



Campbell High School

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



The Weekly Wrap Up

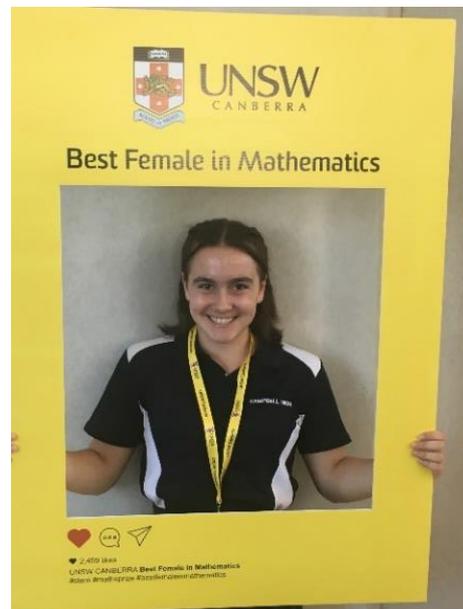
Term 1 - Week 5 (08th March 2019)

Dear Families, Students and Community Members,

It seems incredible that we are already half way through Term 1 and to reflect on how much has been achieved in just five weeks! Once again, we have had a busy and exciting week here at Campbell High School.

Excellence in Mathematics:

Congratulations to Myra Hughes and Tara Grant who received the prestigious UNSW Best Female in Mathematics Award for their year level, at a ceremony at UNSW ADFA last night. These students are proud ambassadors for mathematics and STEM and received a \$250 award and the opportunity for a scholarship. Well done girls!





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Outdoor Education: Surf Camp

Our Outdoor Education 1 course has spent the last 3 days in the great outdoor classroom at Tathra, surfing and learning beach safety skills. By all accounts it has been an unforgettable trip, and everyone is happy but exhausted!



CLASS Team Challenge:

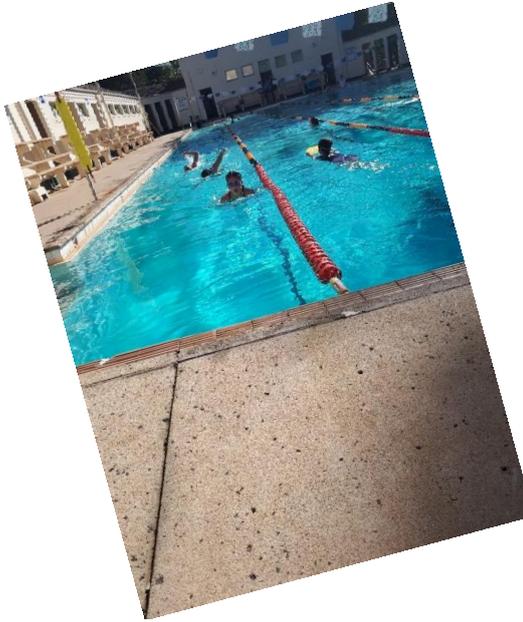
Last week we reported that the CLASS girls were out undertaking a team challenge to help raise money and awareness for HOPE DAY that is coming up in week 6. The girls ended up swimming 121km in 4 hours. Several girls swam over 200 laps of Manuka's 100-foot pool. Congratulations girls on an outstanding effort!



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International Women's day

This week 6 female student leaders attended the International Women's Day forum at the Hedley Beare Centre for Teaching and Learning. The girls listened to guest speakers and discussed strategies around how they can proactively address gender equality issues at the local level. These girls did Campbell proud, strongly displaying the school values.

Campbell staff members were also treated to a special morning tea on Friday morning to celebrate the day.

Congratulations to our Swimming Age Champions:





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URBAN SURVIVAL ENRICHMENT

The Urban Survival Enrichment teachers are still accepting voluntary contributions of \$6 from each participant to help cover the cost of consumable materials used each week. This contribution will also help to secure special guest speakers later this term. Payments can be made at the front office.

Positive Emotion

Experiencing positive emotions, like joy, gratitude, interest, hope, pride, amusement, inspiration and love, has been found to benefit mental and physical health, social relationships, and academic outcomes. Studies have shown that positive emotions help us broaden and build the way our brain responds to opportunities and challenges. We can think more quickly and creatively due to the enhanced neural connections caused by the release of dopamine and serotonin (these are neurochemicals that help our body function at its best). Furthermore, positivity broadens social responses and we can connect and attune better to others. Our wellbeing is greatly enhanced from infusing more positive emotions in our lives.

Description of Positive Education Practice: Happy Hits

1. Write down three happy thoughts- things that bring a smile to your face. For example: a favourite song, a great memory, a funny you tube clip you've seen, a person who makes you smile, a place that brings you peace, a funny scene from a movie. These are your "Happy Hits".
2. Place the Happy Hits in your pocket and read them a few times during the day. Observe how your brain responds and how your mood changes throughout the day.

Perhaps try creating your own positive experiences this long weekend with your family and friends while enjoying the celebration happening throughout Canberra. Whatever you choose to remember the power of positivity.

Coming Up: HOPE DAY

Friday 15th of March is Hope Day at Campbell High School. Hope Day is a massive fundraising effort organised by CLLASS, CLASSIC and the SRC. The funds raised go to the Cancer Council and The Leukaemia Foundation. Students are encouraged to wear red and bring a gold coin donation. At break time there will be a BBQ and bake sale as well as games including a sponge throw with teachers as the victims. Also, during this time brave students will be having their heads shaved as part of the World's Greatest Shave.

Lastly, we would like to remind our students to be safe when crossing Limestone Avenue and to use the lights to cross.

Have a safe and relaxing long weekend.