



BELCONNEN HIGH SCHOOL



Caring for Students and Striving for Excellence

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Term 1 Week 5

7 March 2014

Welcome to our new year7's 2014



Principal's Report

Welcome back to our Belconnen High Families for the 2014 new school year. This year the school has started with a buzz of excitement, particularly seeing our students in their uniform. My thanks go to all of the parents and staff for their hard work in preparing for the new school year.

Welcome to our New Staff

Firstly, I would like to welcome the new staff to the school:

- Andrea Donaldson – Humanities
- Mali Wijesundara – Humanities
- Emma Andrews – Humanities
- Eryn Lazarides – Science/Maths
- Alex Currie – PE/Maths
- Galen Ashley – Learning Support
- Josh Andrews - Technology
- Melinda Collett – Psychologist
- Serena Pantlin – Front Office

Key Staff in the School

By now, each parent will have been contacted by your son or daughter's Pastoral Care Group (PCG) Teacher to open the communication channels. I encourage parents to contact the school through the PCG Teacher, as a first port of call, at any time. This teacher has daily contact with the students in their group and may often be able to provide information quickly. To also help you in communicating effectively with the school I have included on the following page a list of key staff.

Coming Events

11 March
Photo catch-up
11.30-2.30

14 March
World's Greatest Shave
for a cure
(10.50am in hall)

17 March-19 March
Yr7 Camp

17 March
ThinkUKnow
cyber safety info
for parents
(time TBA)

19 March
Yr9 Immunisation

21 March
Harmony Day

25 March
Zone Swimming

26 March
Yr7 Immunisation

26 March-28 March
Ocean Sports Camp
Yr9/10

28 March
Youth Health Expo
10.30-11.30

1 April
Reports posted home

8 April
Parent Teacher
Interviews

10 April
Cross Country

STAFF	RESPONSIBILITY
Diana Whymark	Deputy Principal (PEP Coordinator)
Rebecca Pearce	Student Services
Sue Smith	Pastoral Care
Andrew Fillery	Technology/IT/Home Science/The Arts
Anna Friedewald	Humanities (English/Languages/ SoSE/ESL)
Anne O'Neill	Maths/Science
Dan Mowbray	PE/Learning Support
Noella Mauch	Business Manager
Melinda Collett	Psychologist (Monday & Wednesday)
Sebastien Knox	Yr.7 Coordinator
Katie Beattie	Yr.8 Coordinator
Rebecca Cowan	Yr.9 Coordinator
Natalie Ikin	Yr.10 Coordinator

The best way to contact any of the above staff is through the school reception on 62056844.

What we are focusing on this Year

I wish to first acknowledge the achievements that have been accomplished by the entire school community over the previous three years in creating a school we are proud to come to and send our children to.

We did this in a number of ways:

- Being Connected to the School:** The pride our students are showing in their school with their uniform is both obvious and fantastic. I would like to thank all of the parents and carers for supporting the school uniform and helping all of our students feel connected to their school.
- Being Organised:** This focus will continue this year in all classes and in Pastoral Care each morning. All students will have received in their CARE classes two vital resources: (i) The "Get Sorted" Handbook, 2nd Edition and (ii) an Organisation folder in their House colour. In their CARE classes students will be learning how to use the folders and to be more organised. This year we have also produced an individualised academic calendar for each student, please see below. Please look out for these and assist your child with their organisation.
- School Environment:** This year we are continuing with this focus. Over the holidays the stairwells in the back building (Humanities) were painted. We also moved Student Records (Mara) so that it is incorporated with Student Services. The plan for the school upgrade continues and I hope to be able to inform the community soon of these plans.

This year our focus will be a simple one: **To ensure our students learn.**

We are adopting two assumptions that will drive this:

- All students can learn
- All students will learn because of what we (school staff) do

I will present the school direction in detail at an upcoming parent forum, please watch for an invitation to this night.

Semester Outlines and Academic Calendar

This year we have individualised the Semester Outlines for the classes that are studied by each student. This has allowed us to create an Academic Calendar for each student. The calendar highlights the weighting and due date for all pieces of assessment for the semester. Both the Semester Outlines and Academic Calendar were sent home in a package with students last week. This package is a vital tool in assisting students to be organised in their study and to submit their work on time.

As the Outlines and Calendars are individualized we are no longer able to make them available on the school website. Your student's PCG Teacher has access to these and will supply them to parents on request.

School Rules: The school rules are an important part of how we guide the behaviour at our school: Please take the time to ask your child about the 2 school Taboos and the 5 Classroom Rules.

They are:

Two School Taboos: These are things that will not be tolerated, under any circumstances, at Belconnen High School and will result in a suspension from school. They are:

Violence towards others

Swearing at a Staff member

5 Classroom Rules that are the same in all of our classrooms:

Be on Time

Be Ready to Learn

Use Respectful Language

Be Respectful of Resources and the Environment

Use Electronic Devices Appropriately

School Uniform

As I mentioned earlier the take up of the new uniform has been fantastic and for good reason. The transition from the old uniform to the new one is now complete which means all students are expected to be in our new school uniform. To help parents please use the new uniform policy which is available on the website.

School Website

The school website can be viewed at www.blch.act.edu.au . Please take note of the Absences link that will automatically send an email to our Student Attendance Officer (Mara) when your child is absent.

Year 7 Information Night

Also contributing to the great start for year 7 students was the Year 7 Information Night held at the school. The night took the form of "a day in the life of a Year 7 student" where the year 7 students hosted their families around the school through a mini-timetable that included all of the learning areas that our students use. The evening was well attended by families. Again I wish to thank staff and the year 10 leaders for this great night.

School Board

The School Board for 2013 will conduct their final meeting next week. I wish to thank the retiring members of the Board, Ms. Imogen Byrne, Mr. Kevin Kein and Ms. Erin Bowring for their work. Nominations have now closed for the vacant positions for the 2014 Board. The School Board for 2014 will be appointed on the 1st of April and I will introduce the Board members in the next newsletter.

Communication with the School

With all that we are aiming to achieve at the school it is vital that we are able to enlist the support of our community. This is best achieved through effective communication. I strongly encourage all parents to have regular communication with the school by contacting staff or P&C members. As the Principal, I highly value the feedback I receive from parents and would any encourage parents to make a time to talk with me.

David McCarthy

Agriculture Returns to Belconnen High!

This term Belconnen High has implemented a new elective subject called Agriculture and Horticulture. The unit plans to expose students to the concepts involved in food production using both plants and animals and develop some of the skills and techniques required for a career in these industries.

The students will develop a group of small gardens over the term in the upstairs garden area and grow a variety of plants, including vegetables and herbs. Currently the area is being prepared for the range of recycled material garden beds, including bathtubs, which will form the core area for the students to work. Within the science lab students have been preparing seedlings for their gardens, including beans, peas, silverbeet and basil. They have also developed skills in potting up seedlings and plants, such as Impatiens, to grow for use in the school.

Following interests expressed by students, we have also just completed a small Aquaponics unit. This concept will allow students to see the cycle of nutrients as they are created by the trout (which will arrive in a few weeks) and the bacteria and plants growing in the basin above. We have also started some mushrooms to give students another aspect to their understanding of food production systems. Over the semester we will look deeper into horticultural and agricultural farming systems relevant to the Canberra region.

All in all a fantastic start to a new subject!

Tim Jones
Agriculture and Horticulture Teacher



NAPLAN 2014

NAPLAN is an annual assessment for all students in Years 3, 5, 7 and 9. It tests the types of skills that are essential for every child to progress through school and life. The tests cover skills in reading, writing, spelling, grammar and punctuation, and numeracy. The assessments are undertaken every year in the second full week in May; the dates are 13-15 May 2014.

All students in years 3, 5, 7 and 9 are expected to sit the NAPLAN tests.

Exemptions may be granted for students with a language background other than English or for students with a disability. In both cases, schools need to discuss the proposed exemption with the student's parent/carer and gain their permission prior to the testing period.

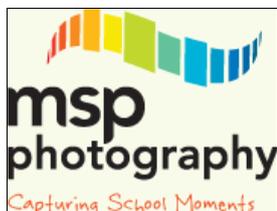
NAPLAN tests are a routine part of the school calendar. However students may be withdrawn from the testing program by their parent/carer if there are religious beliefs or philosophical objections to testing. This is a matter for consideration by individual parents/carers in consultation with their child's school. A formal application in the manner specified by the relevant Test Administration Authority (TAA) must be received by the principal prior to the testing.

More information can be found on the National Assessment Program website, <http://www.nap.edu.au/>

If you have any concerns please contact Anne O'Neill Coordinator of the NAPLAN testing.

Anne O'Neill

Executive Teacher



School Photos

Catch-up day for students who were absent on photo day and sibling photos will be Tuesday 11th March 11.30 -2.30.

Please bring envelop and money to school or payment can be directly deposited online to MSP Photography or by phone.

PE & SPORTS REPORT

TERM 1 2014



2014 is going to be another exciting year in the PE faculty. However before we get into that, it is important to recognise those students who won the major Sports awards in 2013. Congratulations to the following students:

Junior Sportspeople of the Year:

- *Bronte Sheaves*
- *Brennan Wade*

Senior Sportspeople of the Year:

- *Matilda Tusic*
- *Anand Gupte*



BHS Swimming Carnival

On Friday the 21st of February Belconnen High School again moved down to Big Splash Jamison for the day where we held our annual swimming carnival. We were greeted by stunning weather and plenty of enthusiastic students all excited by the prospect of another great carnival. There were a number of standout performances on the day and as always the house spirit was exceptional. Always worth a mention was the fun of iron man and iron women events as well as the exceptional efforts of the staff relay teams. Mr Foxhill's swan dive (pictured) of special note. Well done to Freeman house who were champions on the day. Congratulations to all the students who attended and participated on the day, but a special mention should be made of our 2014 swimming age champions.



<i>Age</i>	<i>Girls</i>	<i>Boys</i>
<i>13 Years</i>	Abby Tusic	Adam Harris
<i>14 Years</i>	Bronte Sheaves	Brennan Wade
<i>15 Years</i>	Victoria Kavanagh	Robi Joyce
<i>16 Years</i>	Bethany Jones	Carl Bauer

Mr Mowbray

Softball

Girls 9/10 Softball - On Wednesday 26th of February our 9/10 Girls Softball team competed in the A.C.T qualifying competition at Hawker Softball Centre. The girls played outstanding Softball to finish with 2 wins, 1 draw and a loss. The highlights of the day were 2 big wins over Daramalan and St. Francis Xavier. Congratulations to the girls, as we only had 3 girls who had previously played Softball before.

Mr Foxhill

Boys 9/10 Softball - On Tuesday 25th February 12 students participated in the boys softball carnival at Hawker Ovals. The boys defeated Lyneham, Campbell and St Francis Xavier and lost to Daramalan and St Mary McKillop in our final two games. Captain Carl Bauer and Vice Captain Cody French were real assets to the team. Thanks to a number of parents who came out to support the boys. Congratulations to Matt Hoffman for getting a home run.

Miss Ikin

Girls 7/8 Girl Softball - On Wednesday 26th of February our 7/8 Girls Softball team competed in the schools ACT competition at Hawker playing fields. All girls worked hard in all four games and were outstanding Belconnen High representatives. The girls came away with two convincing wins against St. Francis and Telopea. We have been selected to compete at the ACT Softball Finals on the 14th March. Hopefully we can continue to improve and come away with a few more wins. Congratulations!

Mrs Currie.

UPCOMING SPORTS

- BHS & Northside Cross Country
- Basketball
- Oz Tag
- Northside & ACT Swimming

OTHER PE NEWS

In semester one we welcome Mrs Alex Currie to the PE faculty. Alex will be replacing Ben Williams and already she has shown herself to be an asset to our faculty. We must congratulate Ben who has been selected as one of the referees at the upcoming FIFA World Cup in Brazil. A truly outstanding achievement and one he has been working towards for a very long time. No doubt the Belconnen High School community will be watching the World Cup not only for Australia's results but we will also be following the progress of Ben, and we hope he has an amazing tournament.

It has been great to see so many of students in the PE uniform this year (red & white or black & red polo shirts and black sports shorts). These are available from MacDonalds Childrens Wear in Jamison. It is really important that students are appropriately prepared for PE lessons for hygiene and safety reasons. In addition to a change of shirt and shorts or tracksuit pants students must have appropriate sport shoes, a drink bottle and hat.

We have had a number of students selected in ACT sporting teams. Congratulations to all the below students on their selections.

- Michael Johnson, Tuati Chan-Tung, Jonathan Fangaiuiha – ACT Rugby Union
- Anand Gupte – ACT Under 18 Hockey
- Zac Lindsay – ACT School Boys Cricket

UPCOMING UNITS IN PE CLASSES

All PE classes are currently either just finishing or just starting their health units for semester one. Associated with these is a Health assignment. If you were unaware that your child had a Health assignment or have any questions about these please feel free to contact your child's PE teacher. Health assignments have a weighting of 10% of the overall PE grade.

Towards the end of this term all students will be partaking in a Fitness and Cross Country unit in preparation for the BHS Cross Country Carnival in week 10. For the first time this event will be moved to the fantastic facility at Stromlo Forest Park. We are looking forward to the BHS Cross Country Carnival with much excitement.



WELCOME YEAR 7 SOCIAL

Last week Belconnen High students officially welcomed our Year 7s to the school with the SRC "Welcome Year 7 Social". The Year 7s came in great numbers and our senior students were able to show them lots of line dances learnt in P.E dance lessons over the years and many other great dance moves. With the bubbles and refreshments flowing, the Year 7s enjoyed 3 hours with their friends and danced the night away.



Sea of Hands

Celebrating the National Apology & 50 years of AIATSIS with a sea of hands. AIATSIS (Australian Institute of Aboriginal and Torres Strait Islander Studies) and ANTaR are celebrating the anniversary of the National Apology and 50 years of AIATSIS with a large, colourful sea of hands on the shores of Lake Burley Griffin at Acton Peninsula. This all happened on the 12th February. Robert Johnson and Jakob Lyons joined with the Weetangera Aboriginal and Torres Strait Islander students along with Mrs Price and Mrs Smith to help place hands in the ground between AIATSIS and the National Museum of Australia. Later they went to a room overlooking the 'Sea of Hands' and saw a wave of white, yellow, red green and black hands. There were over 150 000 hands.



Robert Johnson
Jakob Lyons
Students



School Immunisation Program - 2014

At the beginning of 2014 students in Years 7, Year 8 and Year 9 will be given an immunisation consent form to take home. Please keep a look out for this!

Please read the information carefully and fill in the immunisation consent form as directed.

Year 7 students (boys and girls) will be offered:

- Human Papillomavirus vaccine *Gardasil* x 3 doses spread over the year
- Diphtheria, Tetanus and Pertussis (whooping cough) vaccine called *Boostrix* x 1 dose
- Varicella (Chickenpox) x 1 dose.

(No more than 2 vaccines/injections will be given at the same time.)

Year 8 Students (all students) will be offered:

- Diphtheria, Tetanus and Pertussis (whooping cough) vaccine called *Boostrix* x 1 dose.

Year 9 Students will be offered:

- All students: Diphtheria, Tetanus and Pertussis (whooping cough) vaccine called *Boostrix* x 1 dose.
- Male Students only: Human Papillomavirus vaccine *Gardasil* x 3 doses spread over the year

The good news is that in 2015 only Year 7 students will require vaccination with the national schedule of vaccines. This means less disruption for students and teachers from classroom activities.

For further information on the HPV program see <http://hpv.health.gov.au/>

Or see the ACT Health web site <http://health.act.gov.au/schoolhealth>

Thank you

The School Health Team

INSIGHTS

by Michael Grose - Australia's No 1 parenting educator

Making a smooth start to secondary school

Getting used to new subjects and new teachers, as well as forming new friendships are just some of their challenges during this period.

Starting secondary school is a time of change and uncertainty, which places new demands on kids. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make. **Getting used to new subjects and new teachers, as well as forming new friendships are just some of their challenges during this period.**

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly as it's accompanied by the potentially unsettling transition from childhood to adolescence. It's no coincidence that children's learning levels out in the transition year presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the **3 P's** to assist your young person to settle in:

1. Patience

Be patient and understanding in the early weeks. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel nervous in new circumstances. Let them know that many of the difficulties they face will be temporary.

2. Positive attitude

Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in problems with the appropriate person such as a year level coordinator, but give your young person time to handle them on their own before seeking help.

3. Process their day

Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They can be sensitive to many things, which they would have shrugged off in primary school. It helps if you can listen without judgement and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off some steam in the safe and stable environment of a loving family.

If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school's culture and communication methods.

Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools one aspect is the same – **outcomes for students is maximised when schools and parents work together in the best interests of the student.**

One way to support your young person's school is by actively promoting the schools' values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

Most importantly, talk your young person's new school up, rather than talking it down as kids of all ages take their cues from the most significant adults in their lives- their parents!

Published by Michael Grose
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for all your parenting challenges
visit: www.parentingideas.com.au



FREE one day workshop for PARENTS/CARERS of school age students on the autism spectrum

Workshop: 2014ACTPC1 Location: Canberra

The Positive Partnerships initiatives have been developed and delivered by Partnerships between Education and the Autism Community (PEAC) and funded by the Australian Government Department of Education, through the Helping Children with Autism package. This workshop is the first of two workshops being held in the ACT this year. The second workshop is planned to be on the Southside around September 2014.

What will you learn?

Positive Partnerships has been facilitating workshops in the ACT since 2008. As per previous workshops parents/carers that participate in the workshops and information sessions will gain:

- a greater understanding of the impact of autism on your child, both at school and at home
- knowledge about how to develop effective parent, school and teacher partnerships
- specific strategies on how to:
 - advocate for your child
 - support your child's participation at school
 - develop an awareness of ongoing learning needs
- information about your local school system's processes
- opportunities to network and share strategies with other parents/carers and key community members
- opportunities for discussion around a range of topics relevant to students with ASD and their families

Some key community representatives that support families living with autism will be identified and invited to participate in the workshop with a view to supporting a community focus beyond the workshop.

Workshop details

Venue: Raiders Belconnen
Hardwick Crescent, Holt, ACT 2615

When: **One day workshop – Wednesday 2 April 2014**
Day 1: 9.00 am - 4.30 pm (Registration from 8.15am)

Registration opens Wednesday 19 February 2014, and closes 2 days prior.

Registration may stay open until one day before the workshop if spaces are still available, but we strongly recommend that you register as soon as possible.

You will receive a confirmation of your registration.

Online registrations preferred: please go to the website www.positivepartnerships.com.au.

Only complete the following form if you do not have access to the internet and fax or mail to:

Fax: 02 9451 9661; **Mail:** Positive Partnerships, ASPECT, PO Box 361, Forestville NSW 2087

Positive Partnerships Info Line number: 1300 881 971



macdonalds

SCHOOL WEAR CHILDRENS WEAR

Jamison Plaza
Macquarie ACT

Ph: 02 62512660
Fax: 02 62512901

Belconnen High School Uniform Order Form

NAME:

PH:

DATE:

Item	Sizes	Price	Size	Qty	Total
Girls Skirt	8-24 Girls	\$49.95			
Girls Blouse	4-22 Ladies	\$39.95			
Girls Shorts	Kids 10-16 Ladies 10-18	\$39.95			
Girls Pants	Kids 10-16 Ladies 10-18	\$49.95			
Boys Shirt	12-24 Boys	\$34.95			
Boys Shorts	Kids 10-16 Mens 82-107	\$39.95 \$44.95			
Boys Pants	Kids 10-16 Mens 82-107	\$49.95 \$52.95			
Woollen Red Jumper	10-24 Kids	\$85.00			
Polarfleece Jumper	Kids 10-16 Aduts S-XXL	\$55.00			
School Jacket	Kids 8-16 Adults XS-XXI	\$75.00			
PE Polo	Black/Red	Kids 8-14 Ladies 8-14 Adults XS-XXL	\$25.50		
	Red/White				
PE Shorts	Micromesh	Kids 8-16	\$15.00		
	Microfibre	Adults XS-XXL	\$17.50		
School Bag	One size	\$54.95			
Socks 3pk - White	2-8, 8-11, 11-14	\$15.95			
Socks 1pk - Black	2-8, 8-11, 11-14	\$6.50			
Total inc GST					
10% Discount					
TOTAL					

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Government
Education and Training

ACT GOVERNMENT
EDUCATION AND TRAINING DIRECTORATE
International Education Unit



HOMESTAY

ACCOMMODATION NEEDED

Suitable host families will be paid up to \$280 per week

THE EDUCATION AND TRAINING DIRECTORATE HAS INTERNATIONAL STUDENTS WHO REQUIRE HOMESTAY PLACEMENTS



AN OPPORTUNITY FOR YOU TO PARTICIPATE IN CULTURAL PROGRAMS FOR SCHOOL AND COURSE STUDENTS FROM OVERSEAS

FOR MORE INFORMATION & APPLICATIONS CONTACT

HOMESTAY COORDINATOR | INTERNATIONAL EDUCATION UNIT | EDUCATION AND TRAINING DIRECTORATE
51 Fremantle Drive Stirling ACT 2611 P 6205 9194 F 6205 9239

Email: ieu@act.gov.au <http://www.det.act.gov.au> | Telephone (013) 6205 9176 Facsimile (012) 6205 9239

CROCOS Registration Number 00643J ABN 71508957312



26th CANBERRA



MODEL TRAIN EXPO

SATURDAY 29 March 2014 9am-5pm

SUNDAY 30 March 2014 9am-4pm

University of Canberra High School

104 Baldwin Dr Kaleen



- 25 Scale Model Railways
- Large Lego Railway
- Displays & Clinics
- Children's U-drive
- Plus Trade stands

ADMISSION

Adults \$10.00, Children / Seniors \$5.00

Family Ticket \$20.00

Presented by the Canberra Model Railway Club

Supported by



www.canberra-model-railway-club.webs.com

BHS Calendar Term 1 2014

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 WKB	Mar 10 Canberra Day	Mar 11	Mar 12	Mar 13	Mar 14 World's Greatest Shave for a cure. Hall 10.50am.
7 WKA	Mar 17 Year 7 Camp <i>ThinkUknow — Cyber Safety information for parents. (time TBA)</i>	Mar 18 Year 7 Camp Rugby League Boys 7/8 & 9/10	Mar 19 Year 7 Camp Yr 9 Immunisation Basketball Girls 7/8 & 9/10	Mar 20	Mar 21 Harmony day <i>Assembly</i>
8 WKB	Mar 24	Mar 25 Zone Swimming	Mar 26 Yr 7 Immunisation Ocean sports camp Year 9—10.	Mar 27 Ocean sports camp Year 9—10.	Mar 28 Youth Health Expo. 10.30—11.30 stalls in main quad. Ocean sports camp Year 9—10.
9 WKA	Mar 31 <i>Assembly</i>	Apr 1 <i>AFL GWS Cup Girls U14</i> <i>Reports Posted</i>	Apr 2	Apr 3 OzTag Girls 7/8 & 9/10	Apr 4 OzTag Boys 7/8 & 9/10
10 WKB	Apr 7 Rugby League Girls 7/8 & 9/10	Apr 8 AFL Swans Cup Girls U16 <i>Parent Teacher Interviews 4—7 pm</i>	Apr 9	Apr 10 Cross Country	Apr 11 <i>Newsletter</i>