



# Campbell High School

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



## The Weekly Wrap up (Term 3- Week 9), 21 September 2018

As the end of term rapidly draws near, it is a good time for students and families to reflect on achievements thus far, and explore strategies for improvement with class teachers. The upcoming Parent Teacher Night, Tuesday 25th September, 3.30-7.30pm, allows opportunities for targeted discussions. Please be sure to make bookings via the PTO online link emailed to families earlier in the week.

### Band Fest

Congratulations to the Campbell High School Band that recently participated in BandFest - being awarded first in their class! The band continues to show strong growth in the school, with significant increase in student interest. Thanks to Mr Cusick and Ms Brown for their continued commitment and time to this program, allowing student talent to prosper!

### Dance Fest

Good luck to our huge cast of students involved in Dance Fest tonight! We look forward to good reports.

### SWAG

Congratulations to the students who recently participated in the first challenge of the 'Secret Writing Appreciation Guild' (SWAG). Mr Thomas initiated this group following the enormous interest shown in writing by our students. The first challenge was to introduce a character in 300 words or less, with a focus on originality and quirkiness. The entries were nothing short of outstanding, with Josh M in year 9, receiving a Dendy voucher for introducing us to his character, James Colby. Please take a minute to read Josh's entry below.

We would love to continue to support the students and Mr Thomas in developing SWAG and would greatly appreciate if any of our families are aware of local businesses that may be able to provide some support in providing a small regular prize to recognise student effort.

*James Colby's life may not have been necessarily happy, but it was ordered.*

*He woke up, then threw up, gripping the sink as he regretted drinking the distilled horse urine the local bar called liquor. He downed another glass to take the edge off the hangover and headed downstairs and across the road to his local diner for breakfast.*

*He knew exactly what this day would hold. His cases were few and far between, meaning breakfast would be a slice of toast with a fried egg. On a good day, the toast was buttered. On a bad day, it was just the egg.*

*Once he'd eaten, he'd walk back across the road to his office/apartment. He'd take off his coat and hang it up. Three steps would take him to his seat, an extra half step and he'd face the door, then a graceful fall into his chair.*



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*After he'd sit for precisely three hours and thirty minutes, measured by the cracked clock on the wall (broken when his former secretary threw it at him), he'd have a whiskey break. It would be a lunch break, but he couldn't afford that.*

*He'd then resume work for another five hours and fifteen minutes, still caseless, before walking down to dinner across the road. Dinner was soup and a drink. On a good day, he could afford steak. On bad days, he'd have to add chicken broth to his shot glass. Today looked to be one of those days.*

*He'd arrive home, kick off his boots, and get into bed. He'd spend an hour watching the ceiling, praying for a case, or failing that, a fiver blowing down the street, then he'd drift off to sleep.*

*That's how it went, each day of his life.*

*Why should this morning be any different?*

## **Overseas Adventures.**

We are all very envious of our two major excursions currently occurring. The Japan Trip and the World Challenge Trip to Borneo. We look forward to hearing of their travels when they return, and will share some of their great photos with our families.

## **Health Tips**

**Thanks to the PE Faculty for the action packed and extremely fun PE and Health Week last week.**

**Being physically healthy has so many benefits. Here are some points from headspace about physical activity.**

### **Your mood when you move**

We get it – when you're feeling stressed or low you probably feel more like watching TV than being active. But it's often when you least feel like it that you most need it.

You may know that exercise is good for your physical health, but it also improves your wellbeing, too!

And exercising doesn't have to be running on the treadmill. It's really anything that gets your body moving and increases your heart rate.

Activities like walking, playing sport, dancing or swimming will all help you release stress and give you a better chance of improving your mood.



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**There are so many benefits to staying active. It can:**

- help you sleep better
- improves concentration
- raise your energy levels
- improve your confidence
- release stress and reduce anxiety
- boost your mood

**Regards,**

**Steve Collins | Acting Principal**