your high school journey, I would like to remind you to enjoy every moment of what school has to offer. Be active and engaged learners, be involved in sporting opportunities, be a part of community events and be the best version of yourself. Thank you for another wonderful term together.

Jenna Evans

Year 10

Year 10 students have had a busy and prosperous Term 2. They have been working hard in class and on their assessments, developing and honing their crafts across their range of subjects in preparation for Stage 6 next year. As a year group, we have been looking at future directions as a year group as we embark on the important subject selection choices which will commence in Term 3.



This term, the students have dedicated their time to ensure events like the JJCMHS Community Gathering, NAIDOC Week, Cross Country, and the Athletics Carnival are successful. We have a

large number of students performing in the BNO and backstage in the tech crew. Special mention to Jake B and Nick T who compèred the program. It has been jam packed term! I look forward to spending time with each of you next term to help guide you on your pathway into Stage 6. Further information on subject selections is coming your way soon, watch this space!

Georgina McInnes

Year 10 Vaccination Program

On Tuesday 30th of March our very brave Year 10 students rolled up their sleeves and received a vaccination for Meningococcal ACWY. We had the lovely nurses from South Eastern Sydney Local Health District Public Health School Program to carry out the very important health initiative, to help keep our students and the wider school community safe from the infectious disease. The SESLHD-Public Health-School Program will be returning next term on Tuesday 14th of November for any students that may need to catch up on missed vaccinations. Consent can now be given online or by filling in a hard copy vaccination card and these are available from the school.

Ireine Gunawan-Daly (Supervisor of girls and vaccination coordinator)

Year 11

It's been another jam-packed term for Year 11! Our Year 11 students have been in the thick of it with assessments and events. While the growing expectations of their final year in school have been looming, the year group as a whole has kept their spirits up and pressed on with enthusiasm and vigour!



Cross Country

At our annual Cross Country this year, we saw a fairly strong showing of Year 11s racing in the event. I was both impressed and taken aback, in the best way possible, by the eagerness on display! I had admittedly issued a brave challenge that if enough of them participated in the race, then I would also run. In response they met this challenge head-on and as a result I ended up racing some of our more active Year 11 students in a gruelling 4km run! While I was called out on my bluff, I couldn't be prouder of the Year 11s who gave it their all on the day.

Graduate Varsity Jackets

This term our Year 11s received their much-anticipated graduate varsity jackets! Ever since our graduating class of 2022 first donned these jackets, our students have become quite enamoured with them. These jackets have especially been a big hit with the year group, and I've been delighted with how much excitement there was in the room when they finally arrived. It's been especially heartening that Year 11



students with these jackets have been sticking more to the school uniform. We're currently in the middle of our second run of 2024 jackets, so if you're still interested please don't hesitate to give a shout!

Lastly, I want to encourage everyone in Year 11 to use this break until Term 3 wisely. There's only a short while left until you'll be in Year 12 and there are still plenty of challenges ahead. Make sure you get some rest, start your revising the subjects you're

Julie Low

Year 12

Term 2 has been a busy one for Year 12, with their final Cross Country and Athletics Carnivals of their schooling joinery. Students also engaged with many opportunities such as attending the HSC and Careers Expo, attending subject specific excursions as well as Hospitality students undertaking Work Placement.

Not long after you return to school, you will be faced with your Trial HSC exams. Use your time over the holiday period to establish a consistent routine of study and Trials preparation. As I have said in many year meetings, this holiday break is not about social time. It is about Trial preparation. Remember that your Trial Examinations are worth 30-40% of your assessment mark in each course you undertake.



As Term 2 draws to a close, the end is in sight. Year 12, you are about to return for your final 10 weeks of your schooling life. Over the break I encourage you to think about how you will make the most of Term 3 to allow yourselves to be in the best possible position entering your HSC exams in October. I look forward to guiding you through your last term of High School.

Tamara Tickle



Indigenous Activities

Reconciliation Week - Community Gathering

We are delighted to share the success of our inaugural Community Gathering held this term, centered around the Reconciliation 2023 theme, “Be a Voice for Generations.” The event left a lasting impact as members of our community came together to share stories, engage in arts & crafts, relish native delicacies like warrigal greens quiche and lemon myrtle cordial. We were honoured to welcome Mayor Christina Curry, Federal Member for Kingsford Smith Matt Thistlewaite, and Director Educational Leadership (DEL) for the Botany Bay Principals Network, Nic Accaria, in attending our event and supporting our school community.



Jace (Year 9) delivering an Acknowledgement of Country with William from 3 Bridges



JJ students creating artwork for our Community Gathering

NAIDOC Celebrations

Our NAIDOC Celebrations this year surpassed all expectations, showcasing the incredible respect and exemplary behaviour of our students from start to finish. The day commenced with a moving Welcome to Country and Smoking Ceremony led by Eric Brown, supported by Laura Vianaisi (Yr 10) and Izayah Stiles (Yr 9). The entire school community radiated with positive energy, and the student-led activities, including clay workshops, face painting, jewellery making, and Indigenous games. We are proud of every student's active participation, contributing to an overwhelmingly positive atmosphere across the school. Check out just a few lovely memories made on that day on page 12!

Additionally, a group of students attended Mascot Public School's NAIDOC celebrations, leading workshops in cooking, arts, sports and music making for our primary school students. The students had a lot of fun leading and participating in these events.

3 Bridges Community

This term, our fantastic youth workers, William, Kalarna, and Marion, led a yarnning circle with our staff for our Staff Development Day, fostering a deeper understanding of Aboriginal education and supporting the professional growth of our entire team. Furthermore, this dynamic trio continued their invaluable cultural program at JJCMHS every Friday, imparting knowledge and understanding of Reconciliation, Sorry Day, and NAIDOC.

We are thrilled to announce the completion of the JJ Koori's mural, a remarkable artistic endeavour spearheaded by the 3 Bridges team. The mural now stands proudly in our dedicated Aboriginal Space, serving as a testament to our commitment to Indigenous culture and representation.

Souths Cares

The Souths Cares team has been actively engaged in our community, delivering Indigenous design shirts and hoodies to participants in the Nanga Mai Marri (Dream Big) programs. These programs focus on uplifting our senior students by bolstering attendance and nurturing essential skills and knowledge for their future pathways. It is truly wonderful to see our relationship with Souths Cares reignited, and we appreciate their ongoing support and dedication.



Sista Speak Program

This term, our school was represented by Ms. De Mello and Ms. Kharitos at the Aboriginal Educational Consultancy Group-led committee. The purpose of this gathering was to initiate crucial discussions and consultations regarding the development of a powerful mentoring program called Sista Speak, tailored specifically for our Aboriginal female students from years 5-11. Esteemed representatives from Mascot Public School, La Perouse Public School, Matraville Soldiers Settlement, South Sydney High School, and various First Nations community members were present. This provided a remarkable opportunity to engage in meaningful conversations about our young Aboriginal students and forge stronger connections for future planning within our community.

The Aboriginal Team are immensely proud of the collaborative efforts within our school and community, which continue to promote reconciliation, cultural understanding, and support for our Indigenous students. We look forward to continuing on building our relationships with our community and many more impactful initiatives in the future.

Kahina Kharitos



A range of activities we held for NAIDOC Week

HSC and Careers Expo

Early in June our Year 12s visited the HSC and Careers Expo at the Royal Randwick Racecourse. This was an opportunity for our senior students to really see the breadth of what's on offer to them after high school. Exhibitors ranged from universities to TAFE, apprenticeship organisers, HSC resource providers, and international exchange programs.

Our Year 12 students returned the next day invigorated and passionate about the pathways ahead of them after graduation. They were especially effusive about the study skills programs and student support services on exhibit, as these provide invaluable aid for their upcoming HSC exams. This period is going to be a stressful and busy time in their lives, but with the knowledge provided to them and guidance given by their Year Adviser Ms Tickle and Learning Support Teacher Mr Howe, we have faith our Year 12s will make use of this break before Term 3 to the best of their ability.



Year 12 students discussing overseas education options with an exhibitor

Post School Expo

This term we hosted the Eastern Suburbs and Inner West Post Post School Expo. This expo provided the opportunity for students with disabilities and their parents/carers to speak with post-schooling services face-to-face. These services included agencies such as *Jobsupport* and *breakthru* that specialise in supporting employment seekers with intellectual disabilities and community groups like *Mates That Matter* which focus on providing inclusive social support for young people.

We had an amazing turnout and it was wonderful to see students, along with families, gain some insight into what transition pathways exist past secondary schooling. Even our own Year 12 student Ricky was part of the exhibitors, helping to promote the Randwick City Football Club team the Purple Hearts, an inclusive program open to any disability type. Here at JJCMHS we aim to not only provide our learners with the appropriate knowledge for their options once they leave, but also families so they can feel supported in such a major life transition.



Ricky (Year 12) promoting the Purple Hearts



Cross Country

Our term in sport was kicked off by our cross country carnival held at Sir Joseph Banks Park in Botany. The weather could not have been better for everyone and the students who attended. JJ students were exceptional in their behaviour and the way they conducted themselves throughout the day with nothing but positive behaviour and new relationships built. Congratulations to our students who represented our school at the Zone Cross Country Carnival



OzTag Regional Tournament

We took a bus full of two teams (9/10 boys and 11/12 girls) to Peakhurst in week 5 for the Sydney East and St George area Oz Tag Tournament. Although results did not go in our favour, the effort and attitude of our students was something Mr Vallis and I were very proud of. Our school and students thrive on opportunities like these even when they have never played the sport before. To see the way our students conducted themselves gives us great confidence and pride to provide these types of experiences.

Athletics Carnival

Week 6 saw JJ attend Hensley Athletic Field for our annual school Athletics Carnival and our 2023 year 12's last ever carnival. Again, the weather gods turned on the sunshine for us and with the addition of supportive staff and the best students, everyone was able to have a great day. Champions as well as legends were made throughout the day in events such as long jump, shot put, discus and all field events. Students of JJ Cahill



continue to display our school values with special comments made to us by the council about how impressed they were with not only the behaviour but the cleanliness in which our students and staff left Hensley Athletic Field. Our school wishes all students the very best who qualified for the Zone Athletics Carnival held on Friday, week 1 of term 3.

Matt French

Stage 4

Year 7 spent the term focusing on what it means for a relationship to be respectful and how they can ensure they maintain these relationships throughout their life. They demonstrated their knowledge and skills by using video stimuli to answer a range of questions. The preparation for the athletics carnival ended and the focus turned to developing a variety of skills associated with dodgeball. Reon and Tanesha (Year 7) are commended for their approach to learning in all aspects of PDHPE throughout this semester.

Year 8 continued learning about staying safe and protecting their loved ones in many aspects of life. They have had the opportunity to apply their knowledge of cybersafety, first aid, sexual health, and road safety developed over the semester to a range of scenarios. Ryan and Aldardelger (Year 8) demonstrated outstanding results over this time. Much like Year 7, Year 8 students used every second to prepare for the Athletics Carnival. They then moved on to improving their understanding of the rules and skills needed for soccer.

Stage 5

Over this term, Year 9 has examined how relationships can develop. Within this topic, a clear understanding was developed around consent, balance of power and sexuality. Students were required to analyse a piece of video stimuli to answer a range of questions. In the practical component of this course, there has been a deep focus on basketball with an emphasis on demonstrating confidence and inclusive practices. The PDHPE team would like to acknowledge Myriam and James (Year 9) for their effort and achievement throughout this semester.

Year 10 investigated Australia's sporting culture including the economic component, gender equality, sporting innovations and Aboriginal and Torres Strait Islander representation in sport. In preparation for their senior years, students sat their half-yearly examination. Cohen and Malih (Year 10) have remained consistent throughout this semester. The strategy, tactics and movement skills that have been developed over their junior years were used to engage in European handball in the latter half of this term.

Year 9 PASS has covered content based on physical activity and sport for specific groups. Within this unit students explore similarities and differences in physical activities and/or sports by participating in those associated with a selected population group. They also discuss reasons for any modifications made to the physical activities that support accessibility for people living with a disability or other particular group. During term 2 there was a focus on the human body system. Analysing and discussing the functions of the muscular system, skeletal system, circulatory system and respiratory system.

Personal Development, Health and Physical Education

Year 11 made friends with a skeleton this term as they focused on the body in motion. This topic allowed students to demonstrate their knowledge by doing a report on the sport of their choice highlighting the importance of the health- and skill-related components of fitness required, aerobic

training program and how these will help you achieve your best performance. Special mentions to Senolita & Mikayla (Year 11) for their continued efforts in this course.

HSC students have been learning about and practising sports medicine. This topic is used to develop the knowledge and skills around sports injuries, injury prevention and injury prevention including a lesson where the students learnt how to tape joints for injuries. Students were required to do an injury report for their assessment task this term. Isabella & Alexia (Year 12) are commended for their results in this task.

Community and Family Studies

Preliminary students have spent the term examining the nature of groups and why they form. They explored the various roles individuals adopt within groups and analysed how this impacts the establishment of environments where goal achievement is enhanced and the wellbeing of individuals and groups is promoted. All students sat their first examination for this course and are encouraged to utilise the feedback to support them throughout their journey to the HSC. Azra (Year 11) is recognised for her outstanding achievement throughout this semester.

In their second last term, there has been no slowing down for Year 12. They have begun their final topic - Social Impact of Technology - after wrapping up Parenting and Caring. For their assessment, students were required to assess a couple's file and advise them of their social parenting options, preparations for becoming a parent, and their rights and responsibilities as a parent. Max (Year 12) is commended for his effort and academic performance in this course.



Midwife Dr. Jane meeting with our Year 11 Exploring Early Childhood class

Exploring Early Childhood

On the 15th of May the Exploring Early Childhood class visited The Royal Hospital for Women in Randwick. We were given a tour by an experienced midwife, Dr Jane. We started in the education room, for a presentation, then continued with a tour. We visited the birthing rooms, including the birth centre and delivery suites, to see where babies are delivered then the postnatal ward where women recover with their babies in a calm, quiet and controlled environment.

It was an enlightening experience to be able to see where the next generation will be born.

Sport, Lifestyle and Recreation

Games and Sports Application was the primary focus for Preliminary students. Researching a range of invasion games and assessing appropriate practice and game play for each of them. In groups, students demonstrated their knowledge of their chosen invasion game by delivering a sporting session to their classmates. All students were great leaders and encouraged their peers to develop their offensive and defensive skills through modified drills and games.

Space in the Spotlight - Yoga Room

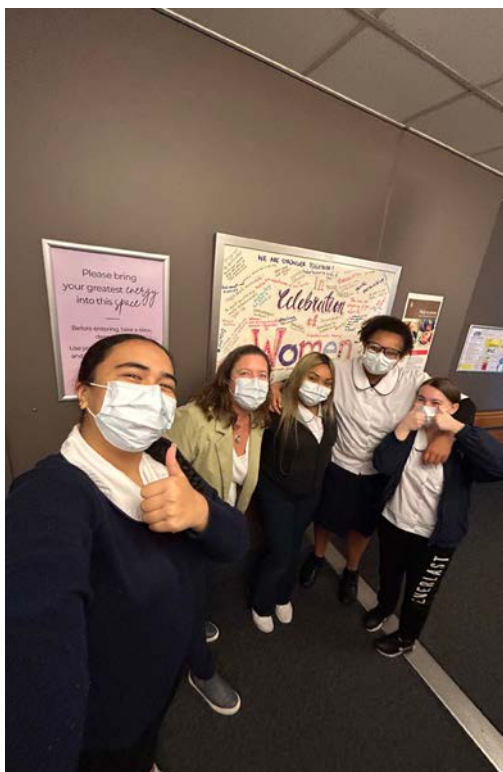
Our Yoga Room is an immaculate facility in our school. In recent years, it has been built and furnished with floor to ceiling mirrors, yoga mats, bluetooth sound system, efficient storage space, diffusers, adjustable lighting and more.



JJCMHS Yoga Room

This space is proudly versatile and accommodating. Whether senior students are engaging with subjects by distance such as Dance, performers are rehearsing their pieces, or students from across the school are being led by our qualified yoga instructor during sport. We look forward to the continued use of this space to elevate the experiences around movement. Namaste.

Jenna Evans, Ian Hooper, Ryan Monaghan and Jessica Welch



Year 11 excursion to the Royal Hospital for Women



Runners at our Cross Country event



Long jump at our Athletics Carnival



Tom (Year 9), Tylar (Year7), Monty (Year 11), and Janet (Year 7) at Zone Cross Country



Our two teams at the OzTag Regional Tournament

Visual Arts and Photographic and Digital Media

Mulga the Artist and the Zentangle art form captivated our Year 7 students as they embarked on their artistic voyage. Inspired by Mulga's vibrant and imaginative style, the students explored the world of zentangle, creating intricate patterns and designs that mesmerised the eye. Through this experience, they not only honed their artistic skills but also discovered the power of self-expression. They developed their written expression and explored the artmaking practice of these artists and art forms in their written assessments.

Year 8 students delved into the realm of Pop Art Food Packaging, where they combined their love for art and food. Drawing inspiration from renowned pop artists, such as Roy Lichtenstein and Claes Oldenburg, they transformed ordinary food packaging into eye-catching masterpieces. They've also turned their exploration of Pop Art to the theme of celebrity by producing portraits of pop culture icons using dry-point etching, inspired by Andy Warhol.

In Year 9, Visual Arts students have developed their drawing skills this semester using a variety of mediums. This has culminated in a mixed-media drawing and a dry-point etching where they have explored the mark-making potential of a range of materials.

Meanwhile our talented Year 9 photographers have been exploring the work of Masumi Hayashi. Inspired by her powerful and thought-provoking photographs, the students explored the art of visual storytelling. They enjoyed an excursion to the CBD where they worked collaboratively to shoot on location, each group producing a series of panoramic photo collages based on the metropolitan environment.

Year 10 students broke free from traditions through their ceramic sculptures in the theme of "Busting Traditions." Drawing inspiration from artists who challenge traditional artmaking, such as Janine Antoni, Ah Xian and Marc Quinn, who pushed the boundaries of the sculptural bust in art. Their sculptures challenged norms, defied expectations, and sparked conversations about the nature of art and its role in society.

All stage 6 Visual Arts students completed a workshop with ceramic specialist and former Head Teacher, Timm O'Regan. Students were delighted to complete a workshop to create architectural ceramics forms and go through information on the development of a Body of Work and gain an understanding of the discriminating features between a mid range and top range artwork. Students deepened their knowledge of how to create layers of meaning in their artworks through the use of subtlety and metaphors. On the 2nd of May, they also embarked on an excursion to the Art Gallery of New South Wales to see the Art Express Exhibition which showcased a carefully curated collection of the best artworks from the 2022 HSC cohort. This was an inspirational insight into the talent of HSC students in NSW.

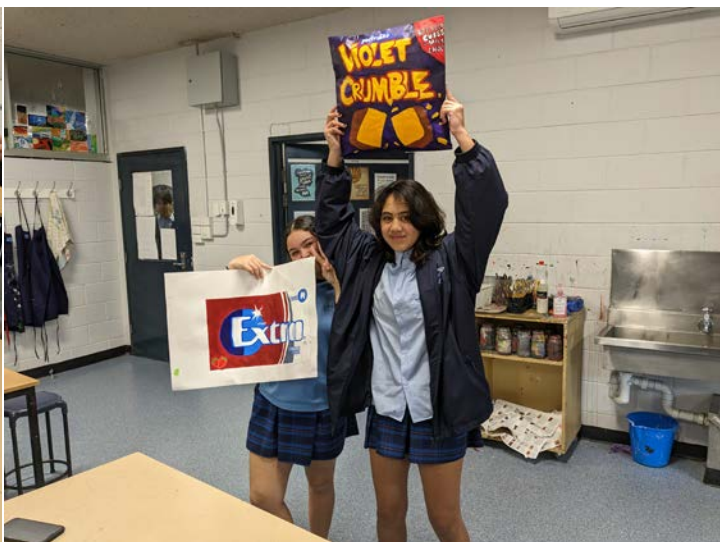
In Year 11, students ventured into the world of Modernism. Students have developed their painting skills by exploring techniques used in Impressionism, Post Impressionism and Fauvism. They've experimented with brustrokes, light and the effect of layers of colour. Through this exploration, they developed a deeper understanding of the potential of paint. This has been closely linked with our critical and historical studies which have focused on the evolution of art movements within the Modern Art period.



Finally, in Year 12, our senior students continued to develop their Bodies of Work. With passion and dedication, they embarked on a personal artistic journey, exploring themes, techniques, and mediums that resonated with their creative souls. Through this process, they honed their artistic voice, developed a cohesive body of work, and prepared for their artistic endeavours beyond school. They are currently preparing for their Trial examinations!

At every stage of our students' artistic journey, we celebrate their growth, creativity, and determination. Through the exploration of diverse art forms, techniques, and artists, we aim to ignite their passion, broaden their horizons, and foster a lifelong love for the arts. We are proud to witness their artistic evolution and eagerly anticipate the remarkable creations yet to come.

Sally Jessop and Georgina McInnes



Performing Arts

BIG NIGHT OUT XVI

On Thursday June 29, our community was treated to a night of amazing music performances at our 16th Big Night Out. There were 30 items that took to the stage from all year groups, and even a staff band! The musical variety and skill was really impressive. Year 7s debuted with songs Coldplay and Train. Year 8 featured newcomers Zach and Ciara and emerging superstar Kennedy. These performances were ably accompanied by their classmates on a range of instruments.

Year 9 and 10 elective music classes continue to develop their own styles, ranging from classic pop to rock and modern songs. Mele melted us all with a breathtaking and touching version of Dance with my Father. Anelisa was another stand out singing “Girl On Fire” and taking home the coveted People’s Choice award for best vocalist. Congratulations to all the students in these fabulous elective classes.



Mele practicing her solo performance

Year 11’s set included a spooky piano solo from Emerson and stunning vocal work from Litia, Katie, Mikayla, Azra and Ebony. Special shout out to the very capable Leon who accompanied masterfully on the drums. Bethany and Kian (Year 10) entranced the audience with a delicately beautiful rendition of Autumn Leaves by Eva Cassidy. Year 12 celebrated their final Big Night Out with an energetic set running from piano solo, vocal solo, jazz band and finally a roaring pop set. Congratulations to Noah for his People’s Choice award for instrumentalist as he virtuosically impressed the audience with jazz piano and rock guitar. Keisha was the ultimate BNO diva with a commanding performance of Bruno Mars and Halsey songs that got all the audience singing along and having an absolute blast.

Everybody was impressed with HSC Dance student Bethany’s solo contemporary work She created

the choreography and performed with excellence, taking home the best dancer People Choice Award. Our concert ended with an immaculate performance from over 20 dancers and drummers with students ranging from Year 7 to 11. This was a very special way to end the night.

A big thanks to the Tech Crew and Stage Crew. Tahlia (sound queen), Mikayla, Mike, Tama, Steven S and Ryan A all had control of audio, visuals and lights all night. Vayia, Cohen, Fred, Aaron, Anelisa, Jack M and Blake A were excellent backstage and had the show running very smoothly. Nick T and Jake B were excellent hosts. All of these students worked tirelessly during the rehearsals, setup and packup.

More thanks to the hospitality team from Year 11 crew on the BBQ, with extra gratitude to Mr Truss and Miss Claude for working so hard to feed everyone. Thanks also to the staff volunteers for all the essential and various jobs over the night.

We really can't wait for the next one! It's the musical highlight of the semester!

Other Music News

A message of appreciation to Ms Juliet Ivkovic-Jones who has been an intern with us from Sydney Conservatorium this term. She has been a kind and encouraging mentor and teacher for all of the music students and she has a bright future in Music Education.

Azra in Year 11 has been selected to perform at the State Music Festival! She will sing a jazz solo at Sydney Town Hall in September. Congratulations Azra!

Congratulations also to Bethany and Kian who will reprise their BNO item at Showcase at Souths Juniors, our local schools music festival, on August 8.

HSC Music students continue to prepare for both Music 1 and Music 2 HSC exams and they are all working hard to perfect their repertoire and compositions. There will be an intimate concert in the music rooms in late August.

Adrian Lim-Klumpes, Ian Hooper, and Ed Barnes



Performers at Big Night Out XVI

It's been a busy and inspiring time in TAS this term!

Year 7 continued material technology study in our upgraded C-Block workshops. They have created a variety of outstanding projects!

Year 8 and Year 9/10 Food Tech students have been busy in the kitchens this term, learning basic skills and cooking up delicious treats.

Year 9 Graphics have been learning CAD skills using OnShape. Thanks for Mr Barnes for his inspiring videos and enthusiasm taking on this class.

Year 10 Design and Technology joined in on the Big Night Out project, creating posters, signs, videos, trophies and the people's choice award system. Congratulations to Kian for conquering the spreadsheet and analysing the data under such pressure!

Year 11 Design and Technology and Year 12 Industrial Technology are working on major and minor design projects for assessment next term. Good luck to Year 12 for getting their projects and portfolios finished among all the other pressures of the trials and other subject major works!

Year 11 Construction completed their first work placement this term and continue to learn important skills in the workshop. They also are gaining the skills to interpret plans and make calculations - essential skills for the industry.

Adrian Lim-Klumpes



Year 7s hard at work in our C-Block workshop



The fruits of labour from our garden

Hospitality

Year 11

Year 11 are working hard getting ready for their first work placement trip next term. Students get to go out to restaurants around Sydney for a week of invaluable experience. Students have been practising their cookery skills over the last two terms and are ready for their first professional experience in a commercial kitchen. Students will communicate with their employers and gain a huge amount of independence, going out to get ready for their potential future career. Often students can even gain employment from this experience and will gain skills and knowledge in cookery.



Year 11 Hospitality students hard at work after school hours on Thursday afternoons

Year 12

Year 12 have just completed their final practical assessment and are close to completing all requirements for their certificate 2 in hospitality. This term students have served our students and staff during several service functions, including tapas, canapes, and mezze plates. They have done a fantastic job and have really impressed with their progress of culinary skills. Students have received outstanding feedback from their work and they have risen to every opportunity available. JJ Cahill could not be more proud of them.

William Truss



ANZAC Day Assembly

On the 27th of April we came together as a community to reflect and remember those who have served and continue to serve for our country. We held a commemorative assembly, where all paused for a minute of silence. Thank you to our special guest speakers, Pam Richardson and Janice Hastings, distinguished members from the Mascot RSL-Sub Branch, Ms McInness, Ms Batista De Mello, the Year 12 Modern History class, SRC and other year groups who were all a part of leading the assembly. A special thank you to Laura (Year 10) who always supports our school by Acknowledging Country on these very important occasions. Thank you to all students who also assisted with lighting and audio setup for the assembly. Congratulations to all students and staff for the way in which we all showed our appreciation and respect to all serving members.



Year 8 Geography

This term Year 8 Geography learned about the features of liveable cities, and is tasked to design their own liveable city map using the knowledge learned in class. The classes of Year 8 Geography examined liveable cities through the examination of cities such as Sydney, Vancouver, Osaka and Melbourne. Students remained continually engaged and creative in their cities' designs, with several students showing great interests in urban planning.

Year 9 HSIE Coordinator

What a wonderful term it has been, we have been learning about World War I and World War II. Students have been very engaged in learning about the causes, impacts, reasons for the war and the locations and campaigns Australian soldiers were heavily involved in. Students have also had the opportunity to deepen their learning by watching the film Gallipoli and going on a wonderful excursion to the Australian War Memorial. We had the opportunity of experiencing an empathy workshop called War Horses, that allowed for us all to really try to understand what the experiences and the impacts of war were. They students were able to see the stunning memorial, where they could really gain a powerful image and understanding by seeing the Art Deco architecture and commemorative symbolism behind the ANZAC Memorial located at Hyde Park. Thank you to Mr Nguyen, Mr Pitt and Ms Batista De Mello for organising this engaging learning experience.



Year 9 Commerce

Students in Year 9 Commerce learned about Law, Society and Political Involvement this term. The main focus is to equip Year 9 Commerce students the skills to understand how law works in society, and how to navigate and use the law to resolve disputes and achieve justice in life. Students also learn about civil participation, and examined the progress of democracy in other places around the world. Students were required to create a law report this term to examine the impacts of recent laws in Australia, where these laws ranges from environmental, privacy, data security and much more. The class did very well in the task and many excellent law reports were produced of high quality. It is very pleasing to see the growth and learning results of Year 9 Commerce.

Year 10 Commerce

Year 10 Commerce learned about the Business and Economic Environment this term. Economics is a challenging topics for students to understand in full and the class has shown great commitment to the learning of the topic. Each week, new economic concept is introduced and students are always able to relate these concepts into their everyday lives, such as the prices of groceries, the housing market and business conditions in recent times. It is pleasing to see the interests in business and economics from the class and I look forward to reading the class' economic report of a chosen business of their choice as their assessment task for this term.

Year 10 History

Year 10 History learned about the Rights and Freedoms movements that occurred around the world after the conclusion of WWII. Students examined the creation of the United Nations and the significance of the Universal Declaration of Human Rights. This learning empowered students to understand their rights as individuals in our world today. Students also learned about the human rights movement in both the United States and Australia. Through this learning, the cohort understands closely the rights and freedoms most people enjoyed today was through the various movements that promoted human rights. It is pleasing to hear students' perspectives and voices on current world issues in regards to human rights in class, and this learning will inspire the next generation of students to become more informed in the human rights movements in the world.

Sian Batista De Mello, Phil Nguyen, and Michael Pitt

Senior HSIE

Senior HSIE subjects had an incredibly busy term with a range of excursions, assessments and opportunities for Stage 6 students. In Year 12 Business studies, our students delved into the fascinating world of business around the globe. This term we have been learning about Finance. Throughout the term they have gained valuable knowledge about how large businesses such as Apple operate financially and the factors that influence their success. Students have also learnt how to analyse financial statements such as the Cash Flow, Balance Sheet and Revenue Statements in preparation for the finance assessment task and trial exam. This is a wonderful class and cohort. Meanwhile, Year 12 Society and Culture have been examining Beliefs Systems and Ideologies around the world, with a focus on Buddhism. Every Wednesday morning in period 1, our Year 12 Cultists enjoy a hot mug of coffee, tea, or milo and engage in our own Eightfold Path of learning and discovery, discussing the intricacies and details of Buddhism.

Modern History students studied the Conflict in Europe (1935-1945), developing a historical analysis on the significance of a range of battles to the Allied victory. Finally, our History Extension students commenced their case study on Witch Hunts and Witch trials with a focus on the New England area. They continue to undertake academically rigorous research to develop their History Projects on themes such as the revisionism and modern day ethical implications of anachronistic and inaccurate representations of the Dark Ages. We are so lucky at JJCMHS to have experienced and passionate teachers who bring their own wealth of knowledge to provide relevant and engaging courses for our students. We wish the students the best for their upcoming Trial Examinations.

Sian Batista De Mello, Michael Pitt, and Georgina McInnes

Support Unit

Boccia

Term 2 saw several students of ours represent JJ in the secondary division at the 2023 Boccia Competition, an event organised by the NSW School Sport Unit. It was a big day out for our Years 7 to 12 competitors who came out to the event. They put in an amazing effort and while we weren't able to place, we couldn't be more proud of our Support Unit learners who were involved. They had not only committed to competing on the day, but had also spent weeks in preparation leading up to the event learning the game and training with their class teachers.



Jack T (Year 12), Jayden (Year 8), Jack A (Year 9), Yusuf (Year 7), and Katie (Year 11) helping to represent JJ

SU1 Music

This term several students from SU1 performed on-stage for Big Night Out. They had spent all term practicing under the compassionate guidance of their teacher, Mr Barnes, and helped bring the crowd together in a stirring performance of *Octopus's Garden* by The Beatles. Here in the Support Unit, we greatly appreciate the effort and time these students put in for such a performance. We'd also like to give our thanks to Mr Barnes for his ability to give all of our students a confident voice in their performances, through his inclusive approach in his teaching.



Hailey (Year 7), Diana (Year 8), and Taina (Year 9) performing with Mr Barnes

Octavia Bonacci-Wright

The Mathematics and Science faculty would like to thank Mr Goh for his dedication and services to the students, school and wider community. He has added value to the classes he taught and we wish him the best for him starting his next job at Canterbury Girls High School. As semester 1 has come to conclusion, we would like to reflect and thank the students of JJCMHS a well earned restful break. We would like to wish year 12 good luck in the upcoming HSC trial examinations and to spend their holiday time productively.

Senior Physics, Chemistry & Biology

The chemistry students have been busy this term finishing off module 7 Organic Chemistry. They have done several key practicals including making soap using the saponification process. Additionally providing excellent Depth Study work on discussing ethanol as a viable fuel source.



Soap made in the classroom by Year 12 Chemistry students

Years 11 and 12 Physics have both been investigating mechanical and electromagnetic waves this term. The Year 12 students enjoyed determining the speed of light using a microwave and a bar of chocolate. Whilst the year 11 students investigated the nature and behaviour of sound and light waves through different mediums.

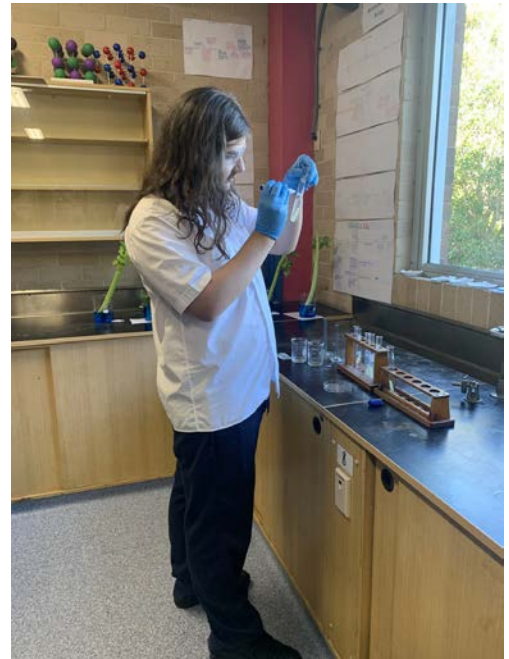
Steve Smith

Senior Biology

Students in Year 11 Preliminary Biology have been very active during practical lessons these past few weeks. We have been studying Cells As the Basis of Life, this includes learning about the processes of diffusion and osmosis. We carried out a practical to model the cell membrane and diffusion. Biology students are currently carrying a depth study on enzymes and conducting first hand investigations as part of their assessment task for this term. Students engaged in planning their experiments and carefully setting them up to collect data. Students were able to demonstrate the skills they have learned during their high school career so far, displaying great determination when carrying out experiments that require great accuracy and close observations.



Year 11 cell models experiment



Year 12 HSC Biology have been very busy studying the Infectious Disease Module this term. Students have conducted some first hand investigations including testing for microbes in food and water and also modelling Pasteur's Swan neck flask experiment. Our young biologists had to work cooperatively and collaboratively to plan, set up the experiments and collect data. Students had the opportunity to fine tune their practical skills and write up a scientific report of their experiments, all essential for the upcoming assessment tasks.

Steve Smith, Ireine Gunawan-Daly, Agnes He and Tom Poole

Throughout this term, students across all year groups have been improving their literacy, reading, and writing skills in English, Drama & LOTE. Term 2 was filled with vibrant activities throughout our English, EAL/D, Language, and Drama faculty. We celebrated and honoured our First Nations People through storytelling and knowledge sharing for Reconciliation Week, as well as leading the immersive Dust Echoes Dreaming animations during the NAIDOC Celebrations. Many of our students engaged in reading for pleasure and were provided with many opportunities to visit our library and borrow the vast range of new books we have added to our catalogue.

Our dedicated staff also prepared Year 12 students for their upcoming HSC exams, providing valuable revision opportunities and feedback to all students. We encourage families to discuss their children's progress and learning during the holidays, emphasising the importance of feedback for improving outcomes.

Our Drama students achieved remarkable success in their self-devised performances, showcasing their skills and collaboration acquired during creative workshops. We congratulate them on their achievements.

As we reach the midpoint of the academic year, we appreciate your ongoing support in empowering our students to reach their full potential. Lastly, please enjoy one of the fantastic submissions from Year 7 students who composed Twisted Fairytale stories in English this term:

The Rioting Rockstar of Hamelin by Jack (Year 7)

There was once a city named Hamelin. The city was beautiful, with flowers and green grass everywhere. The sky was always blue and bright, the clouds were always making funny patterns, and the city was run by an all-knowing emperor. The emperor loved one thing more than all the rest, classical music. The emperor adored classical music more than all the other types. He hated jazz, pop, disco and electronic. But there was one type of music he hated the most of all. Even murmuring the name of this genre in his castle was a law that if broken would end up in execution. He hated with all his inner rage, the genre of rock. Well one day in Hamelin all the children were playing in the streets, the parents were chatting amongst themselves and all was great. But then came nightfall and the slight sound of squeaking could be heard. Squeak! Over there. Reek! Under there. Squeaking in every direction could be heard. People all around town opened their doors in annoyance. "Who's squeaking at this hour!?" cried the old cat lady down the street. "I'm trying to sleep!" bellowed the man up the road. Suddenly, the ground started shaking and the squeaking got louder as an avalanche of rats, mice and rodents crashed through the streets squeaking louder than nails on a chalkboard.

The castles sounded alarms all over Hamelin and prepared for the worst. "We haven't had a rodent plague this bad since 1605!" screeched the emperor. "Who in the heck is going to save Hamelin from this absolute travesty!" At first they thought of using their harpists to give a soothing melody and put the rampaging rodents to sleep. But to no avail, the rats and mice engulfed them in a minute. Next, they tried using their saxophones to intimidate the rodents. But again to no avail. The gophers and beavers bashed them up this time. They tried cello, trombone, trumpet but the capybaras, jumping mice and guinea pigs conquered them. When the last trumpet player's arm fell into the mass of mice, the emperor felt defeated and sorrowful. He began to sob in defeat. But then it struck him. "If I get someone from the other kingdoms to do the dirty work for me, then I will have infinite possibilities of success!" He didn't enjoy going to all the other kingdoms, nor did he enjoy having to ask for help, but this was the only way he would be able to get his perfect city back. A prize pool of 10,000 gold pieces was set, and people from all over the country were trying to help out and get the money for their families. All the people travelled and travelled only to get engulfed by the tsunami of chipmunks and squirrels.

His plan had seemed to fail, until one evening when a loud sound erupted from outside the city border. The emperor then received a letter from someone he had never heard of before. He called himself the Rioting Rockstar. At the word 'rockstar' he felt sick to his stomach. As we have already established, he hates rock and anything to do with it. But alas, he had nothing to lose anymore, so he decided to let him in. The rockstar slept in the guest bedroom to rest for the next day to the emperor's dismay. At dawn the next morning, the emperor woke up and headed to the balcony on the top of the castle. The rockstar woke up and prepared his guitar amps, he urged all the people living in the palace to put on the headphones he provided to them, as the headphones would block any beastly tunes he would play. He plugged in the guitar and strummed. The rodents started dashing away from the loud music that started to play. The numbers began to decrease significantly and the beauty of the town started restoring. Bunnies bolted and rats ran, all the rodents in the land eventually ceased to live in the kingdom. The kingdom's citizens cheered for the Rockstar who didn't speak or react to them. He simply went up to the emperor and asked quite politely for his gracious reward. To everyone's surprise, he declined. He asked again with confusion rattling in his voice. But again the emperor declined and this time he spat directly onto the rockstar's shoe. The greedy emperor walked away, and when the rockstar walked along behind him he urged the guards to throw the rockstar out and never let him back in. The guards felt threatened by the emperor so they did. He crashed to the ground like a clumsy clown falling off his unicycle and wandered out the city. "I'll show him!" he murmured with rage boiling inside him. A few weeks passed and the emperor was living his best life. Everything was perfect once again. But then he heard a guitar strum and a brutally loud rock song started blaring from outside the wall. This time no one had headphones on and everyone could hear the excruciatingly loud song and this drove the citizens mad. They all started booking it out of town. After about 5 minutes, the entire town was nothing but emptiness, a ghost town if you will. The only person left in the whole town was the emperor. The rockstar stumbled into his castle and said with great anger "You were greedy and gave me nothing just because you had everything, but now you have nothing so how do you feel?" the emperor thought for a moment and soon said "empty and worthless..." The Rioting Rockstar then chuckled and slowly walked into the fog never to be seen again. And the emperor lived forever abandoned.

"Success is where preparation and opportunity meet"

– Bobby Unser.

ANZAC Day March

On the Sunday prior to ANZAC day on the the 23rd of April, the Mascot community led by the Mascot RSL-Sub Branch holds a special commemoration and ceremony. We all gather in Mascot with our community, primary schools, local members of parliament to march and honour our past and current serving members. This is always a very special and solemn occasion and our school captains, Isabella and Jack (Year 12) were joined by our Principal Mr David, our Deputy Principal Mr Mifsud and the Head Teacher HSIE Ms Batista De Mello. Thank you to Isabella and Jack for the outstanding way in which they represented our school and community through their active and engaged participation and for laying the wreath on our behalf.





AbSec's NAIDOC Family Fun Day

Tuesday 4 July 2023
PCYC Marrickville

.....
**ALL WELCOME
FREE EVENT**

Join us this year in celebrating the history,
culture and achievements of Aboriginal peoples.

Come along during the school holidays and enjoy free food, entertainment and activities. Celebrate with cultural performances and traditions, arts and crafts, face painting, jumping castles, sausage sizzle, an Elders tent and much more.

AbSec's NAIDOC Family Fun Day is an event for not only Aboriginal communities but also Australians from all walks of life to come together, connect and learn about Aboriginal culture.

On **Tuesday, 4 July 2023 starting at 10:00 AM**, we will be hosting a day for the whole family and friends at the **PCYC Marrickville**.

Register using the QR code

Connect with us on @AbSecNSW | @AbSecNSW

AbSec – NSW Child, Family and Community Peak Aboriginal Corporation (ICN 8928)
21 Carrington Road Marrickville NSW 2204 • T: (02) 9559 5299 • E: events@absec.org.au • W: www.absec.org.au



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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

SHIRT:	SKY S/S JNR DELUXE WITH EMB	From	\$39.95
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



J.J CAHILL MEMORIAL HIGH SCHOOL

CANTEEN MENU

SANDWICHES

HAM & CHEESE (e)	\$4.00
HAM, CHEESE & TOMATO (e)	\$4.50
SWEET CHILLI CHICKEN & MAYO (e)	\$5.00
CHICKEN, LETTUCE & MAYO (e)	\$5.00
CHEESE & TOMATO (e)	\$3.00
EGG & LETTUCE (e)	\$4.00
TUNA, LETTUCE & MAYO (e)	\$4.00
SALAD (lettuce, tomato, carrot, cucumber & beetroot) (e)	\$4.00
CHICKEN & CAESAR (bacon, lettuce & caesar dressing) (e)	\$5.00

WRAPS

SALAD (lettuce, tomato, onion, carrot, cucumber beetroot) (e)	\$5.00
CHICKEN (lettuce, mayo, spring onions) (e)	\$5.00
SWEET CHILLI CHICKEN (lettuce, tomato, sweet chilli) (e)	\$5.00
CHICKEN CAESAR (lettuce, egg, cheese, croutons) (e)	\$5.00

RICE & PASTA

PASTA BOLOGNESE (beef sauce) (o)	\$5.00
BEEF LASAGNA (homemade) (o)	\$5.00
BUTTER CHICKEN (homemade with rice) (o)	\$5.00
ROASTED VEGETABLES PASTA (fresh sauce) (o)	\$5.00

NACHOS

BEEF (beef mince with cheese & sour cream) (o)	\$5.00
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PASTRIES

SAUSAGE ROLLS (timbertown- 120g) (o)	\$4.50
MEAT PIES (timbertown - 170g) (o)	\$4.50
CHEESE & SPINACH PASTRY (homemade) (o)	\$2.00

SALADS

FRUIT (fresh seasonal fruits) (e)	\$4.00
GARDEN (lettuce, tomato, capsicum, carrot, beetroot) (e)	\$4.00
CAESAR (cos lettuce, egg, croutons, cheese) (e)	\$4.50
PERI-PERI CHICKEN (e)	\$5.50
HAM SALAD (e)	\$5.50
SWEET CHILLI CHICKEN (lettuce, tomato) (e)	\$5.50

BREAK 1

HUMMUS & VEGIE STICKS (e)	\$3.00
SEASONAL FRUIT (e)	\$2.00
FRUIT SALAD (e)	\$4.00
YOGHURT (o)	\$3.00
CHEESE TOAST (e)	\$2.00
TOASTED SANDWICH (e)	\$4.00
BACON & EGG ROLL WITH SAUCE (o)	\$5.00
YOGHURT & MUSLI BREAKFAST (e)	\$4.00

MEXICAN BURRITOS

CHICKEN BURRITO WRAP (salsa, rice & cheese) (o)	\$6.00
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COLD

FRUIT BLOCKS (e)	\$1.00
FROZEN JUICE CUPS (e)	\$1.00

EFTPOS

NO FEES

**NO MINIMUM
PURCHASE**

FOOD CODING

e - EVERYDAY RATED

o - OCCASIONAL RATED

ALL ITEMS ARE HALAL
(EXCEPT PORK BASED PRODUCTS)

SUSHI ROLLS

TERIYAKI CHICKEN (e)	\$3.50
VEGETARIAN (e)	\$3.50
TUNA (e)	\$3.50

DRINKS

POPPER JUICE 200mL (e)	\$2.00
WATER 600mL (e)	\$1.00
ICE TEA (e)	\$3.00
UP & GO 250mL (e)	\$2.50
HOT CHOCOLATE (e)	\$3.00
SOFT DRINKS 375mL (no sugar) (o)	\$2.00
POWERADE 600mL (no sugar) (o)	\$4.00
SMOOTHIES (e)	\$4.00

BURGERS

CHICKEN BURGER (lettuce & mayo) (e)	\$5.00
AUSSIE BURGER (beef, lettuce, tomato, beetroot & tomato sauce) (e)	\$5.00
CHEESE BURGER (beef, cheese, lettuce, tomato, BBQ sauce) (e)	\$5.00

TOASTER WRAPS

SWEET CHILLI CHICKEN (e)	\$5.00
BBQ CHICKEN & CHEESE (e)	\$5.00

HOME MADE PIZZA

CHEESE (with fresh tomato pizza sauce) (o)	\$4.50
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HOT BITES

HOT & SPICY CHICKEN WINGS (e)	2 For \$3.00
CHICKEN TENDERS (o)	2 For \$3.00
GARLIC BREAD (e)	\$1.50 each
CUP NOODLES (beef or chicken) (e)	\$2.00
POTATO WEDGES (oven baked) (e)	\$3.00



FOCUS ON ATTENDANCE

JJ CAHILL MEMORIAL HIGH SCHOOL

Days missed = years lost

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

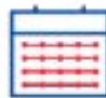
When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight
H X M T F
H T M T F

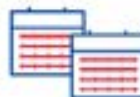
= **4** weeks



= Over **1** year missed

1 day per week
M X W T F
M T W X F

= **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