



Concord High School **Keeping In Touch** *Respectful Responsible Achieving* **Term 2 Week 5**

Email us your thoughts –
concord-h.school@det.nsw.edu.au

Regularly check school website –
www.concord-h.schools.nsw.edu.au

Principals Report

Staff at Concord High School engaged in professional learning with staff from Canterbury Boys High School this week in how to embed Fliprobots into STEM. We are lucky enough to be involved in a three year initiative with Actura who have provided the school with twenty four Fliprobots, teaching materials and training for staff. Beginning in term 3, Year 7 and 8 Technology students, Science students and Electronics students will engage in teaching and learning programs involving the Fliprobots.



Principals Report continued

STAFF PROFESSIONAL LEARNING

In week 5 of each term the staff at Concord High School remain at school after hours to engage in Twilight Professional Learning. The professional learning this week was focused on Strategic Direction 2 of the 2018-2020 School Plan. Staff were engaged in professional learning around the effective use of technology, assessment and International student support. The Concord High School Plan 2018-2020 can be viewed on the school website. I would like to acknowledge staff for their enthusiastic participation and meaningful discussions and planning to further support students.



STUDENT ACHIEVEMENT

Congratulations to Austin Stevens, Year 8 student who has been selected to participate in an International soccer tournament and will take part in the Gothia Cup in Qingdao China in August. We wish him well.

DEBATING

Congratulations to the Year 11 debating team who scored an impressive victory in the Premier's Debating Challenge at Sefton High school arguing the negative for 'Euthanasia should be legalised' Thank you to Mr White for supporting the students.



Principals Report continued

MUSIC, ART AND DRAMA NIGHT

Drama students in costume and character rehearsing for the MAD Night. Everyone is welcome to attend the MAD evening which will be held on Friday 29th June from 6.00-8.00 pm.



YEAR 10 SUBJECT INFORMATION EVENING

Year 10 students and their parents are invited to attend the subject selection evening on Monday 4th June from 6.00 – 7.30 pm in the school hall. On this evening we will discuss the requirements of the Year 11 and 12 curriculum and courses that will be offered in 2019.

Mrs Jody Engisch
Relieving Principal



Deputy Principals Report

by Craig Anderson & Fiona Payne

SAVE THE DATE

June 4th is Year 10 subject information night for Year 11 2019. 6 to 7.30pm in the school hall.

June 13th is Year 10 and 11 vaccinations. Expect to see information for this home soon.

June 25th is Years 10 and 11 parent teacher night.

ABORIGINAL AND TORRES STRAIT ISLANDER STUDENTS AFTER SCHOOL TUTORING

We have established a connection with Walanga Muru, the Office of Indigenous Strategy at Macquarie University recruited tutors for the usual Thursday afternoon meeting time of 3 to 4 pm in Common 4.

Please encourage your student to attend Thursday afternoon. They can bring any school work, homework or assignment that they need some help with or come along just for a chat.

Walanga Muru is a Darug language name meaning Follow your Path.

ATAR CLUB

The ATAR club runs every Friday lunchtime in the Theatrette for the term. This term the focus is on transition beyond school with a variety of guest speakers including past students, Universities, TAFE and of course our career and transition advisers. Please encourage your Year 12 student to bring their lunch and absorb some future focused information.



Welfare News

by Fiona Milligan

This week, I was privileged to attend a 2 day Mental Health in Schools Conference. One of the things we looked at was resources which teachers, students and parents can access - including helplines, interactive programs and useful websites. Please see below:

HELPLINES

beyondblue Support Service

Call or chat online with a trained mental health professional. We'll be there to listen, offer support and point you in the right direction. 1300 22 4636

Lifeline

For urgent assistance call Lifeline which is a 24-hour telephone counselling service. 13 11 14 (cost of a local call)

Kids Help Line

A free, private and confidential telephone and online counselling service specifically for young people between five and 25. 1800 55 1800 (free call from land line).

ONLINE INTERACTIVE PROGRAMS

e-couch

Interactive self-help program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss and grief.

MoodGYM

A popular interactive program that teaches cognitive-behaviour therapy skills for preventing and coping with depression. Participation is free and anonymous.

BRAVE

Online program to help you manage worry and anxiety. Includes up to 10 sessions that you can work through at your own pace.

ReachOut NextStep

This online app can help young people who are going through a tough time to access the most appropriate support services for them, based on their own unique symptoms and experiences.

USEFUL WEBSITES

headspace

Provides support to young people aged 12 to 25 who are going through a tough time, including anxiety, depression, bullying and body image.

ReachOut.com

An online youth mental health service that helps young people with information, support and stories on everything from finding motivation to getting through tough times.

connectEDSpace

connectEDSpace is a website provided by Relationships Australia Victoria with tipsheets, news and useful links to help young people manage problems and issues such as bullying, relationships, stress and mental health, and conflict with parents.

Bite Back

Share real and personal stories with others, check out videos, blogs and interviews of interesting people, check and track your mental fitness, and get your teeth stuck in to a bunch of activities.

What Works 4 U

Share treatments that worked and learn what treatments other young people found helpful.



Welfare News continued

SUPPORTING FAMILY MEMBERS WITH A MENTAL HEALTH CONDITION

Young Carers

Gives you tips on how to look after yourself and the person you are caring for. You can also call their help line on 1800 242 636.

Children of Parents with a Mental Illness (COPMI)

Having a parent with a mental illness can be tough. But COPMI have a lot of information and videos to help you get your head around it all. There's also great information for parents too.

Commonwealth Respite and Carelink Centre

Information to organise services such as home respite care, support workers and residential respite care. You can call them directly on 1800 052 222.

Itsallright

Website for young people with a parent or friend affected by mental illness. As well as factsheets and podcasts, you can submit questions and get a referral for more support.

DRUG AND ALCOHOL SUPPORT

DrugInfo

Provides easy access to information about prevention of alcohol and other drug harms, through publications, a resource centre and seminars.

National Cannabis Prevention and Information Centre-Provides information to the community, users and their families including treatment options and real stories from young people.

National Drugs Campaign

Information for young people about different illicit drugs and where to get help. Also includes a list of state based drug and alcohol info services.

EATING DISORDERS AND BODY IMAGE

The Butterfly Foundation

Represents all people affected by eating disorders and negative body image, including friends and family. Has a range of resources including a support line – 1800 33 4673.

BULLYING AND CYBERBULLYING

CyberSmart

Information on how to deal with online issues including cyberbullying, trolling, digital reputation and sexting.

Bullying No Way!

Provides information on what to do if you are being bullied, been called a bully or know someone who is being bullied.

The Line

Sometimes people make choices that cross the line. This website provides a space to talk about respectful relationships.

GRIEF AND LOSS

Australian Centre for Grief and Bereavement

Information about grief and support for people who are grieving.

GriefLine

1300 845 745 Grief helpline that provides telephone support services to individuals and families.



Concord High School

Confucius Classroom 孔子课堂 Excursion



On May 25th, 30 students from years 10, 11 and 12, along with Ms Yuan, Ms Merchant and Ms Tao travelled to the Nan Tien Temple in Berkeley, just outside Wollongong. Nan Tien, or 'Paradise of the South', is the largest Buddhist temple in the Southern Hemisphere. Building began in 1992 and the complex now features a conference centre, accommodation and mediation rooms along with the original shrines, gardens and squares. An institute has also been built nearby, adding another seat of learning to the existing TAFE and University of Wollongong.

"In the end these things
matter most:

How well did you love?
How fully did you live?
How deeply did you let go?"

Jack Kornfield



Students practiced Tai Chi under the autumn sun in the large square beneath the main shrine. An instructor demonstrated the movements, which were accompanied by traditional music and gentle commands indicating when to change position.



(Left: the square beneath the main shrine)

(Right and below: students practicing Tai Chi)



Nan Tien Temple is run by female monks. After being energised by Tai Chi, one of these monks guided us through Buddhist meditation as practiced at the temple. The meditation session was divided into three sections, walking, standing and sitting meditation. Each section began and ended with the sound of a gong. It was a unique experience, even for those of us who practice meditation and an invigorating accompaniment to Tai Chi.

Then it was time for lunch. NanTien Temple has a cafeteria style restaurant where students enjoyed the same vegetarian meals served to the monks. It was a healthy and filling lunch consisting of stir fry, spring rolls and fried rice. The students finished up the day with a visit inside the main shrine. It was a wonderful day and another opportunity for the Confucius Classroom to offer Concord High School students a memorable experience.

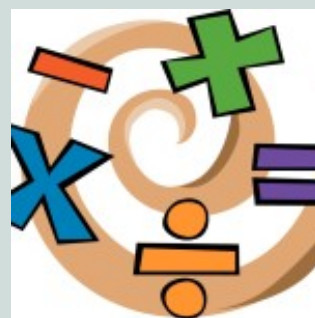
(Below: preparing for the meditation session and later, for lunch)



Concord High School

MATHS COMPETITION

There will be a Maths competition taking place in Periods 1 and 2 on Thursday 9th August. Any students wishing to participate in the competition must see Ms Ngo in Common 6 for a permission note. Payment and note must be handed in to the side office by Thursday 7th June.



Congratulations to the students listed below, who were awarded a Merit last week. Well done!

STUDENT

AWARD

Ari DRAPER

Year Adviser Award: Year Adviser

Ari DRAPER

Year Adviser Award: Year Adviser



Concord High School

ENVIRO CLUB

The school enviro club meets every Wednesday in Common 7 with Ms Bekheet. Attached is an outline of the Enviro club teams and the areas they are working on. If your student might benefit from being part of the Enviro club please encourage them to attend. Ms Bekheet will make them most welcome.

2018 Enviroclub Teams

PROMOTIONS TEAM	LANDSCAPING TEAM
<ul style="list-style-type: none"> <input type="checkbox"/> Create an 'Enviro Club' Logo?? (this will be used on all promotional materials, website, t-shirts?) <input type="checkbox"/> Enviro Club Posters <ul style="list-style-type: none"> ▪ To include the '<u>CHS Enviro Club Meeting: WEDNESDAY, Lunch, Common 7.</u> <input type="checkbox"/> Promo Posters for: Schools Plant a Tree Day on THURSDAY 27/07 (Wildlife Corridor) (8.55am-2.55pm) <ul style="list-style-type: none"> ▪ SAMPLE Promo kit available on the planetark website: ▪ http://treeday.planetark.org/coords/toolkits.cfm <input type="checkbox"/> Noticeboard (outside the science staffroom- update with group activity) <input type="checkbox"/> Campaign posters/stickers/banners (litter campaign etc) <input type="checkbox"/> Promotion of group activities at year meetings/formal assemblies <p><i>All posters and promo work will be colour printed, laminated and displayed across the school.</i></p> <p><i>Be creative.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Discuss areas to be used for potential plant sites and suitable plants <input type="checkbox"/> <u>List</u> of suitable plants are to be made (Suitable to CHS and the Canada Bay Area) and submitted for purchasing <input type="checkbox"/> Measure out areas to be used as vertical garden/tree area hedging <input type="checkbox"/> Discuss/calculate approximate number of established trees required for the area to be planted, submit for purchasing <input type="checkbox"/> <u>Design</u> suitable/CREATIVE landscaping for vertical garden (specify where certain plants will go- ensure suitable location i.e. light, irrigation system etc) <input type="checkbox"/> <u>Design</u>/take into account other materials required to beautify project areas: <ul style="list-style-type: none"> ○ Pavers/stepping stones ○ Fencing ○ Mulch ○ Etc.. (submit for purchasing) <p><i>Be creative.</i></p>
TECH TEAM	HUMAN RESOURCE TEAM
<ul style="list-style-type: none"> <input type="checkbox"/> <u>VIDEO/PHOTOGRAPH: DOCUMENT</u> entire journey of the environment team. This should include: <ul style="list-style-type: none"> <input type="checkbox"/> Wednesday Meetings (Turn out and collaboration of ideas) <input type="checkbox"/> Progress of all aspects of enviro team (promo team, landscaping team and human resource team) <input type="checkbox"/> Working bees <input type="checkbox"/> PLANTING DAY (FINALE) (27/07) <input type="checkbox"/> All other activities the group is involved in <input type="checkbox"/> These videos and photos need to be compiled in one place <input type="checkbox"/> Development and final project submission of enviroclub 2018 journey. This can be in any format the team: <i>presentation, video, music video...</i> <input type="checkbox"/> Coordinate with Filmpond (via Ms.Bekheet) to create a enviroclub film <p><i>Be creative.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Contact organisations (via Ms. Bekheet) to assist with donations for enviro club initiatives. These include: <ul style="list-style-type: none"> <input type="checkbox"/> Bunnings <input type="checkbox"/> Flower Power <input type="checkbox"/> Local Nurseries <input type="checkbox"/> Persuasive letters are to be written requesting the following: <ul style="list-style-type: none"> <input type="checkbox"/> Raised garden beds <input type="checkbox"/> Soil <input type="checkbox"/> Stepping stones <input type="checkbox"/> Herbs and Plants <p>These letters will then need to be submitted to Ms. Bekheet for approval and will be submitted on the teams behalf.</p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Communicate</u> with school <i>newsletter</i> (Ms. Bekheet), <i>website</i> (Mr.Cheeseman), K.I.T (Ms.Bekheet) and Twitter (Ms.Bekheet) to ensure school community aware of <u>upcoming dates</u> (Include posters/promotional material developed by Promo/Tech team)- See Ms.Bekheet for a list of upcoming events <input type="checkbox"/> Documentation of all group meetings to be posted onto google classroom <p><i>Be persuasive.</i></p>



Upcoming Dates

VARIATIONS TO ROUTINE TERM 2 WEEK 6 4 June 2018 – 8 June 2018 WEEK B

4 June <ul style="list-style-type: none"> o Taste of TAFE o Year 10-11 Subject selection night o Year 9 History o HSC Chemistry task 3 09am - 3pm 	5 June <ul style="list-style-type: none"> o Year 12 Bio Skills Assessment 9am - 10:45am 	6 June <ul style="list-style-type: none"> o Zone cross country wet weather date o Year 10 Science TBC o HSC Business Studies o Prelim Ancient History 11:45am - 12:35pm
7 June <ul style="list-style-type: none"> o Year 10 Cafe and Hospitality skills 09am - 3pm o Year 10 History o Prelim Industrial Tech o Year 12 Physics all day o HSC General Maths 2 11:45am-12:35pm 	8 June <ul style="list-style-type: none"> o Year 10 Visual Design 09am - 1:30pm 	

A LOOK AHEAD 2018 Term 2 Week 7, 8 & 9

A TERM 2 WEEK 7	June 11 <ul style="list-style-type: none"> o Queen's Birthday o Taste of TAFE 	June 12 <ul style="list-style-type: none"> o Year 7 Science O o Year 12 Mathematics 10:55am - 11:45am 	June 13 <ul style="list-style-type: none"> o Year 8 Visual Arts o Year 7 Science R o Year 7 Science G o Year 7 Science V & W o Year 7 Science Y o Year 12 Economics task 3 o Years 10 and 11 Vaccinations o ICAS Spelling Test 	June 14 <ul style="list-style-type: none"> o ICAS Writing test o Year 10 Cafe and Hospitality skills 09am - 3pm o Prelim Legal Studies o Prelim Society & Culture o HSC Economics o Year 9 Food Tech o HSC English Advanced & Standard-Speeches ongoing o Year 7 Science B o Year 8 Visual Arts o Year 7 Science P o Year 7 Science Y 	June 15 <ul style="list-style-type: none"> o Year 10 Commerce o Year 9 Textiles o HSC English Advanced & Standard-Speeches ongoing o Year 10 History Elective o Year 7 Science B o Year 7 Science G o Year 7 Science V & W o Year 7 Science P
B TERM 2 WEEK 8	June 18 <ul style="list-style-type: none"> o Zone Athletics o Taste of TAFE o Year 10 ISST o HSC English Advanced & Standard – Speeches ongoing o Year 9 PASS, P1&2 o HSC Extension 1 Mathematics 9:00am-9:45am 	June 19 <ul style="list-style-type: none"> o P&C Meeting 7:00pm-8:30pm o Year 9 History o HSC English Advanced & Standard – Speeches ongoing o Year 10 Drama 	June 20 <ul style="list-style-type: none"> o HSC Ancient History o HSC English Advanced & Standard – Speeches ongoing o Year 7 French o Year 7 Italian o Year 11 English EALD Task 11:45am-12:35pm 	June 21 <ul style="list-style-type: none"> o Year 10 Café and Hospitality Skills 9:00am-3:00pm o Hospitality Service Period 10:55am-3:00pm o Prelim Economics o Prelim Modern History o Year 9 Engineering o Year 9 Drama o Year 8 French o Year 8 Italian o HSC Beginners HSC PDHPE o Prelim PDHPE 	June 22 <ul style="list-style-type: none"> o Regional Cross Country o Hospitality Service Period 9:00am-10:55am o HSC Industrial Tech o HSC Community & Family o Prelim Textiles o Year 7 Technology o Year 8 Technology o Year 11 Economics Task 9:00am-9:45am
A TERM 2 WEEK 9	June 25 <ul style="list-style-type: none"> o Prelim Ancient History Assessment Task o HSC English Extension 1 Assessment Task o Year 10 Textiles Assessment Task o Year 10 History Elective Assessment Task o Year 10 PDHPE Assessment Task o Year 9 PDHPE Assessment Task o Year 7 PDHPE all week various periods o Year 12 Legal Studies Assessment Task 	June 26 <ul style="list-style-type: none"> o Year 7 English Assessment Task o Year 10 English Assessment Task o Year 8 R, V, W, Y PDHPE Assessment Task 	June 27 <ul style="list-style-type: none"> o HSC History Extension Assessment Task o Year 7 Music Assessment Task o Year 9 Visual Design Assessment Task o Year 10 Music Assessment Task o Year 8 B, G, O, P Assessment Task o PDHPE Assessment Task 	June 28 <ul style="list-style-type: none"> o HSC Legal Studies Assessment Task o Year 9 English Assessment Task o Prelim Food Tech Assessment Task o Year 9 Graphics Assessment Task o Year 7 Music Assessment Task o Year 9 Music Assessment Task o Year 10 Music Assessment Task o Prelim Music 1 o HSC Music 1 Assessment Task o Year 10 Geography Assessment Task 	June 29 <ul style="list-style-type: none"> o Year 7 Geography Assessment Task o Year 8 Geography Assessment Task o Year 8 History Assessment Task o Prelim Food Tech Assessment Task o Year 7 Music Assessment Task o Year 10 Music Assessment Task 