

Newsletter Week 4 Term 2 2024

Principal's Report



Dear Parents & Carers,

As we approach the halfway point of the term, it is like a beehive here at UC High School with so many staff and students incredibly busy engaging in all manner of activities and events. During Wk. 4 (20th – 23rd May) we saw parent teacher interviews conducted online. As I walked the corridors checking in with staff it was wonderful to see so many parents and carers engaged in meaningful conversations with our teachers, all focussed on improving student learning. To further support your child's learning, our semester 1 Assessment Calendars can be found on our school website [here](#). These calendars are designed to complement the Unit Outlines and Google Guardian Summaries. They provide a one-page summary of all assessment items in terms 1 and 2, for all students. Feedback from families suggests they are best used when placed somewhere visible in your home, where they can inform a regular conversation between parents/carers and your children. I encourage you to sit down with your child and take a look.



As I have communicated in the past, one of our school priorities in 2024 is to strengthen student wellbeing through connection to learning and increased engagement in all areas of school life. Semester 1 2024 has seen a significant growth in activities involving our house system here at UCHSK. The PBL program and a wide variety of different extracurricular areas of school life have been aligned to our house points system. Each and every positive student behaviour that is recognised by a staff member earns points towards their house. We have a huge range of clubs available for students to engage with everything from Agriculture Club, Rainbow Connection, Chess Club, Stop Motion Animation through to a number of different sporting clubs. Attendance at these clubs is also recognised with house points along with participation in events such as Science, Geography and the Maths competitions that are run throughout the year. With the house competition such a tightly run race at the moment, your child's participation could make all the difference in the overall outcome.



Tuesday 21st May saw 70 enthusiastic UCHSK students participate in the 2024 Computational and Algorithmic Thinking Competition (CAT). It was the first of two events offered by the Mathematics Faculty which the school board generously covered the cost of participation - thank you! The CAT competition is an is a one-hour problem-solving competition designed to encourage student curiosity and promote multiple modes of thinking that helps identify students' computer programming potential. We are proud of all participants and are looking forward to celebrating their results. A huge thank you to the Maths staff, in particular Jen Comans for her work in organising the event.

On the 17th May we celebrated IDAHOBIT Day which is the international day against Homophobia, Biphobia and Transphobia. It was great to see our students and staff enjoying the range of cakes and other baked goods that were on sale but more importantly spending time together appreciating the supportive and tolerant environment. Thanks to staff members Bek Kordas and Amber Quigley for their involvement.

Kind regards,

Greg Stirling

Act. Principal

What's Happening at UC High School



UC High School is hosting the team from **Menslink**. They are running the **TRIBE** program for Year 10.

Students are learning about valuing each other, trusting each other, having each other's back, and talking about what is really happening for them. It is having a powerful impact.

If you have questions, please contact Corey, our Youth Worker.



On Friday 7th June, UC High School welcomes Dr Justin Colson to present to our Year 7 students on the topic of resilience.

Justin is the co-host and parenting expert on Channel 9's *Parental Guidance*, the founder of happyfamilies.com.au, and one of Australia's most trusted parenting experts. He holds a PhD in Positive Psychology. He has written 9 books about raising children, and has 6 children of his own.

Sports

Representative sport:

A big congratulations to Lucy S. who has recently been representing the Australian Cheer community over in Hawaii at the Global Games for Dance and Cheer.



ACT Futsal term 1 week 9

7/8 Girls:

Our talented team of girls showcased remarkable skills at the recent ACT Futsal Titles. Kicking off the day with an impressive 5-0 victory, they set the tone for a successful tournament ahead. Maintaining a clean sheet throughout, the girls displayed outstanding teamwork and determination, securing victories in every game without conceding a single goal. Their journey led them to the quarter-finals against Canberra High School, where despite a tight match, they placed 4th overall. A special congratulations to Selina T. and Antonia C. for their selection to the ACT Nationals squad.



7/8 Boys:

The boys' team demonstrated exceptional skill and experience at the ACT Futsal Titles. Starting the day strong with a 2-0 win, they continued to excel, showcasing precise passing, classy footwork, and strategic plays in every match. In a tense quarter-final match where the opposition gained a one-point advantage in the final minutes, our boys remained determined, scoring an indirect kick that ignited their momentum, leading to another goal shortly after. Led by standout players like Lucas Villatobas, the team's resilience propelled them to a 3rd-place finish. Congratulations to Lucas V., Marko R., and Will G. for their selection to the ACT Nationals squad.

9/10:

In week 10 the 9/10's got their chance to show their skill at the act futsal gala day. The day started much like the 7/8 day with some sensational play and teamwork culminating in wins for both the boys and girls' teams. This continued throughout the day with the boys dominating their pool finishing on top and the girls with a few tight games, still qualifying for the quarters finishing second in their pool. In the quarterfinals, the boys put on another clinical display taking the lead early and never looking back. The Girls on the other hand had a Matilda's moment with the quarterfinal against Telopea finishing nil all and going to a penalty shootout. After the first 3 rounds of shots, the teams were still tied, which meant a sudden death shootout. With the pressure mounting on the 5th shot Ingrid Laursen made an incredible save, then backed it up with the winning goal. The finishing score was 5-4 on penalties. The semi-finals were a different beast, with both teams coming up against the eventual winners of their prospective comps. The girls faced Belconnen High and it was evident the emotional toll that the quarters had played on the girls going down 4 - 0. The boys played Telopea, and after a hard-fought game with Kaleen controlling the ball for most of the game with numerous shots taken, Telopea was able to come away with the win after a goal was scored against the flow of play in the dying minutes of the match. Both teams finishing top 4 is an outstanding effort, I was super proud of how everyone played on the day, with everyone having some outstanding moments/plays throughout the day.

A special mention to Isabel M., Selena T., Lewis and Kian Y., Teale R., and Thinley D. for making the ACT Nationals squad.



Combined region swimming carnival

On Tuesday of week 11 in term 1, UCHSK had 11 swimmers participate in the regional swimming carnival at the AIS. The day was a great opportunity for everyone to test their abilities against the best swimmers from both the north and south regions. We had strong results on the day with many swimmers achieving PB's and numerous top 3 finishes. Special mention to Bayden W. who was the standout swimmer in the under 16s and placed 1st in multiple events.



1 - From L-R: Bayden Wells, Skyla Wells, Arlo Herd, Luka Kirpson-Colley and Emily Williams-Strong

NRL 9's Boys

Our Year 7/8 boys' attended the NRL 9's gala day in week 2. The team displayed remarkable skill and sportsmanship all day. Despite a slow start to the day we quickly got into our groove, winning consecutive games and making it into the semifinal. But unfortunately, we narrowly lost by just one try in the closing seconds of the day. The boys showcased unwavering dedication and teamwork throughout the tournament. Their resilience and competitive spirit were evident in every pass and tackle, earning respect from peers and opponents.

ACT Swimming Championships

In week 2 term 2 UCHSK Had 5 swimmers represent the school wonderfully, all with top 10 placings at the ACT Swimming championships and many personal best times. Unfortunately, illness plagued a few of the competitors which meant a reduction in their program but were still able to produce some excellent results.

Both Bayden and Skyla achieved placings that qualified them for the ACT team. They will be heading to the Australian School Sport Swimming championships in July on the Gold Coast.

OZtag Boys

We had 22 students go out and participate in the ACT Boys Oztag Gala Day on Tuesday week 3 at Southwell park. Both teams had a mixture of experienced and beginner Oztag players. Both teams started the day slow but improved dramatically by the end of the carnival. This was evident by our 7/8 boys beating comfortably the undefeated Canberra high in the last round of the pool stage. Unfortunately, both teams didn't progress out of the pool stage but showed passages of great skills. Standout players on the day were Lucas V., Hayden B., Jasper D. & Marko R.





Oztag Girls

The 7/8 girls had a successful tournament at the ACT Oztag Gala Day on Wednesday in week 3. In a division that had 24 teams all up with 4 pools of 6 teams, they were competitive in every game. They came away with two convincing wins against Caroline Chisolm and St Clares. A draw with Canberra High. Two losses against Burgmann and Daramalan. The girls played well all day – a special mention goes to ‘try-scoring machine’ Lacey A., ‘feather feet’ Antonia C. and ‘AFL convert’ Adele E. with her huge kick-offs.

On Wednesday, the Year 9/10 Oztag Girls team competed at the ACT OZ Tag Gala day playing five matches. They started the day strong with a 7-2 win. In the following games, the girls tried their best and challenged their opponents, but unfortunately, they lost those matches, making sure the other teams had to put in significant effort. Notably, the last two teams they faced made it to the finals. The team displayed amazing talent, with girls like Cassia B., Tilly P., and Maddie B. taking leadership roles. Well done, girls!



7/8 Girls volleyball

On Wednesday this week (week 3) Kaleen sent two teams to the 7 / 8 Girls volleyball gala day.

We fielded a year 7 team and a year 8 team. The day started well with both teams securing wins, but from there the inexperience of the year 7 team showed, with the next three matches having only a few points difference but failing to get the wins. The year 8 team through the strong serving from everyone secured their spot in the grand final going undefeated for the round and minor finals. In the grand final unfortunately the experience of Merici College showed with the girls being overwhelmed by the occasion. But the silver lining to it all, is that the top two finish qualifies the year 8 team for the ACT finals day in week 9. Miss Whymark and I are super proud of everyone who attended and a massive congratulations to both teams.



Running festival results

After an amazing day of exceptional performances on the track, hard-fought battles on the handball court and stellar displays of footwork and nutmegs on the walking football field. The results were calculated and throughout the day with the lead changing 3 times meaning that like the swimming carnival the top three house were within in 50 points of each other.

The final placings from the running festival:

4th - Bradman 466

3rd - Meninga 529

2nd - Goolagong 572

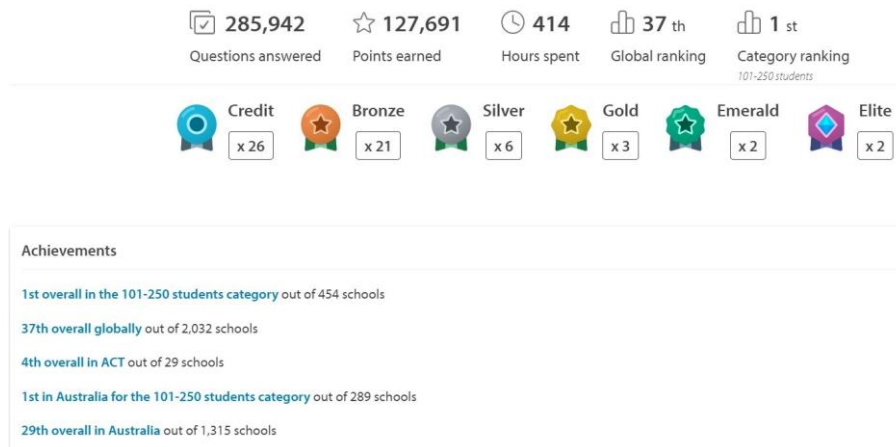
1st - Freeman 581

A massive congratulations to Freeman house, for winning the running festival.



Teaching and Learning

Education Perfect Language Championships 2024



As they say, the scoreboard tells the story!

We have participated in the Education Perfect Language Championships for the last 6 years and been, I believe, rightly proud of our achievements each year. But this year has just been phenomenal! The scores you see above are for all languages in all countries. No, your eyes do not deceive you! We obtained FIRST IN THE WORLD in the small schools category! In the past, the most awards we have achieved has been about 24 overall (from memory), but this year, as you can see, an astounding 60 of our students have achieved awards!

Indeed, special mention must be made of Michael & Thomas Montes, achieving Elite awards (over 10 000 points each), and Bila Mubarak getting oh! So close! with 9144 points. However, the difference this year has certainly been a team effort. There has been a concerted effort on the part of every Japanese student, spending hours in the library at lunch time, at home, and in class, grinding, grinding, grinding away at EP lessons, revising previous work, learning current work, and challenging themselves with additional work, extending their language knowledge to other topics and other languages. The enthusiasm has been infectious, with students encouraging and challenging each other and themselves to just do better, always!

I am incredibly proud of our students, and feel very honoured to have witnessed such an incredible achievement this year!

みなさん、よく できました！ Well done, everyone!

Mrs Emerson



We hope this issue of Career Hub News is informative as we recap some significant events and look forward to exciting opportunities in career development

A Highlight of May: WHS Presentation



On May 10, our Year 10 students engaged in a pivotal Workplace Health and Safety (WHS) presentation, which was crucial for preparing them for future work placements. We thank Cloe and Rosie from the Young Workers Union. The session was informative and interactive, as evidenced by our students' enthusiastic participation. Attached are some snapshots from the event.

National Careers Week 2024

From May 13 to 19th, we celebrated National Careers Week, an initiative by the Career Industry Council of Australia. This week was dedicated to exploring diverse career paths, understanding the importance of career development services, and appreciating the dedicated career practitioners who guide us.

Work Experience (WEX) Updates

A round of applause for the Year 10 students who have completed or secured their Work Experience placements! For those still looking to secure a WEX placement, remember students can search for potential hosts/employers via the InPlace platform on their backpack. Year 10 students are expected to complete WEX placements by the end of 2024. Don't hesitate to reach out to me at jackie.macdougall@ed.act.edu.au for any assistance.

Save the Date: Canberra CareersXpo



careersXpo

Wed 7 August 2024 9am - 3pm & 4pm to 7pm
Thurs 8 August 2024 9am to 3.00pm

Open to all college, high school & tertiary students, postgraduates and career changers (anyone who is currently a student or considering a career change).

Parent & Student Information Program Wed 4-7pm

Over 120 local and national exhibitors, including universities, businesses, hands-on experiences and career placement organisations all under the one roof!

FREE ENTRY!

Exhibition Park, Canberra
careersxpo.com.au

Mark your calendars for the upcoming Canberra CareersXpo, set to take place at the Exhibition Park of Canberra on August 7th and 8th, 2024. This event is an exceptional opportunity for students to meet potential employers, training organisations, and educational institutions. The school will organise an excursion for Year 10 students to the Canberra CareersXpo.

Upcoming WEX Opportunity:

- **WIC Work Experience Registration**

Female and gender diverse students in Years 9 & 10 are invited to register their interest in participating in the WIC Work Experience Connection Program.

The work experience program is unique because we match you with organisations based on your unique interests and passions, so you can get the most out of the experience. Work Experience will be offered during semester 2 of 2024 at a time negotiated between the school, host, student and the student's family.

Students can register at: <https://woobox.com/5kskc9>

Registrations close June 1.

Looking Forward

As we continue to support students in their career journeys, we eagerly anticipate more enriching experiences and success stories in the coming months. Stay tuned for more updates and opportunities in our next issue!

Celebrations – Year 8 Extension Japanese Onigiri Party

Itadakimasu! いただきます!

So this is what victory looks like! The Year 8 Extension Japanese, in celebration of winning the in-school competition between Japanese classes during the EP Languages Championships, had an Onigiri Party.

They experienced a Japanese staple – Onigiri (rice balls). They could be likened to sandwiches in Australian culture. The one must have ingredient is rice, while the fillings can be pretty much 'what you like.' They had great fun squishing the rice together into balls, making different shapes, and adding a range of fillings from simple salt flavouring the outside, to umeboshi (pickled plums) and Okaka (fish flakes mixed with soy sauce) inside. Then, to boost their tastebud experience, they tried Miso soup, and Mugicha (Japanese barley tea). In the true style of world adventurers, nothing was 'weird' or 'yuck' but all was an experience to be had and enjoyed for itself.

Well done, year 8s! You are true language learners and would be world adventurers!

Gochisou-sama deshita! ごちそうさま でした!









Need to Know

Online Safety Tips for Families

Family Contributions 2024

Dear Parents and Carers,

Each year the Board of UC High School Kaleen requests Library Fund contributions from families to help support and enrich learning opportunities throughout our school.

2024 contributions to the Library Fund are now due.

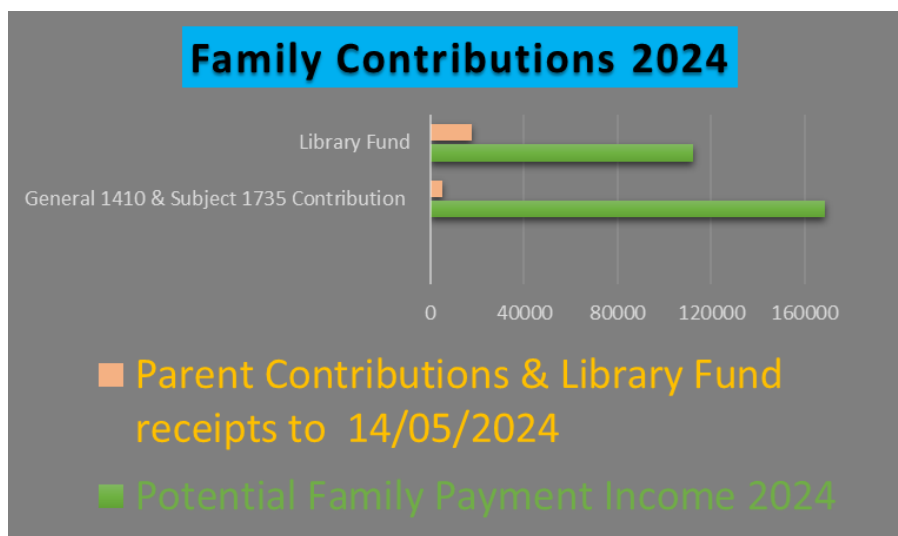
This contribution supports learning opportunities through the purchase of:

- Textbooks
- Fiction and Non-Fiction reading books.
- Research materials
- Library IT equipment and software

The requested Library contributions for 2024 are:

\$200 for the first child

\$100 for subsequent children



In the above Family Contributions Graph 2024

- The Green bars indicate the potential amount students would benefit from, if all families contributed.
- The orange bars indicate the amount the school has received in 2024 from General Contribution, Subject Contribution and Library Fund.

Requests for General & Subject Contributions will be emailed in Semester 2.

Library Fund & Voluntary Contributions		2024 Learning Program Investment	
\$60 000	Subject & General Contributions	Playground enhancements (fitness equipment, shade options, additional bubblers)	Proposed Future Investment
\$50 000			
\$40 000			
\$30 000		Necessary resourcing upgrades for new and existing elective classes (Music, School Paper, REAL – Student Leadership, Robotics & Mechatronics)	
\$20 000			
\$10 000		Guest speakers and presentations enriching core curriculum (Tomorrow Man, Courage to Care, Trouble, Happy Families, NRL's Voice Against Violence)	
\$50 000	Library Trust Fund Contributions	Contribution to online subscriptions to support student learning (Mathspace, Stile & Education Perfect)	Investment to date
\$40 000			
\$30 000			
\$20 000		Contribution to library refurbishment	
\$15 000		New textbooks, class novels & library media equipment	
\$10 000			
\$5000			

LOST PROPERTY



Lost something?

We have a large volume of lost property, particularly UCHSK jumpers!


We have sorted through the items and anything that was labelled, we have attempted to return.

If your child has misplaced an item of clothing at school, please encourage them to come and check for it during break time, before or after school - The items are located outside sick bay, close to the front office.


Alternatively parents can come and look for items before or after school.

Advertising

Parent Workshop Series





SCHOOL PSYCHOLOGY SERVICE
Hedley Beare Centre for Teaching
and Learning
Fremantle Dr, Stirling



**ADDRESSING
YOUR CHILD'S
ANXIOUS
AVOIDANCE**

PARENT WORKSHOP

- TAKE POSITIVE ACTION TO INCREASE YOUR CHILD'S ABILITY TO COPE WITH ANXIETY
- LEARN SKILLS TO ADDRESS YOUR CHILD'S ANXIOUS AVOIDANCE
- LEARN ABOUT THE ESCALATION CYCLE AND HOW TO AVOID ENGAGING WITH IT



Thursday, 30 May 2024
12:30-2:30pm

For parents of students in Years 4 to 12

Addressing Your Child's Anxious Avoidance

WHAT IS THE ADDRESSING YOUR CHILD'S ANXIOUS AVOIDANCE PARENT WORKSHOP?

Addressing Your Child's Anxious Avoidance is a 2-hour workshop facilitated by the School Psychology Service aimed at helping parents/carers increase their child's ability to cope with anxiety and decrease anxious avoidance. During the workshop parents/carers have the opportunity to develop a clear plan to address their child's anxious behaviours.

WHAT DOES THE WORKSHOP INVOLVE?

Each workshop will have approximately 12 participating families (one or both parents/carers) and is facilitated by two school psychologists. Activities are based on the Non-Violent Resistance evidence-based therapeutic approach. Your child does not attend the workshop with you.

ARE THERE ANY RISKS FOR PARTICIPANTS?

It's possible that when participants start to use the strategies taught in the program, they or their child may initially experience a higher level of distress as anxious behaviours are addressed. However, as participants continue learning and practicing a wider range of strategies, these are likely to reduce.

HOW WILL INFORMATION BE KEPT AND SHARED?

Information shared within the group is confidential and is not shared outside of the workshop. Should facilitators become concerned about a child's safety or well-being external agencies will be notified. Where appropriate, the facilitators will endeavour to assist families to identify the appropriate next steps in gaining support.

At the end of the workshop participants will be asked to complete short questionnaire. This data is used to evaluate the effectiveness of the program. File notes regarding parent/carer involvement in the program will be recorded, stored securely, and placed on an electronic student School Psychology file.

SCHOOL PSYCHOLOGY SERVICE
Hedley Beare Centre for Teaching
and Learning
Fremantle Dr, Stirling



RESPONDING TO YOUR CHILD'S STRONG EMOTIONS

PARENT WORKSHOP

- TAKE POSITIVE ACTION TO ADDRESS YOUR CHILD'S CHALLENGING BEHAVIOURS
- LEARN SKILLS TO DE-ESCALATE CONFLICT
- MAKE POSITIVE CHANGES IN YOUR FAMILY'S INTERACTIONS



Thursday, 20 June, 2024
12:30 - 2:30pm

For parents of students in Years 4 to 12

Responding to Your Child's Strong Emotions

WHAT IS THE RESPONDING TO YOUR CHILD'S STRONG EMOTIONS PARENT WORKSHOP?

Responding to your Child's Strong Emotions is a 2-hour workshop facilitated by the School Psychology Service aimed at helping parents/carers address their child's challenging, violent, or destructive behaviours. During the workshop parents/carers have the opportunity to develop a clear plan to address their child's challenging behaviours.

WHAT DOES THE WORKSHOP INVOLVE?

Each workshop will have approximately 12 participating families (one or both parents/carers) and is facilitated by two school psychologists. Activities are based on the Non-Violent Resistance evidence-based therapeutic approach. Your child does not attend the workshop with you.

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A 2-HOUR WORKSHOP
AIMED AT DEVELOPING
COMMUNICATION SKILLS
FOR FAMILIES



CONNECTED CONVERSATIONS PARENT & CARERS/TEEN WORKSHOP

- EXPLORE THINKING STYLES AND HOW THEY CAN INCREASE THE CHANCE OF CONFLICT
- EXPLORE FLEXIBLE THINKING AND HOW THIS CAN ASSIST US IN COMMUNICATION
- LEARN THE CRITICAL SKILL OF VALIDATION



Tuesday 27th June 2024
2:30-4:30 PM
Hedley Beare Centre for Teaching
and Learning
For students in Years 7-10

Connected Conversations

WHAT IS THE CONNECTED CONVERSATIONS WORKSHOP?

Connected Conversations is a workshop aimed at helping teenagers and their parents/carers strengthen their skills in communicating with each other in an effective way. The skills taught in the program promote flexible and empathic communication. All skills are based on a therapeutic framework called Dialectical Behaviour Therapy.

WHAT DOES THE WORKSHOP INVOLVE?

Connected Conversations is a 2-hour workshop facilitated by school psychologists. Activities are based on evidence-based therapeutic approaches and are designed to be engaging and interactive. Parent/carers and their teens will actively practise the skills covered and there is an opportunity to take home material.

WHO IS THE WORKSHOP FOR?

Connected conversations is aimed at students and or families experiencing low to moderate levels of distress. This includes families who may be struggling with sadness, frustration or anxiety in or around their communication. This workshop is made to be useful for all members of a family.

HOW WILL INFORMATION BE SHARED?

General information about the program will be communicated with key staff in the school, as well as parents and/or caregivers.

Should facilitators become concerned about your safety or well-being parents/carers will be advised, and the relevant key school staff may also be notified. The facilitators will assist you and your family to identify the appropriate next steps in gaining support.

Brief file notes regarding your involvement in the program may be recorded, stored securely and placed on an electronic student counselling file with restricted access.

Audrey Fagan Enrichment Grants

Is funding stopping you from pursuing your passion and goals? The 2024 Audrey Fagan Enrichment Grant Program is open for applications!

The Audrey Fagan Enrichment Grants highlight the ACT Government's commitment to the development of opportunities for a young girl or gender diverse people aged 12 to 18 years. The grants aim to inspire young girls and gender diverse people to enhance their skills and knowledge within their area of interest.

The Enrichment Grants are part of the ACT Governments Audrey Fagan suite of programs. Established in 2007, this program is in memory of Audrey Fagan, the ACT's first female Chief of Police. This program honours and recognises her support and mentorship of girls and gender diverse people.

The Enrichment Grants provide funding of up to \$2,000 to help eligible applicants to achieve their goals. It also provides an opportunity for them to make decisions, take responsibility, or initiate projects in collaboration with an experienced mentor of their choice. The grant funding can contribute to costs like equipment, forums, courses, or travel expenses.


To find out more and to apply, scan the QR Code or visit Funding for girls, non-binary and gender diverse young people to achieve their goals - ACT Government¹

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jane@literacyforlife.act.edu.au
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(02) 6287 3833



parentline

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¹<https://www.act.gov.au/money-and-tax/grants-funding-and-incentives/funding-for-girls,-non-binary-and-gender-diverse-young-people-to-achieve-their-goals>

²<https://www.kaleenhs.act.edu.au>

³<mailto:UCHSKaleen.infomation@ed.act.edu.au>