



# Campbell High School



*An ACT Government School  
Acting Principal: Steve Collins  
Phone: 6241 2366  
"Aspire Achieve Connect Respect"*

## **The Weekly Wrap up (Term 3- Week 7), 07 September 2018**

As we finish week seven off with some more valuable rain, students at Campbell High School have been busy completing and preparing for assessments during what is traditionally known as 'excursion free week'.

### **AWS Student Technology Day**

A group of 20 Campbell High School students have been invited to attend the Amazon Web Services Cloud Technology Day next Tuesday. This event will allow students to engage in the AWS Public Sector Summit, and be exposed to exciting cloud based developments in technology. This event highlights a renewed focus for Campbell High School into the growth area of Science, Technology, Engineering and Mathematics (STEM). We are currently in the early stages of developing a formal relationship with the University of Canberra to see STEM continue to develop its profile at the School.

### **NAPLAN**

With NAPLAN results soon to be released, it is timely to provide some additional information about the testing, particularly as the transition occurs from paper-based testing to online modes. Please see the attached documents that provide more detail about the tests, and insights on how to read the report.

### **Feedback**

Thank you so much to our families that have provided feedback regarding communications and opportunities for continued parent engagement.

In response to the valuable feedback, we have started reviewing our website to ensure relevant and current information is available and will continue to develop this further.

There have also been some comments on excursion paperwork. All ACT Directorate Schools are currently implementing the early phases of a new School Administration System. The advancing phases of this system will include the reform of the excursion permission process, and hopefully lead to a more efficient electronic process. We will continue to provide updates in this space as they develop.

### **Congratulations to the Campbell High School Band**

The Campbell High School Year 7 and 8 bands will be playing at Bandfest on Wednesday 12<sup>th</sup> September (Year 7) and Friday 14<sup>th</sup> September (Year 8), 2018. The event will take place at the ANU School of Music, the Larry Sitsky Room. Parents are welcome to attend. Additionally, the senior band will be playing at Floriade on 15 September.



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## **P&C**

There will be a P&C Meeting this Monday 10 September, 7pm. All are welcome and encouraged to attend.

## **Girls Empowerment Enrichment**

Congratulations to the Girls Empowerment Enrichment group that have committed to the Share the Dignity project, raising money and awareness for the provision of sanitary products for all women. These girls are strong advocates of human rights and are great role models and ambassadors for the School. In addition, they also hosted a morning tea for volunteer Camille, who came in to talk to the girls about the issue of domestic violence in the community. It was great to see such a strong group of young women together, realising their leadership potential. Congratulations also to Jess and Miranda for leading a great activity!



This week's health tips are focused on nutrition – one of the first things to suffer when we become stressed or extremely busy. As many students are in the midst of their assessments, please assist them to review and be conscious of their eating habits.



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## **5 Tips for Healthy Eating when Studying**

### **Don't skip meals.**

Your brain needs food and water to keep working. Mental fatigue can cloud your brain, especially if you are about to take an exam. Have a quick snack, such as a banana, apple, or low fat/carb sandwich to keep you going.

### **Eat 'brainy' food:**

Proteins from lean meat, fish and eggs, fruit, nuts and whole grains are foods that help keep the brain mentally alert. Snacking on nuts and dried fruit as well as keeping **Hydrated** with water will help stop your concentration from wavering.

### **Eat smaller meals more often.**

Large meals tend to make us feel stuffed and bloated, and the idea of 3 meals a day is a modern cultural convention and scientific research opinion is divided. However, our energy levels start depleting around 3 hours after we eat food. Having 5/6 small meals instead of 3 large ones will keep you balanced throughout the day.

### **Keep caffeine to a minimum.**

Too much will leave you jittery and dehydrated. Consider the need for caffeine at all and avoid energy drinks all together.

### **Avoid sugar!**

Seems obvious, but we are all guilty of eating high fat high sugar snacks sometimes, such as muffins, chocolate, or pastries when we are stressed out and have not prepared any food. High fat/sugar items take time for your stomach to digest and will leave you feeling sluggish.

**Regards,**

**Steve Collins | Acting Principal**