

Newsletter Week 4 Term 4 2024



Principal's Report



Dear Families,

It has been lovely to welcome our 2025 year 7 students during our transition days this week. Our year 7 coordinator has already spent time at each of the schools meeting the students in their primary school settings and started to build connections in preparation for next year. It is always our aim to make the transition between schools as seamless as it can be for both students and their families.

Last week we celebrated World Teacher's Day and were graciously provided with a scrumptious morning tea and a lovely card to remind the staff how valued they are in the role that they play in young people's lives. Jenelle Reynolds was nominated as UCHSK's Teaching Giant for 2024 in recognition of the role that she plays in upholding our school mission and vision and doing whatever it takes to successfully engage all students in learning with dignity and agency. In my short time here at UCHSK, this is one of the things that stands out to me the most, the commitment and dedication that our staff show every day to make learning engaging, relevant and challenging while still being accessible for all learners. It isn't an easy job, but they certainly do it well.

I am on leave until the end of week 4. Greg Stirling will be acting in my position until I return and Brad Robertson will be acting in Greg's position. Connor Laenen will also be heading off on some leave soon with Trevor Horrell acting in his position during this time.

A reminder when dropping off and picking up students from school to please park in the allocated bays. We have had some families parking in the bus zone which impacts the safety of some of our more vulnerable children when they have to step into the traffic to board the bus because the bus is unable to pull into the bus zone.

I hope to see many of you at the Community Forum where you will have a chance to hear about the schools successes in 2024 and contribute your feedback on the school improvement plans for 2025.

Kate

Happy World Teacher's Day



Community Forum

We will be holding a UCHSK Community Forum on Wednesday 13th November 5:30-6:30pm at UC High School Kaleen

All welcome! We would love to see everyone from the school community there!

Please RSVP - see below for details

**UCHSK
COMMUNITY
FORUM**

**WEDNESDAY 13 NOVEMBER 2024
5.30 - 6.30PM**

CURRENT AND PROSPECTIVE UCHSK FAMILIES ARE INVITED TO JOIN US FOR A CONVERSATION AT UCHSK DURING WEEK 5 OF TERM 4

THE COMMUNITY FORUM WILL PROVIDE AN OPPORTUNITY TO WORK COLLABORATIVELY WITH THE PRINCIPAL TO SHAPE THE FUTURE OF UCHSK IN RESPONSE TO THE NEEDS OF OUR CURRENT AND PROSPECTIVE COMMUNITY. THERE WILL BE OPPORTUNITY TO SHARE YOUR IDEAS ON WAYS TO STRENGTHEN COMMUNITY CONNECTIONS ACROSS OUR FEEDER PRIMARY SCHOOLS AND HIGH SCHOOL AND TIME FOR Q&A.

PROSPECTIVE FAMILIES ARE THOSE LIVING IN OUR PRIORITY ENROLMENT SUBURBS:

- MCKELLAR
- LAWSON
- KALEEN
- GIRALANG

PLEASE RSVP TO REGISTER YOUR ATTENDANCE

THERE WILL BE TEA, COFFEE AND BISCUITS AVAILABLE ON THE EVENING.

UCHSKaleen.information@ed.act.edu.au ✉
6142 0490 ☎

The poster has a blue and white color scheme. It features the UCHSK logo at the top left, which is a yellow and blue circular emblem. A photo of a woman sitting on a green chair is in a circular frame on the right. The text is arranged in a clear, hierarchical layout with bold headings and bullet points.

Online Safety and Wellbeing

How can parents increase their knowledge to keep their young people safe online?

In Term 4, the Online Safety Education team will be delivering a live webinar for P-12 parents and carers – [From AI to Age Verification: Essential Online Safety Updates](#). This webinar will cover the latest trends and practical advice for keeping children and young people safe online, with new insights into online safety as we head into the summer holidays. We will also offer guidance on buying smart devices safely and fostering positive online habits over the break. In addition to the live webinar, [recorded sessions](#) from Semester 1 and a series of short videos on emerging online safety issues and resources are available to support families year-round.

- **When:** Tuesday 19 November 2024, 6:00 pm-6:45 pm **OR** Thursday 21 November, 12:15 pm-1:00 pm
- **Where:** Online – [RSVP for link to registered participants.](#)

Online Safety and Wellbeing: Recorded Webinars and Videos

Part One: Safe and Alert
In Part One we look at safe and unsafe people, places and information and what parents and carers can do to.

Topics

- online grooming and sextortion,
- protections you can put in place, including parental controls, and
- how to report an online safety incident.

Part Two: Balanced and Responsible
In Part Two we look at how your young person can be empowered to have more balance in their online activities.

Topics

- screen time and setting limits while building responsibility and good habits,
- harmful and inappropriate online content and tech addiction, and
- family technology agreements.

Part Three: Respectful and Empowered
In Part Three we look at what it means to be respectful, kind and inclusive to ourselves and others online.

Topics

- cyberbullying,
- how to support your child to use technology as a tool to make a meaningful impact, and
- wellbeing resources and support available when you need it.

Mini Moments: Online Safety series
New episodes released throughout the term.
A series of short, simple and quick updates on emerging online safety issues and resources, made for parents and carers. Find out more about topics like sextortion, the eSafety Guide, online safety for early years, and our top tips for online safety for your family.

From AI to Age Verification: Essential Online Safety Updates
Helping families be aware of the latest trends and issues in online safety and how they can take positive steps to keep their children and young people safe.

Parent & Carer Online Safety Webinars - 2024



Help your family be more confident and safe online by:

- understanding online safety and risks young people face,
- learning strategies to prevent and respond to online issues,
- supporting your child to be safe online, and
- knowing where to go for further support.

**Multiple webinars per term.
Afternoon and evening times available.
All RSVP's receive video content and resources.**



**SCAN THE QR CODE OR
TYPE THE LINK BELOW
INTO YOUR BROWSER**

bit.ly/2024_OnlineSafetyWebinar_RSVP



What's Happening at UC High School

Sports Report

13&O ACT Athletics carnival

13&O ACT Athletics carnival was held week 10 Term 3 - UCHSK had some outstanding results, all the competitors from Kaleen finishing in the top ten in their events. Special mention to Rico A, had an exceptional event claiming second place in the shotput missing first place by 1 cm and Lachlan W who finished 3rd in the boys' 14 years Javelin. Lily F also had exceptional results with 2 x 1st place finishes and an ACT record for discus in the 14 years multiclass division. Also Top 5 finishes for Tyler P (Javelin) and Sammy G (triple jump)

ACT Beach Volleyball Pairs Comp:

UCHSK had 48 Students in 24 teams attend the ACT Beach pairs comp. Everyone had a wonderful day with all the students upholding the UCHSK values when other schools chose to challenge them. But at the end of the day we had some great results with, the 7&8 teams finishing 2nd and 3rd, and 6 other teams rounded out the top 10. Our 7&8 boys had all 6 teams finish in the top 10, just missing out on the top spot but finishing in 2nd, 3rd and 4th.

Our 9/10s had a 4th place finish in the boys and 3rd place in the girls. All of the other 9/10 teams also finished in the top 10.



ACT Boys Netball Gala Day

UCHSK took two teams to the ACT Boys Netball Gala Day. While the results didn't go our way, both teams played well and enjoyed the day.



Representative Sport news

Volleyball

Skyla, Blanaid and Marisa represented ACT at the volleyball nationals in Bendigo in week 9 term 3. The girls played amazingly but unfortunately fell short in the game against NSW in the crossovers to make the medal playoffs, which meant they finished in 5th place overall.



Mountain Bike Orienteering

In October Arlo P participated in the Australian Mountain Bike Orienteering Championships! Over 200 competitors took part in the event, including riders from New Zealand and the UK.

Mountain Bike Orienteering is a growing sport that's great fun for kids and adults alike. Riders have to negotiate a course of trails on their bike to find "treasure" within a 60-minute time frame.

Arlo competed in the Middle distance event on Saturday 19 October at Stringybark Hill, Jerrabomberra. He placed 2nd in the event and had a blast!



Hockey

Nate Carloff went over to Perth in Week 10 Term 3 to represent ACT at the u14s hockey nationals as their main goalkeeper. The team did awesome and came home with the bronze medal, which is unheard of for ACT in this age group. By all accounts, Nate had a perfect tournament and kept them in a lot of tight games.

Football

Ingrid's team won the national premiers league U17 division in Football during week 8 of term 3. Ingrid's team defeated Belconnen who came top of the ladder and were expected to win. The game went down to the wire with the teams locked at one all at full-time. Extra time -still one goal each. The game went to a penalty shoot-out. Majura taking the win. Ingrid saved a penalty and also scored one. It was a great nail-biting game and the referees awarded Ingrid player of the match.



Water polo

Also in week 10 of term 3, Bayden Wells represented the ACT in the 17&U water polo National State Champs on the Gold Coast. This was Bayden's first year in this age group and he was one of only 3 bottom age players selected for the team. They played well, but lost in a penalty shootout to make the medal playoffs, finishing in 5th place overall.



Futsal

At the end of term 3 Lucas V, Teale R, Marco R, Thinley D and Antonia C, represented the ACT at National School Futsal Championships in Brisbane on 27-30 September (the last day of term 3 and the first weekend of school holidays). Lucas and Marco had great success with winning the 14 boys competition. On individual notes, Lucas and Thinley made all-star 10 for their respective comps. Teale received an awesome letter after attending the National School Futsal Championships. He has been selected to represent Australia in the U17s National team which will take place in Malaysia next year.





Basketball

Rory B has been selected for a basketball squad representing Team Australia, the team will travel to America in July 2025 to play in tournaments. They selected 30 players in total to make 3 teams from Gold Coast, Adelaide, Sydney, Canberra and Melbourne. They will have college and high school coaches watching the games in the US with the prospect of players being offered scholarships.

Teaching and Learning



Year 10 students Keelia Watson and Sabeel Al Hariri recently placed in the top 3 in the ACT in the National History Competition. An awards ceremony was held at Old Parliament House on the 7th of November. Congratulations on this outstanding achievement Keelia and Sabeel, this is well deserved recognition of all your hard work.

English Faculty

There's been a lot happening in English lately at UCHSK!

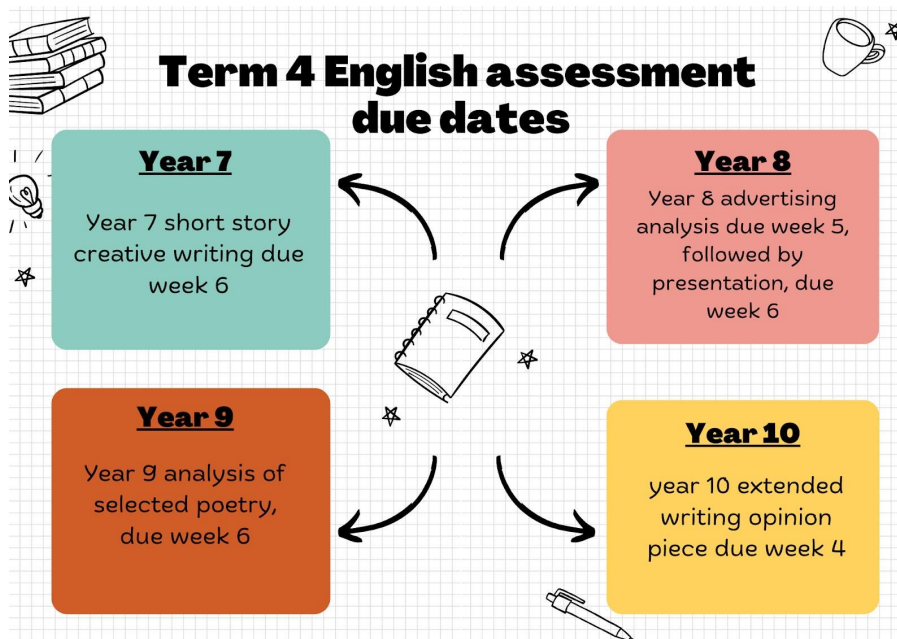
The year 6 transition sessions were held in week 3, where we had year 6 students visit our school and do activities in English, Maths and Agriculture. In English, students wrote creative stories called 'Monster Under the Bed', where they let their imaginations run wild. The year 6 students produced some really creative stories, and we can't wait to see them at UCHSK next year!

Students in years 7-10 have received feedback on their English assignments over the last few weeks, which has been a great opportunity for teachers and students to celebrate learning. If you haven't seen any of your student's feedback, why not talk to them about it and see how they went in their latest assessments?

The School Paper English elective class has been working hard all semester on the yearbook, and it is almost ready to be published! The class, along with their teacher Ms Ellis, are so

excited to have the book published and to see all of their hard work in hard copy. Yearbooks will be available for students / parents to purchase, and a link to the purchase details has already been sent to Year 10 families. If you are not the family of a year 10 student, or you can not find the link in your email, please contact the front office to ensure you get your order in. We hope to have yearbooks in the hands of their owners on Monday of Week 7.

We're heading into a busy assessment time in English. Find the due dates for assignments for all year levels below:





Need to Know

Student Chromebook cables testing and tagging due

The electrician will be on site next Thursday 14/11/2024

Please drop the cables to Tracy in the library on Thursday morning. Attach your name and year level to the cable.

Year 10 Formal

As we head towards the end of the school year, we will be celebrating our Year 10s time at UC Kaleen High School.

Thread Together is a service through St Vinnies that supports students who might be facing financial difficulties to find their formal wear.

Here's the link for more information about the service:

<https://www.vinnies.org.au/act-surrounds/find-help/food-housing-clothing-act-surrounds/thread-together-clothing-hub>

If you or someone you know might fit the criteria to be referred through the service, get in touch with Youth Worker Corey Grafen or Lily Doyle

Vinnies - Thread Together Canberra

CLOTHING HUB

Thread Together **collects brand new unsold clothing** from all around the country, saving it from landfill. We partner with charities and social service agencies to **distribute it to people doing it tough.**

All clothing is given at no cost to people in need with the help of our network of charities and social service agencies.



WHO CAN ACCESS THE CLOTHING HUBS?

A person or family who has been assessed and referred by one of our community partners.

- Any person experiencing hardship or disadvantage.
- People experiencing homelessness, living in crisis accommodation, fleeing domestic violence, or struggling financially.
- Refugees and asylum seekers.

BECOME A COMMUNITY PARTNER

If Thread Together could benefit the people you work with then join us by becoming one of our community partners.

Simply email an expression of interest or any questions to our team using the email below.

Thread Together Clothing Hub Canberra is a partnership between Thread Together and St Vincent de Paul Society Canberra/Goulburn.

CONTACT OUR TEAM

Contact our **Thread Together Clothing Hubs**

✉ threadtogether.cg@vinnies.org.au

📞 13 18 12

ACT Instrumental Music Program



ACT Instrumental Music Program

ACT Chorale for 2025

The ACT Instrumental Music Program would like to invite interested vocalists (singers) who will be in **Years 8-12** in ACT government schools in 2025 to apply for membership in the ACT Chorale (formerly known as Senior Concert Choir).

The ACT IMP ensembles are an excellent opportunity for hard-working, skilled and committed young musicians to work together in an enriching environment. The groups are active performance ensembles, and the families of students auditioning need to be prepared to make a strong commitment to rehearsal and performance attendance for the full year.

No auditions will be held for this ensemble. For reasons related to staffing and capacity of our rehearsal space, places will be limited. Selections will be made with consideration given to achieving a balanced ensemble across all voice types and year levels. Offers of place may also be made based on date of application submission.

Music reading skills are desirable, but are not required.

Applications close **Monday 18 November 2024**. This is a strict deadline.

Three ways to access the online application form:

- <http://www.imp.act.edu.au>
- QR code
- <https://forms.gle/77V0unw9ypD67Zjz8>



Please note that submission of an application form does not guarantee an offer of membership.

Please note that students who accept a place in the ACT Chorale for 2025 will also be required to be part of their choir at school in 2025, if the opportunity exists.

There is a membership fee of approximately \$150 per year. Rehearsals will be held each Monday 5:30-7:00pm during school terms.

Information cards and posters will be available from the Music/Arts teacher at your child's school from Term 4, Week 3. Further details are also available on the IMP website.

If you have questions about the application process, please contact Shoshanna Honey-Erlandson (IMP SLC) at shoshanna.erlandson@ed.act.edu.au

We look forward to receiving your application!

Kind regards,

Joel Copeland
Principal
ACT Instrumental Music Program

Family Contributions 2024

Dear Parents and Carers,

Each year UC High School Kaleen School Board requests voluntary contributions from families to help support and enrich learning throughout our school.

General Contributions and Subject Contributions are now due.

These contributions will support learning opportunities through the purchase of:

- Essential learning materials for Core Classes
- Subject Consumables across all Faculties

The requested **General Contributions** for 2024 are:

\$170 for the first child

\$110 for the second child

The requested **Subject Contributions** for 2024 are:

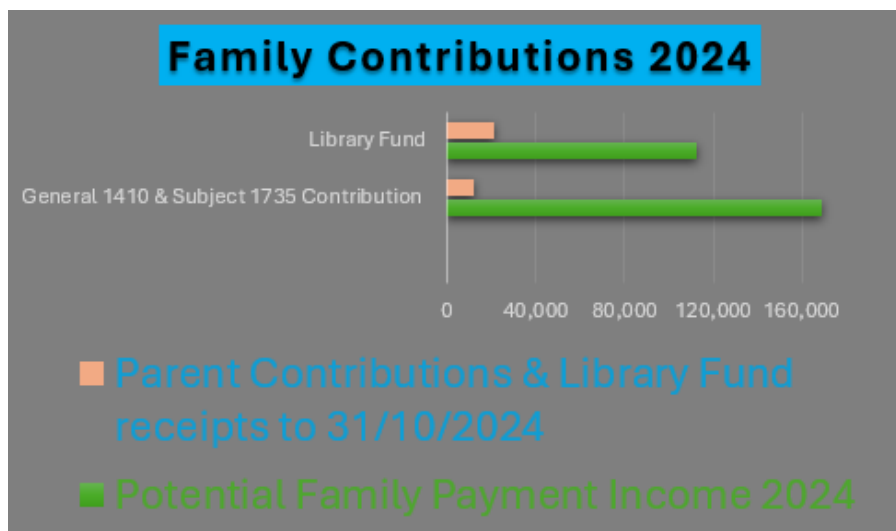
\$130 for the first child

\$100 for the second child

Your contribution is greatly valued and enables our school to deliver high quality educational programs for all students. Thank you for your ongoing support.

Please note: The payment of all contributions is voluntary. The Education Act 2004 states that your child will not be refused benefits or services if you choose not to contribute. Individual records of contributions are confidential.

Payment options are detailed on the school website and are attached to the original email. Contact the front office for further information.



In the above graph, the **green** bar graph shows the financial benefit to the school if every parent/carer paid the full amount for:

- Library Fund – Tax deductible
- Subject Contribution
- General Contribution

The **orange** bar on the graph below indicates the amount the school has received so far in 2024 from parent/carer contributions.

Community News



Are you struggling with your teenagers' or pre-teen's anxiety? Is school attendance a challenge?

[Join our FREE two-part PERKS Parenting Workshop](#) focused on helping parents navigate adolescent development and anxiety.

You will leave the workshop with practical strategies to support your teen.

Session 1 Topics:

- Understanding adolescent brain development
- How brain changes affect communication and relationships
- Body language and effective communication tips

Session 2 Topics:

- Linking cognition, behaviour, and emotions
- Anxiety management strategies
- Practical tools for handling anxiety

Additional Information:

- **Adjunct Care:** We will provide youth workers to supervise your teens. If you plan to bring your children, please email or text Nicole with the number of children, their ages, and any other essential details.
- **Dietary Requirements:** This workshop will provide free dinner, including for the teens. Again, please email or text Nicole with any dietary requirements.
- **Registration:** Registration is a must due to the limited venue capacity. If you can't attend after registering, please notify Nicole to free up your spot.

Contact for Registration and Inquiries:

Nicole Molyneux, Network Coordinator at Barnardos

- Email: nmolyneux@barnardos.org.au
- Phone: 0482 163 878

[Register on Humanitix.](#)

We look forward to seeing you at the workshop!



RED SHED

KICKSTART SCHOOLS PROGRAM

**INFORMATION
SESSIONS**

PURPOSE

To provide details on our rowing programs and opportunities for school students and crews to access subsidised rowing.

**PRESENTATION
& FACILITY TOUR**

Join Head Coach, Beth Bryan, and her team as they provide key details of our programs and how they can benefit your students and community.

RSVP

info@redshed.org.au

*Please RSVP with your preferred session by
Tuesday 5th November.*



RED SHED

SUPPORT OUR MISSION




The infrastructure is in place and the vision is a reality...
Now it's time to achieve our goals! Join us to provide exceptional opportunities for today's teenagers.

Our mantra is *'Rowing For All'* providing access to rowing for students whose education institutes can not provide their own rowing teams or facilities.

1000 STUDENTS IN OUR BOATS PER ANNUM
SUPPORT & SPONSOR PROFESSIONAL ROWING
INCREASED OLYMPIC ASPIRATIONS ACHIEVED
BY PUBLIC HIGH SCHOOL STUDENTS



Girls' Programming Network

Girls teaching girls how to code

- Term 4 GPN now open for registration!
- Sunday 24 November 2024 at ANU

The Australian Signals Directorate is excited to announce the Term 4 Girls' Programming Network (GPN) event, scheduled for Sunday, 24 November 2024 at ANU.

What is GPN?

- The Tech Inclusion Girls' Programming Network is a workshop series for girls in grades 6-12.

- It is a community of women and girls interested in computer science, programming, and information technology.
- The workshops are led by Tech Inclusion tutors and local women studying or working in IT in industry, academia, and government.
- In the workshop, girls will be completing the Password Cracker project, seeing how passwords work behind the scenes and learning how to crack insecure passwords!
- Tutors will cover the basics for beginners and introduce advanced concepts for those with more experience.
- The Australian Signals Directorate has a long-standing relationship with the GPN and supports the Canberra node of this fantastic program.
- The workshops are free, and no prior coding experience is required.
- Lunch, snacks, and computers will be provided for students.

Registration details:

- Opens: Sunday, 3 November 2024
- Closes: Friday, 22 November 2024, at 5:00 PM
- Register here: <https://events.humanitix.com/gpn-canberra-term-4?c=asd>

Boys
& Girls





YOUTH DEVELOPMENT PROGRAM TRIALS

SEASON 2025

Expressions of Interest

NOW OPEN





U10s
to U18s

YOUTH DEVELOPMENT SQUADS

**For talented male and female
soccer players aged U10s to U18s**

Canberra-based National Premier League (NPL) club Tigers FC is running Youth Development Program trials for boys and girls at Aranda District Playing Fields in November and we'd love you to come along.

If selected, your child will be offered a place on the Tigers FC Youth Development Program which runs from November 2024 to September 2025.

The program includes training at Aranda on Mondays and Wednesdays from November 2024, pre-season match opportunities in early 2025, plus playing with a Tigers FC team in the 2025 Capital Football Junior League Division I competition.

Players in every age group will receive:


- Top-level weekly training and match-day support from qualified coaches.
- A dedicated Youth Development Program Technical Director – Ian Worthington.
- Additional tailored training from Tigers FC specialist coaches (e.g. goalkeeper coach, senior NPL coaches, 'A' licence NPL coaches, etc).
- Access to the Tigers FC app for one-touch RSVPing for training and matches, details of upcoming events across the club, easy merch ordering and more.
- A Tigers FC branded season kit from Macron to keep, including personalised playing jersey with name and number, training shirt, shorts x 2 and socks x 2.*

To take your child's football to the next level, follow Tigers FC on social media and complete an Expression Of Interest here:

Boys: <https://form.jetform.com/242466347743867>

Girls: <https://form.jetform.com/242466392521861>

*Additional costs apply



Tiniest
Come & Try Classes

Open to all existing Action members & new participants
15th, 22nd & 29th of October 2024
4:30 - 5:30
Kippax Uniting Church, Mait

Subbies
Come & Try Classes

Open to all existing Action members & new participants
24th, 31st of October & 7th of November 2024
5:00 - 7:00
Kippax Uniting Church, Mait

Juniors
Come & Try Classes

Open to all existing Action members & new participants
15th, 22nd & 29th of October 2024
5:30 - 7:30
Kippax Uniting Church, Mait

Interms
Come & Try Classes

Open to all existing Action members & new participants
16th, 23rd & 30th of October 2024
5:00 - 7:00
Kippax Uniting Church, Mait

Action Calisthenics
Come & Try 3 FREE classes in term 4!
For ages 3 years to adult

president@actioncalisthenics.com.au
actioncalisthenics.com.au

Contact Us

UC High School Kaleen

104 Baldwin Drive

Kaleen 2617

61420490

www.kaleenhs.act.edu.au

UCHSKaleen.infomation@ed.act.edu.au