



# Campbell High School



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

## The Weekly Wrap Up T3 week 10 28/9/18

I am extremely pleased to finish the term off by receiving the news that I have been permanently appointed in the principal role at Campbell High School. I can genuinely say I am the luckiest Principal in the ACT, and feel incredibly privileged to have landed in this role. At the risk of sounding like a broken record - this is a fantastic community to be a part of. I would especially like to thank everyone that has made me feel so welcome, and I greatly look forward to next term and beyond.

Thanks to all the parents, staff and students that found the time to attend parent-teacher night. Not only did it provide a great opportunity for parents and students to learn some **suggested strategies**, but it also allowed parents and staff to have a face to face meeting, which is unfortunately not always the norm in our digital society.

### Sports

Please see the attached letter from our Sports Coordinator, Corey Gray, for information regarding changes to levy arrangements for ACT School Sport events.

### Health Tips

As the holidays are upon us, the focus is on health and safety of all, so please take the time to review this weeks health tips, including the Butterfly Foundation, sourced by our Board Chair, Clare Wynter.

<https://thebutterflyfoundation.org.au/> Focuses on positive body image. Six identified ways to be body positive:

1. Focus on what your body can do.
2. Question what you see in the media.
3. Unfollow people on social media that make you feel bad about yourself.
4. Thank people for their compliments about you, rather than 'fobbing' them off.
5. Focus on other people's good qualities too.
6. Make an effort to hang with positive people.

### Healthy Apps

Love it or loathe it, technology is here to stay with more and more young people turning to the internet and smart phones to seek help. The following is a compilation of the many available apps, websites and online programmes that address the emotional health and well-being of adults, teenagers and children.

They are for information purposes only and not intended as a substitute for professional health advice or therapy. The choice of app or programme depends upon a variety of factors, including evidence base, cost, platforms and personal preferences. Please see the attached document, kindly sourced by our Chaplain, Lee McMullan.

Have a great long weekend, and school holidays and enjoy the two F's - Footy and Floriade!

Steve

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## Mindfulness

Research indicates that the practice of mindfulness can change the brain. In this activity year 9 English students are being mindful by participating in a game that involves full concentration and being in the moment to partake. Mindfully participating is when we throw ourselves into an activity and become one with what we are doing. This type of mindfulness reportedly assists with focusing attention.

## Woodwork Projects

In Woodwork this term students have been designing and building display boxes with a few students electing to design and build their own projects. Luke M. (year 9) has created this one of a kind table which he designed and built for home.



## Student Performance in Staff Morning Teas

In recent weeks, we have invited students to share their learning at staff morning teas. This week Adissa I (Yr 8) performed a beautiful vocal version of 2002 by Anne-Marie. Cameron M. from Yr 9/10 Music accompanied Owen Cusick on guitar in their rendition of the Eagles classic Lying Eyes. It is great to see staff and students celebrate learning in this collaborative and positive way.