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Our campus’ entry in the Herald School Newspaper Competition
‘We don’t just catch and release, we catch and hold.’ Eliot Washor- Founder Big Picture.

Catch and hold. Catch the learning and hold them to it! This leads to my discussion around the next part of our journey together as a learning community:

The Gateway Exhibition.

This year we will embark on our first ever Gateway Exhibitions. The idea of the gateway is to exit students from the junior years of learning and move them forward into a new learning pathways that are the senior years. This Gateway is the culmination of their learning through their junior years of schooling. It is the celebration of their journey so far. It will include all their learning to this point, documented in their portfolio, their journal and their narrative.

How can parents help? Talk to your child about this exhibition. How is it different to the last two they have put together? They have a sheet to work through that details all the elements. Ask them to sit with you one evening and run through their plan with you.

This time they have 2 practice sessions before the big thing. They will have a Gap Analysis in week 9 that they do with an Advisor and their partner students and then a ‘practice/trial’ in weeks 1 and 2 before the real thing in weeks 3 & 4 of Term 4.

Our year 10 students have also been working through this process pretty explicitly in advisory sessions with their advisory teacher.

If you have any questions, ask your child to have a conversation with you around the learning and the process. They have the sheets that will help to guide your conversation with them.

Year 9 students are madly preparing for their third exhibitions! All Year 9 students will sit in on at least one year 10 gateway exhibition to model for them the expectations of their own Gateway next Year!

Exciting times!

TRACEY BREESE
Questions for this week:

“Have you incorporated Technology, Empirical Reasoning or Quantitative Reasoning into your learning plan? What did you learn from this?”

“Our economic growth cannot be sustained without a community of curious and capable people.”


Tracey and I have been fortunate enough to attend a number of Professional Development sessions this year focusing on innovative educational approaches, and 21st Century learning. At the conclusion of these events we hold a debriefing session on what we learnt from the experience. In all cases these conversations can be summarised by the statement: “It was research-based affirmation that the hard work we are all doing (students and staff) at our Campus around implementing the Big Picture Educational design, is absolutely leading us in the right direction.”

The link below will take you to the recently released document ‘Science, Technology, Engineering and Mathematics: Australia’s Future. Australian Government, Canberra.’

This document outlines the Australian Chief Scientist’s views on where our nation currently stands with regard to Science, Technology, Engineering and Mathematics, where we should be headed, and what we must do to get there. There is specific discussion around educational strategies. Again, it is very reassuring to read well-researched documentation which confirms that the design we are implementing at Cooks Hill Campus is in line with the recommendations of the nation’s and world’s leading thinkers. More and more, education, industry and academic experts are calling for an emphasis on the very skills and dispositions that we at Cooks Hill Campus are focusing on. Problem-solving, communication, research, creativity, technological-literacy, innovation, entrepreneurialism and design are some of the key aspects of our student’s education. I would encourage all of our learning community; students, staff, parents and mentors, to investigate the findings in the document below and begin a conversation around your opinions of the article. Do you agree with all of it? Some of it? None of it? Why? Why not? How can we use this information? Why should we care about this information?


As always, please don’t hesitate to contact me if you have any questions regarding your family’s experience at Cooks Hill Campus.

Regards,

Darren Ponman

Deputy Campus Leader

Cooks Hill Campus
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DATES FOR YOUR DIARY:

TERM 3 WEEK 9

Year 10: Gateway Gap Analysis occurring this week.

Year 9: Preparation for Week 10 Exhibitions - be sure to book your exhibition time.

TERM 3 WEEK 10

Year 9 Exhibitions

INSPIRATIONAL QUOTE

“Forgive yourself for not being the richest, the thinnest, the tallest, the one with the best hair. Forgive yourself for not being the most successful, the cutest or the one with the fastest time. Forgive yourself for not winning every round.

Forgive yourself for being afraid.

But don’t let yourself off the hook, never forgive yourself, for not caring or not trying.”

- Seth Godin, marketing guru and entrepreneur
LTI

LTI / Careers News

In LTI sessions with me, students are working on completing all the requirements of their Work Education Subject. All work done with me in LTI sessions and their efforts towards the Internship process is graded and is included on their Record of Student Achievement.

This term students’ LTI work will be presented at exhibitions and students are currently organising their documents in the LTI section of their portfolio. This includes the effort in the process towards gaining an Internship placement as well as students LTI advisory worksheets, resume and business card, etc.

WHITE CARD COURSE

Next term there is the possibility of students attending a day course to gain their White Card credential. If you want to work in the construction industry of Australia, then you have to complete a White Card course. This training course is aimed at protecting those working in construction from the increased risk of dangers and threats that comes with the nature of their job. The one day course will cost approx. $120. More info soon.

TVET

All applications for TAFE-delivered courses for high school students close soon. Students do not have to do a TVET course, they can choose 6 school delivered subjects.

Most of these courses are 2 unit value towards HSC. The 10 day Outdoor Recreation course is a TVET course and students need to apply by completing a TVET application form. Make sure students check or see me if the course they are choosing is classified as a ‘high demand’ course as an additional form needs to be completed.

Please have completed TVET forms to me Friday 12th September at the latest.

School-Based Apprenticeship or Traineeship

If students are starting to approach employers looking to take them on as an SBAT, I have made up a small pack of documents that may help with that conversation. Included is an information sheet and brochure for students as well as a brochure that you can give to employers to show the benefits of taking on a SBAT.

Email or call if you need any further information.

Amanda Hine :]


During Semester One, I had the unique pleasure of joining a University Art Gallery Course every Friday afternoon from 2:30 to 5:30. My art lecturer, Peter Gardiner, was an incredible man and a wonderful teacher. He loves art, and has an attitude that got you ready for anything. As part of the course we were given University Student ID cards, as well as Student Website Access, and the ability to loan library books. The program itself was run out of Merewether High School, where our lectures would take place.

While there, we were taught all about art history, the different variants in art like paint or pencil, sculpture or graphic designs, there was no shortage of choices. It was always interesting and exciting and, more than that, throughout the course my art skills increased substantially, every week, bringing home better and better art works than the week before. Our practical work was always my favourite part, something unexpected like throwing cloths doused in paint at pictures or spreading leaves across our works. And more than just learning about other artists, more than just drawing and painting, we were also taken on a tour around the Art Facilities at the University of Newcastle. Through the woodworks, through the spaces where they make the paint, all the way up and around and down to the Galleries, where we would later exhibit our own works.

As part of the Art Course, we were required to draw up (or paint up) artworks to be exhibited at the Newcastle University Gallery. We could choose anything we’d like as our medium: pencils, charcoal, paint, even ribbons if we’d really wanted to (One girl used her martial arts belts). I chose pencils, and my chosen topic was based around my Personal Interest Project, a novel I have been writing for over a year.

At the opening night held on Thursday, the 31st of July at the gallery, my work was exhibited. I’d drawn just a few of the species I had designed for my book: Valikiin, Tallarie, D’arcovan, and more. They were displayed with an information sheet just below it, explaining what the Races were like. Accompanying this, I had four portraits drawings I had done in lead pencils. They consisted of a few of my favourite characters from Game of Thrones: Tyrion, Jaime, Daenerys and Jon. This section was produced because I love drawing people’s faces, and I love drawing the emotions that they hide.

At the opening, I was asked to give a speech, something I actually hadn’t known about until right then in the moment. But, in the end, I came home proud, not wishing that I had said something else. Not only did my art lecturer come, but so did my advisory teacher, Lizzy Carter, and even my LTI mentor, Professor Colin Waters at the Space Physics Department at the University.

So in summary, the art course was an incredible experience. It taught me things, it showed me things, and I have vastly improved my technical skills in art. I understand it will be returning again next semester, and I whole-heartedly look forward to when I can go back and improve even more. The artworks I exhibited at the gallery will be featured at our school and I look forward to displaying again.

Isabelle Kenyon
Newspaper Report

Connecting the Homeless

By Mykeala Conroy

Hunter Homeless Connect is an organisation that links people to vital services. These services can include accommodation, health, legal and financial assistance, employment, study, and support for people who are homeless or at risk of being homeless. Hunter Homeless Connect Day happens once a year at the PCYC at Broadmeadow. This helps some 1,500 people that are homeless, or at risk of homelessness, have dignity, raises a culture of connectedness, and inspires a sense of being an appreciated member of the community.

At the Hunter Homeless Connect Day there are workshops that are open so that people can access community services, free haircuts, massages, immunisations, birth certificates, bedding, phone cards, food, clothing and much more.

Hunter Homeless Connect is a great place to meet new people, to find supportive services that can help you in the difficult and hard times that you find yourself in.

Lynda, one of the attendees who has been coming to the days since their inception in 2009, said, “I find it a productive day and very helpful for people in my situation.”

If you know anyone who might benefit from its services, urge them to contact Hunter Homeless Connect.
OUT & ABOUT

YARNBOMBING: On the 3rd September around a dozen students sat down with two Newcastle NOW organisers, Tim & Petra, to discuss our school’s inclusion in the Yarnbombing work that is sweeping the West End of Newcastle. Petra showed us how to “cast on” and begin stitching lines, which most of us picked up quite quickly.

Yarnbombing is a new form of street art that seeks to challenge ideas about a variety of things including the built landscape, ideas of femininity, of art, of graffiti. At CHC we’re looking to beautify the grounds, particularly the areas that border the public space such as the fences, and to have yet another way in which our school is improving our community. After we’ve decided upon the areas we’d like to beautify, we’ll begin knitting our designs and attaching them to the objects we’ll be beautifying.

Any students who’d like to get involved can get shown what to do and if anyone has spare knitting needles and yarn, they’d be very welcome.

Once our campus project is complete, we’ll be joining up with the community to tackle another project.

Keep an eye out for our designs!
This week in the Zen Pen we have been working really hard on our projects some of these include:

Claudia - Taking photos for aged care and donating photo frames to them.

Connor & Josh - Creating a Demo for a Horror Game.

Jacob - Creating a computer.

This week we have been working really hard together as a team to finish our HSIE task for this term.

Josh, Jacob, Declan and Connor have created a product to display on Kickstarter, which is a fundraising program on the internet to fund idea and projects such as the Pebble smartwatch.

On Tuesday the 9th September, Matt, Connor and Abby (from the RFPs) will be attending a Big Picture training day being held at St Johns High School where they will be sharing their experiences with the staff there.

The Zen Pen (and the other advisories) would like to give a shout out to Connor and Josh for fixing the internet on the students’ computers.
Hi, my name is Lily Hawke and I will be running for Prime Minister in 2028 (approximately). I will be the best PM. Just have a look at the things I will do:

Retirement age for labourers (the hard workers) will be 60, everyone else 65-70 (depending on your type of work).

I will take money from MY salary and the budget and distribute it to schools, pensioners and hospitals.

Companies who pollute the air will be charged. (Sorry companies but that’s what you get for destroying Earth)

Hospitals will get more funding. More research. Any student studying nursing will get a full scholarship through Uni.

No more jobs losses. Companies who stay in Australia will be rewarded.

Petrol will be cheaper.

Energy prices won’t rise.

Scholarships for over 4000 Indigenous students.

Families will get all kinds of bonuses throughout the years.

Some people may not be happy about this one but I will cut money from "pro footballers" and give it to families with children who have special medical needs.

I promise to try and make these changes to the best of my ability. I hope to count on your vote in the future and make my dream a reality. Thanks for reading this far 😊
Aloha to Shelby, who returned on Saturday, after spending a month in Hawaii. She is getting back into work, as the RFP’s get ready to wrap up the term over the coming weeks.

Congratulations to Abby and Tiana for their successful week-long block internships over the past fortnight. Abby was at Waratah Police Station, involved in a work experience program. Tiana was at Featherdale Wildlife Park in Sydney, which was a great learning experience and helped her to further develop her skills.

Congratulations to Scott for making it into the grand final for his Rugby League and to Josh for making it into his football grand final. Shelby also won both her semi-finals for Field Hockey on Tuesday and will be proceeding into two grand finals over the next week. Well done to the sporty kids of the RFP’s!

Happy birthday to Abby who quietly celebrated her 16th on Friday, and passed her L’s on Tuesday.

Shout out to Paige who went without furniture last weekend, as part of the 40hr famine, and to Matthew who participated in the Park Run at Speers Point on Saturday.

We are all going to continue with our exhibition preparation for Gap Analysis and for Gateways into year 11. Some of us this week were very proud to join Newcastle NOW’s yarn bombing community project. We are all mastering how to knit. So many new skills and things to do at Cooks Hill Campus!

Good luck to Tiana and Cassidy who are participating in the Citizen Science day on the Central Coast on Friday.

Written by Cassidy & Shelby
My Week Away at Taronga Zoo Wildlife Hospital

By Brittney Martyn

This week I have been lucky enough to travel to Sydney’s Taronga Zoo where I was working in the Wildlife Hospital helping to care for sick and injured animals.

The hospital gets hundreds of baby possums a year, mostly these are orphans whose mothers have been killed in car accidents. Along with all the baby possums, the zoo gets a lot of turtles (babies and adults) who have been injured in accidents with boats. Sometimes they are just malnourished for some reason. I was lucky enough to see a baby Loggerhead turtle who was on the mend.

Every day there were new animals to x-ray or to perform blood tests on. I got to be a nurse for a morning and took bloods from a koala.

When there wasn’t anything for me to do, I was able to explore the rest of the zoo, going to the seal show and watching the various chimps, gorillas, lizards and other wildlife in their habitats. I got plenty of exercise walking around the zoo, that’s for sure.

It was a wonderful experience that I’ll never forget and I’d like to thank my Mum and Granny for taking me down there, my advisor Brendt for emailing the zoo staff, and the zoo staff who supported me on this exciting learning experience.
Health & Wellbeing

To knit or not to knit

“Is knitting therapeutic? Heck yes. It’s a proven scientific fact, just like we know chocolate and red wine are good for us...I can’t speak to all cures, but it can certainly improve one’s mental health. I know it helps mine.”

- Clara Parks, The Yarn Whisperer: Reflections of a Life in Knitting

This week I learned how to knit. Yep, knit. What can I say, I’m a collector of skills. Earlier this year I re-learned how to sew so that I could make my son a Wiggles costume (the last time I machine-sewed was when I made a windsock in Year 8). Next I want to learn how to carve wood. I’m a big fan of the Maker Movement and the human desire to be makers not just consumers.

So this week I joined our group of Yarnbombers and learned how to cast on and knit (I haven’t learnt to purl yet). What I quickly found was something I hadn’t expected. While my motivation was to learn a skill, I also found the process of knitting quite relaxing despite having to concentrate intently on getting each stitch right. This simple act was helping me to concentrate and focus, similar to when I meditate on my breath, except without the habit of my mind wandering off. I’ve had trouble putting down the needles since (see my growing work in the image below) because I liked how the knitting process helped me to remain focused for a length of time. If you count how many things you have to pay attention to in the course of an hour (family, work, TV, phone, internet, etc) then it’s easy to see how we can lose our ability to focus on one thing.

Personally I feel that my life over the past few years has gotten busier, my attention more scattered, my focus easily lost. For me, knitting is my way of re-training my brain, of consciously developing my ability to remain focused on a single task. So far it seems to be working.

My curiosity piqued, I decided to see if there was any evidence for my assertion that knitting improves concentration. It turns out that knitting is actually quite good for you and has helped people with anxiety, depression, chronic pain, literacy development and protecting the brain from aging.

It turns out that the repetitive action of knitting helps to create a state of “flow” (google it), activate the parasympathetic nervous system (quietening the flight or fight response) and helps the release of dopamine (our natural anti-depressant). Then there’s the satisfaction of seeing and appreciating the end result of your work which can repeat your hit of that feel-good chemical.

In a scientific study of over 3000 knitters, 81% reported feeling ‘happy’ after knitting, 50% of these reporting that they felt “very happy”.

If you knit in a group, then there are also the social benefits of having a “yarn” when you get knitting. I had a great time on Thursday in my advisory where we had a number of us chatting while knitting.

The evidence is in: It’s time to get the needles and yarn out.

Brendt
Community Event

If you can, support this wonderful organisation and have some bush fun!

BUSHIES’ BALL

Come join us for a night of fun at
RDA’s Raymond Terrace & Lower Hunter Centre
3219 Pacific Highway
(Watch for the sign 3 km north of Raymond Terrace)

SATURDAY 25th OCTOBER 2014
COMMENCING AT 6.00PM.

Featuring live Band "NoStress"
Special Event "Hair to Spare" Spectacular.

This family themed evening includes a delicious 3 Course Spit Roast Dinner, Lucky Door Prize and huge Tombola Raffle

Book now to secure your seat
Ph. 4987 1402
Mon-Thurs (9.00 – 2.30pm)

Adults: $30
Children (under 16): $15
Family (2 adults + 2 Children) $70
Under 5 yrs: free

BYO Alcohol – Soft Drinks available
(Please – no glassware; exception - wine bottles)
Dear Parent/Caregivers

On Thursday 18th September 2014, Cooks Hill Campus will be holding our last fundraising event for Term 3. We are asking for your child/children to come to school dressed in their favourite NRL team colours. We also ask if your child could bring a gold coin donation as this fundraising event is to help create a healthy breakfast club whose aim is to provide a cheap and healthy breakfast options for students.

Thank you for your support.
SHOUT OUTS!

Shout Out to Petra & Tim from Newcastle NOW for showing us how to knit.
Shout Out from Matt to his Boot Camp sport group for all their hard training.