



Term 4 Week 8 Newsletter 2023

Principal's Report



Dear UCHS Kaleen Community,

We are fast approaching the end of the school year and it is a very exciting time. This is because in the coming weeks we will have multiple opportunities to celebrate the achievements of students with our entire community. By the time you read this piece, our year 10 students will have walked across the stage at their Graduation and danced the night away at their Formal, at the Canberra Rex Hotel on Monday the 27th of November. Congratulations to all year 10 students on their achievements. You have all made an amazing contribution to our school over the last four years and I sincerely hope it has been filled with many happy memories. I'd also like to congratulate all those who received a major award on Graduation night. What a fantastic achievement!

I would like to say a very special thank you to our outgoing school Captains. Parker, Aiden, Aubrey and Ryan have played a very important role. Not only has this group of young people been amazing role models for their peers, School Captains are a critical link between the students and the staff. I have thoroughly enjoyed meeting with them on a weekly basis. Never once did they come to me to complain about things, but always with ideas and solutions on how to make our school better. Now your job is done, and it gives me great pleasure to welcome in the new Captains for 2023:

- Anaya A
- Alice N J
- Charlie D
- Noah A

Their predecessors have left big shoes to fill, however, I'm confident they will do an amazing job!

The end of the school year is not just all about our outgoing year 10 students. On Tuesday the 23rd of November, we celebrated the achievements of students from across all four year groups at our Arts & Technology Showcase. It was wonderful to welcome the community into our school to see the wide range of completed art and technology projects on display and hear from our amazing music students. Well done to all the students involved, and a big thank you for the wonderful team of staff who supported them to produce these amazing pieces of work!

On the 12th of December, we will celebrate the semester two achievements of all year 7, 8 & 9 students. Invitations will be sent to all families of students nominated for Academic Achievement or Endeavour Awards, in week 9. We look forward to this one last opportunity to celebrate with our community for 2023.

As we head into the school holidays, we are always mindful of our student's wellbeing over these periods. It will be no secret to our families, that young people are engaging more and more in social media and other online activities. While there are some benefits to a sensible engagement in the online world, school holidays can present young people many challenges in this space. The website of the [eSafety Commissioner](#) is a fantastic resource for families. I encourage you to take a look through the materials available. In particular the parent resources on [gaming](#), [screen time](#) and other [online safety basics](#).

At the end of the school year we not only farewell our senior students, but we also, sadly, farewell a number of staff. I would like to pass on a my very sincere thanks to those staff moving on from UCHSK, some who have been with us for a considerable period of time. To Paul Leins and Alison Johnson, thank you for your contribution to the UCHSK community and we wish you well on the next stage of your education journey.

To all the UCHSK families I'd like to wish you a safe and happy holiday period and I look forward to working with you again in 2024.

Kind regards,

Daniel Mowbray.

What's happening at UC High School

Mura Award

UCHSK is proud to announce Kaleb B is a recipient of the 2024 Mura Awards. The awards are for Aboriginal and/or Torres Strait Islander students who are continuing at an A.C.T. public school in 2024. To be successful the student needed to meet the following eligibility criteria; is an active and responsible member of the school community; is constantly engaged with learning; makes a genuine effort to improve, and displays leadership qualities. The award includes a certificate and \$400 bursary for the 2024 school year. Congratulations Kaleb, and thank you to Mr Lewis for nominating him.



Allied Health Apprenticeship

UCHSK is proud to announce Kandice in year 10 has been accepted into the 2024-25 cohort of the ACT Aboriginal and Torres Strait Islander Health Academy for an Allied Health Apprenticeship. The school-based Apprenticeship Program is designed to create opportunities for Aboriginal & Torres Strait Islander students in Year 10 to 12 considering a career in health. The program is completed as an Australian School-based Apprenticeship (ASBA) over 2 days per week, in combination with attendance at school for the other 3 days of the week, and trainees are paid (for both their work placement and classroom hours) to complete a Certificate III in Allied Health Assistance delivered by the Canberra Institute of Technology in partnership with IAHA (Indigenous Allied Health Australia). Trainee's receive credits towards their Year 12 Higher School Certificate and grow their confidence, build on their work-readiness and employability skills for the health sector. Congratulations Kandice, and thank you to Mr Lewis for nominating her.



UCHSK Writing Club News

This semester, Writing Club have been working on individual writing projects including stories, non-fiction and a variety of writing prompts.

Two of our club members - Parker (Year 10) and Betty (Year 10) - entered stories in the *ACT LitLinks Competition*. Both entries won prizes: Parker won a Shortlist Award for the suspense story *Ace* and Betty won an Achievement Award for her story *The Halloween Fate*. Congratulations to both authors - we wish you well as you move into your next adventure of College in 2024! The winning LitLink stories can be read online at the [LitLinks Website](#).

Students also participated in NaNoWriMo, a challenge to write as many words as they can throughout the month of November. Each student could set their own goal, with the maximum word count being 50,000 words. In total, we had six challengers and they spent every Tuesday lunchtime writing away. Congratulations to all students involved who reached their goal!

UCHSK Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	Ag Club	Ag Club	Ag Club	Ag Club	Ag Club
Recess	Ag Club Badminton	Book Club (English Open Area)	Volleyball (Gym) Rugby (Oval)	Rainbow Connection 9/10 (Room 30)	Futsal (Gym)
Lunch	Rainbow Connection 9/10 (Room 30) Math Club	Volleyball (Gym) Stitches (Textiles Room)	Girls Group	Girls Group	Art Club
After School	Ag Club	Ag Club	Ag Club	Ag Club	Ag Club

Interschool Sports

Basketball

Boys Basketball

Boys Basketball headed out on Tuesday week 4, with UCHSK fielding a team in the Yr 9/10 and Yr 7/8 competitions. Despite the Yr 9/10 boys being vertically challenged they played very skilfully and came away with 2 wins from 5. The Yr 7/8 boys were more competitive (height wise), with several coaching mistakes had the team finishing with only 1 win and 4 losses with a nail-biting loss to SFX (14-15 with SFX fouling us to end the game). Both teams played with great team spirit for the whole day and upheld the school values in both wins and losses. A big thank you to Mr Whitten for helping coach the Yr 9/10 team, he mentioned how well everyone played. I am super proud of all the attendees.

Girls Basketball Yr 7/8 team

Girls Basketball had their Gala day on Monday week 5, where a team of 9 year 7s went out. All were the same height as Miss Whymark except one so they did lots of jumping to get the ball. Only one student had played Basketball before so we had many training sessions before the big day. The girls won their first game much to their surprise due to the height of the other team. They also won their last game of the day by one point and were very stoked to finish on a high. Overall they came 4th in their pool and had an awesome day.

Mixed Rugby League Tag Gala Day

UCHS Kaleen took 3 teams to the Mixed Rugby League Tag Gala Day on Wednesday week 6. All students represented the school at a high level. Mr Lanham, Mrs Burns, Mr Bartholemew and Mr Mooney were so impressed with all the girls and boys who participated in the event.

Our Year 7 team played well throughout the day, despite a tough draw. They finished the day with a fantastic win that featured a great team performance. The standout for the team was Ruby.

The Year 8 team went through the day undefeated and worked well to communicate and encourage each other as the day progressed. Madi and Marko were standouts in the team.

The Year 10 team was undefeated going into the last game, which they lost from a try in the final minute. The 'goats' for the team were Shelby and David.





Celebrations

As we bring the curtain down on another exhilarating year of sport, it's time to reflect on the triumphs, challenges, and moments that have defined our athletic community. The 2023 sports season has been nothing short of spectacular, showcasing the dedication, resilience, and sportsmanship of our students.

From the adrenaline-pumping victories to the hard-fought battles, our teams have demonstrated not only their athletic prowess but also the UCHS Kaleen values, which a number of external teachers made special mention of.

We also need to celebrate the individual efforts of UCHSK students beyond the School sporting arena. 2023 saw a large number of exceptional athletes performing at Regional, State, and National level sporting events, Many of which had great success with a number bringing home medals.

As we celebrate the achievements of our athletes, let us not forget the coaches, parents, and supporters who have played pivotal roles in shaping our students. Their unwavering encouragement, guidance, and sacrifices have contributed to the holistic development of our students, teaching them valuable life skills that extend far beyond the realm of sports.

As the final whistle blows on this year, let us savour the victories, learn from the defeats, and eagerly anticipate the opportunities that the future holds for UCHS Kaleen. Here's to a successful 2023 and the promise of an even better 2024 with Goolagong House winning everything.

Teaching and Learning

UCHSC Cyber Taipan Team Shines in International Competition!

We're excited to share some exciting news from the world of cyberspace!

Our school team of three outstanding students - Fahad (Year 9), Thomas (Year 9), and Haiden (Year10) - represented UCHSK at the prestigious 2023 International Cyber Taipan competition. Competing against over 170 school teams worldwide, our trio demonstrated their cyber skills with great tenacity, skill, and a remarkable ability to tackle complex challenges, achieving impressive results that have made our entire school community proud.

Fahad, Thomas, and Haiden, showed great commitment to excellence by devoting many hours to intensive training sessions at school to prepare for this esteemed event. Their dedication to their craft was evident in how they collaborated, innovated, and tackled every cyber challenge.

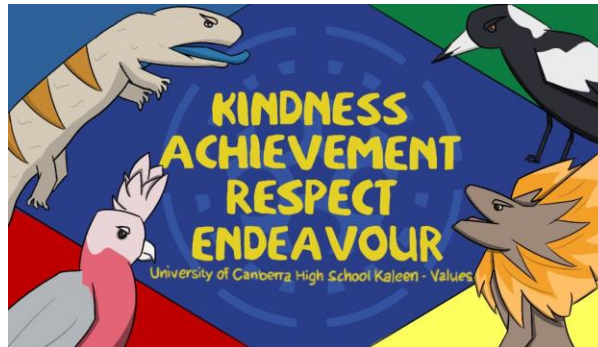
We would like to extend our appreciation to the school staff members who tirelessly supported, supervised, and cheered our Cyber Taipan Team every step of the way. It was a team effort, and moments like these remind us of the incredible talents that flourish within the walls of UCHSK. We also thank the IT Section of ACT Shared Services for lending us four brand-new laptops for the competition.

Please join us in congratulating Fahad, Thomas, Haiden, and everyone involved for their outstanding achievements. They have showcased their skills and exemplified the spirit of determination, resilience, and collaboration that we value so profoundly at UCHSK.



PBL Focus

The focus for the rest of the year is 'We finish strong'.



Free Aspirations Course | Helping you to help your teenager

Recently some staff at UC High School completed the professional development course *“Aspirations: Supporting Students’ Futures”*.

The University of Newcastle has also developed a free online course for parents, carers and community members. It is research-based and designed to support key adults in nurturing young people’s aspirations. *“When I Grow Up: Supporting Children’s Aspirations”* covers the crucial decision-making period in high school when young people are considering their post-school future. You will gain confidence in understanding and actively supporting young people, in their knowledge of post-school pathways and practical tools.

Access *“When I Grow Up: Supporting Children’s Aspirations”* at this link:

<https://catalog.newcastle.edu.au/courses/when-i-grow-up-supporting-childrens-aspirations>

UCHSK Wellbeing Team

Need to Know

Inquiry into literacy and numeracy in ACT public schools

The ACT Government announced an independent inquiry into literacy and numeracy performance in the ACT. Through the inquiry we will gain local insights into the opportunities for strengthening literacy and numeracy outcomes for all ACT public school students, with a particular focus on equity. The inquiry will also look at how supports for educators and students could be enhanced.

The inquiry is an opportunity to look at what we are doing well and opportunities to strengthen our education system.

How to get involved

An independent Expert Panel will lead the inquiry. They will consider the views of academics, educators, unions, parents and carers, and students. This will be done through calls for public submissions and stakeholder engagement.

To view the Panel Membership, Terms of Reference and more you can visit:

www.education.act.gov.au/literacyandnumeracyinquiry

Carpark



The UCHSK Carpark can be very congested and often dangerous each morning and afternoon. We are requesting the support of parents and carers to ensure our carpark is as safe as possible for all students and community members.

When dropping off or picking up students (those ready and waiting), please use the designated area shown on the diagram in green.

We are very grateful to once again have access to our overflow carpark. All parents and carers waiting to pick up their child are asked to use the overflow carpark at the south-eastern end of the school driveway, marked in blue on the diagram.

Cars should not be double parked while waiting for students. This increases congestion and reduces the safety for all carpark users, in particular those students crossing the pedestrian crossing to access the Baldwin Drive bus stop. Please avoid waiting to pick up students in the area marked in red on the diagram.

Thank you for your anticipated support on this issue.

Family Contributions

Dear Parents and Carers,

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

Contributions for Subject contributions and General contribution are now due.

These contributions support learning opportunities through the purchase of:

- Subject consumables across all faculties.
- Essential materials for core classes

The requested contributions for 2023 are:

General Contribution

\$170 for the first child

\$110 for subsequent children

Subject Contribution

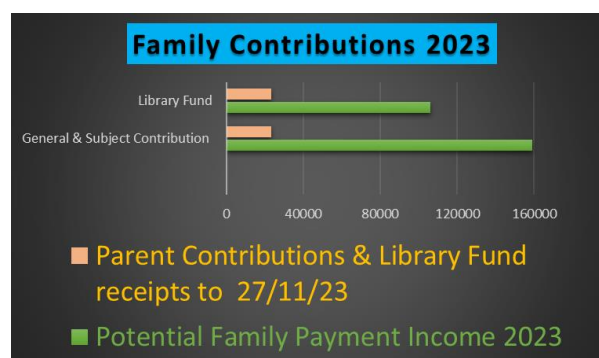
\$130 for the first child

\$100 for subsequent children

The **green bar** on the graph below 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 2023 from Parent / Carer contributions.



Cumulative Library Fund & Voluntary Contributions		Completed 2023 Learning Program Investment	
\$70 000	Subject & General Contributions	Playground enhancements (fitness equipment, student playground furniture, additional bunnies)	Proposed Future Investment
\$60 000			
\$50 000			
\$45 000			
\$40 000	General Contributions	Necessary resourcing upgrades for new and existing elective classes (Music, Robotics & Mechatronics, Sculpture)	Investment to date
\$30 000			
\$25 000			
\$20 000			
\$15 000	Library Fund Contributions	Guest speakers and presentations enriching core curriculum (Tomorrow Man, Courage to Care, Trouble)	
\$10 000			
\$5 000			
		Online subscriptions to support student learning (Mathspace, Stile & Education Perfect)	
		New textbooks & class novels	

Mindfulness & Muffins

Have you heard about the P&C's Mindfulness and Muffins initiative?

Run entirely by volunteers, M&M operates three times a term on Friday mornings before school in the library.

Staff and students practice mindfulness techniques and are handed a freshly baked muffin on their way out the door. Organisers have been thrilled with the response which has seen up to 21 students showing up.

Just a few minutes practice of mindfulness each day can make a significant difference to the mental health and wellbeing of our students and staff. M&M runs in Week 3, 6 and 9.



Rapid Antigen Tests within ACT public schools

Rapid Antigen Tests (RATs) will no longer be distributed from ACT public schools. Families can now collect free RATs from [ACT Libraries](#) where stock is available.

Please consider disposing expired RATs by recycling the cardboard and paper and disposing the remaining contents in general waste bins. If stock levels are too large for this to be possible, the entire contents can be disposed of in general waste. We appreciate your understanding and cooperation. For more information, visit [COVID Smart](#).

Advertising



The Christmas/Festive season is fast approaching, and along with it is the additional Christmas/Festive preparation expenses, not to mention the bills that will start rolling in come the New Year!

Care continues to facilitate the ACT Government's Rent Relief program for those who rent privately in the ACT. **Eligible renters can apply for the one off grant of 4 weeks rent up to a maximum of \$2,500.**

Please note: The current turn around for applications is 2-3 weeks, but could increase depending on the volume of applications received.

For more information, eligibility criteria and application form head to our website – www.carefcs.org/rent-relief-scheme

Care will be closed for Christmas from Friday 22nd December 2023 reopening Tuesday 2nd January 2024.

Kind regards,

Tanya Dunster

Financial Capability Caseworker

Monday – Thursday 8:00am to 4:00pm

Ph: 02 6257 1788 Helpline: 1800 007 007

GPO Box 2951, Canberra ACT 2601

We value your feedback. Below is a link to a short feedback form. It is voluntary and anonymous. If you would like to provide feedback on the service, you received please click on the link below.

<https://www.surveymonkey.com/r/CareFinCap>



Recognise Respond & Support

*An Online Guide
to Supporting
Youth Mental
Health*

Researchers at the ANU and the Black Dog Institute are testing a resource to see if it can help parents/carers better support the mental health needs of their children.

If you are a parent/carer of a child and live in Australia, we invite you to participate in the study.

**Use the link below
to get started!**



tinyurl.com/RRSresource



**Black Dog
Institute**



**Australian
National
University**



ACT SUMMER HOLIDAY CRICKET CAMPS & SKILLS CLINICS

INDIVIDUAL SKILLS CLINICS (2-HRS)

12-14 DECEMBER 2023 & JANUARY 2024 (DATES TBC)

3-DAY HOLIDAY CAMPS (FULL DAY)

CAMP 1: DEC 19-21 CAMP 2: JAN 9-11 CAMP 3: JAN 16-18 CAMP 4: JAN 23-25

What's included?

<p>2-HRS per session Watson Oval Suitable for 12-19yrs + <small>(Participants to be advised based on age & group & to be grouped by age & skill level)</small></p> <p>TUESDAY DECEMBER 12TH 8:30am-10:30am Batting Against Pace 11:00am-1:00pm Fast Bowling</p> <p>WEDNESDAY DECEMBER 13TH 8:30am-10:30am Batting Against Spin 11:00am-1:00pm Spin Bowling</p> <p>THURSDAY DECEMBER 14TH 8:30am-10:30am Power-Hitting 11:00am-1:00pm Wicket-Keeping / Fielding</p>	<p>9am-3pm Watson Oval Suitable for ages 6-17+ <small>(Participants to be advised based on age & group & to be grouped by age & skill level)</small></p> <ul style="list-style-type: none"> A structured & enjoyable program with a wide variety of cricket drills, activities and games Coaching that covers all aspects of the game including batting, pace & spin bowling, fielding, wicketkeeping, and more! A fun, team-based learning environment Technical, tactical & game sense tuition Qualified & experienced coaches T10 Challenge Cup Daily & weekly prizes up for grabs!
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Contact Holly on 0400125342 or activeallsports@outlook.com

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