



Campbell High School

An ACT Government School
Principal: Steve Collins
"Aspire Achieve Connect Respect"



The Weekly Wrap Up

Term 1 - Week 8 (01st April 2019)

Upcoming key dates

PT Night Tuesday week 10

Semester 1 progress reports will be emailed home this afternoon. Our term 1 Parent Teacher Night will be next week, Tuesday 9th of April, from 3.30-7.30pm. You will receive a follow up email tomorrow evening outlining how you can make appointments to meet with teachers on Parent Teacher Night.

Week in review and student photos

Special Thanks to our IT Officer

Jess Eustace who presented a fantastic and informative session on the complex ever changing landscape of IT in Education. The information around the capabilities of Chromebooks was particularly interesting. Thanks to our P and C who continue to support the school and promote these sessions.

Please find information regarding the Technology Enabled Learning (Chromebook) Program attached. This information was presented at the information session at the P&C meeting last Monday and has answers to some of the most commonly asked questions about the program. If you require any more information or would like assistance with a Chromebook issue it is best to contact Jess, our IT officer on cblh.it@ed.act.edu.au

Students helping at St John's Care





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The Competition 'Dis-moi dix mots' for students of French

Three groups of French students participated in the competition 'Dis-moi dix mots' (Tell me ten words) which is organised annually by the International Organisation for the Francophonie. This year, Myra H and Isaac D in Year 9, were awarded the second prize for their story.



Myra and Isaac came to the Prize Ceremony at the Alliance Française where the Embassies of French-speaking countries had organised an Open Day showcasing their culinary and artistic culture as well as highlighting different tourist venues in their countries.

The Prize was given to Myra and Isaac by the Deputy High Commissioner of Canada, Ms Isabelle Martin who is seen here with Ms Flavie Coulbault who coordinated La Semaine de la Francophonie.



We wish to thank the Embassies for their generous contributions towards our students. The souvenirs from Belgium, France, Switzerland and Vietnam are great memories for the winners, the books will be of use to all our students, and the winners generously shared the culinary delights and pins with their classmates.



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General announcements

Well Done Campbell HS Canteen

The ACT Nutrition Support Service in collaboration with Education Directorate, is undertaking annual menu assessments for all ACT public school canteens. Menu assessments form part of the ACT Public School Food and Drink Policy 2015.

The excerpt below from the official report highlights what we have known for many years!

“I am pleased to advise that Campbell High School canteen continues to meet the Policy requirements, well done! Every canteen needs a Hazel”

ACT Parents and Citizens and the Education Directorate working together for safer schools

Building Strong and Safe Communities for Learning is a partnership project between the ACT Education Directorate and the ACT Council of Parents and Citizens Associations (P&C). It focuses on all of us - parents, students, principals and teachers- working together to reduce violence and bullying in schools. An initial workshop discussed the key issues, what is working well or not working well, and who contributes to these. A second workshop with representatives of the P&C Council and the Education Directorate considered the outcomes of the first workshop to help prepare for further conversations with our school community.

We want to make it easy for anyone who wants to have a say to be given the opportunity to be involved.

There are two remaining workshops you may wish to attend:

- On 9 May 2019, 8:30am – 4:30pm the workshop will explore the key question “How might we reduce and respond to violence in schools and co-create strong and safe communities for learning?”.
- In June 2019 a 2 – 3-hour showcase will highlight what we have learned. It will enable participants to attend at different times during the day.

If you require any further information, or if you wish to attend the 9 May or June workshops, please contact Ms Leanne Ballard on Leanne.ballard@act.gov.au or 6205 2912 by 12 April, last day of Term 1.



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Wellbeing tips

So where does resilience come from?

Resilience is shaped partly by the individual characteristics we are born with (our genes, temperament and personality) and partly by the environment we grow up in — our family, community and the broader society. While there are some things we can't change, such as our biological makeup, there are many things we can change.

One way of explaining the concept of resilience is to imagine a plane encountering turbulence mid-flight. The turbulence, or poor weather, represents adversity. Different planes will respond to poor weather conditions in different ways, in the same way different children respond to the same adversity in different ways.

The ability of the plane to get through the poor weather and reach its destination depends on:



- **the pilot** (the child)
- **the co-pilot** (the child's family, friends, teachers and health professionals)
- **the type of plane** (the child's individual characteristics such as age and temperament)
- **the equipment available** to the pilot, co-pilots and ground crew
- **the severity** and duration of the poor weather.

We can all help children become more resilient and the good news is, you don't have to do it alone. You can ask other adults such as carers and grandparents to help. Building children's resilience is everyone's business, and it's never too early or too late to get started. We've got some simple things that you can do in your own home.



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How can I build resilience in my child?

As a parent, carer, or significant adult, you can help to develop essential skills, habits and attitudes for building resilience at home by helping your child to:

- build good relationships with others including adults and peers
- build their independence
- learn to identify, express and manage their emotions
- build their confidence by taking on personal challenges

If your child is currently experiencing stress, challenges or hardships in life which are affecting their wellbeing, additional [professional support](#) may be necessary.

<https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience>