

Campbell House

TERM 3 2012

Newsletter

UPCOMING EVENTS....

School Resumes

Term 4

Tuesday 8th Oct

Surf

Awareness

Every Monday

School Sports

Carnival

Thursday 17th

October.

Presentation Day

Tuesday 17th

December

Term 4 Ends

18th December

Staff

Development Days

19th & 20th

December

Sports Day

Every Wednesday

Parent Group

Every Thursday

(see flyer insert)

from the **Principal's** desk.....Marisa Pjanic

It has been another very busy semester at Campbell House ! We consistently work as a whole staff to provide the very best programs to engage students in learning and ensure that the curriculum is filled with fun activities and opportunities. I thank all of the students who make a commitment everyday to focus on learning and work hard to achieve their goals. I particularly enjoy this time of the year where I start to see real changes in student's behaviours and attitudes and see how the positive choices that students make have an impact of every part of their lives.

I was very proud of our school band 'Role Call' who performed their song 'Journal Notes', for the first time in front of live audiences at the Special Education Behaviour Conference and at the Changing Minds Conference this term held at the Liverpool Catholic Club. Educators from many different schools attended and some were so impressed by the performance that they asked the group to perform at their schools as they wanted *Role Call* to showcase their talent and commitment to learning. Well done to our fantastic *Role Call* and to the professional staff who support the teaching and learning of our students. It was so inspiring to see the confidence and skill that our boys Zac , Christian, Chris and Michael have developed in such a short time. Thank you , it was absolutely my highlight of the year so far !

Marisa.

Thank you to all of the Campbell House staff for your commitment to supporting our students. Have a safe and happy holiday !

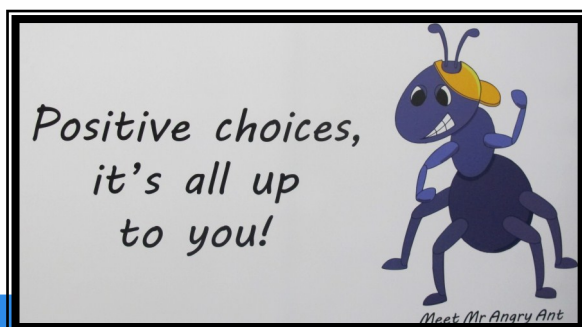
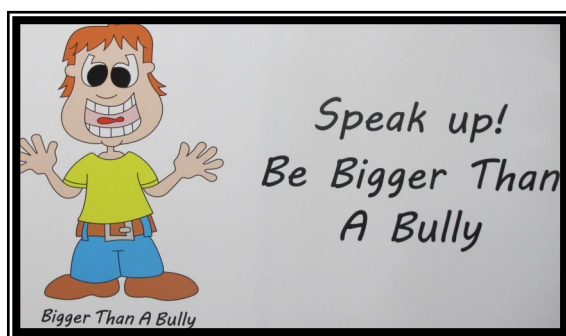
For more information visit our website:
www.campbellho-s.schools.nsw.edu.au



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from the Principal's desk.....can't

The Changing Minds Conference was part of an initiative called *Every Student Every School* which called for special schools, as centres of expertise to create a product that could be used for every student in every school. Both myself and Principal Robert Patrino wrote two children's books complete with programs for teachers to use with their students. *Meet Mr Angry Ant* is a book that looks at simple strategies that children can use to learn how to control their anger. *The Seed* is a story about a seed that does not grow because its individual needs are not being met. It only begins to grow after it is nurtured and given the right conditions in which it can grow and flourish. This story contains an underlying message, if the seed was a child we have to ensure that we provide the best environment for each child to learn and develop in their own unique way. The books and programs have been given to all schools who attended the conference. I was very honoured to have had this opportunity to support students across many schools and know that the books will also be used for Campbell House students in programs that will see them involved in mentoring students in a local primary school.



EXECUTIVE REPORT

Wow! I have just got back from 6 months maternity leave and returned to a school that is as busy and active as ever – I love it!

As you'll read throughout this newsletter there are loads and loads of exciting learning activities that are happening every day of the week. As a staff we are continuing our professional development across a range of fields, with a particular focus on numeracy this semester. It is fantastic to feel a mathematical buzz throughout the school as the students build on and improve their skills each and every day. I really congratulate the staff for so readily and willingly taking this on board and delivering such brilliant numeracy programs within their classes.

There are also a few things, that as an executive team, we would like to highlight:

Supervision: Supervision commences at 8:15am and it is our expectation that students do not arrive prior to this time.

Attendance: Please note that school hours are from 8:30am to 1:40pm. Arriving to school late or leaving early is counted as a partial absence and needs to be officially recorded. Students who are away for either part of the school day or the full school day require a note from their parent/carers. As attendance is of concern at the moment we have begun working closely with our Home School Liaison Officer in order to see an improvement in this area. It is every parent's responsibility to ensure that their child attends school daily.

Uniform: We love looking at our young people here dressed all neat and tidy in their school uniforms. You all look so smart and ready to go about your day. It has fallen a little by the way side of late so we'd like to draw focus to this again.

The school uniform is a white polo shirt or blouse with a pair of black slacks, shorts or mid thigh length skirt and closed in shoes such as runners or ballet flats. School shirts are available at the front office for \$22 and blouses for \$27.

Just as a side note with the warmer months approaching, thongs (or other similar shoes) singlets or low cut tops and shorts of an inappropriate length are not to be worn to school and parents/carers will be contacted to bring appropriate clothing or footwear to school.

It is so wonderful to be back and working with everyone again. I hope that everyone has a relaxing, enjoyable and safe holiday and comes back firing for a cracker of a term – term 4 is always the busiest but the best!

Written by Kathryn Carmont on behalf of Kay Howe and Dylan Nicholson



Kay, Kathryn and Dylan

CLASS 1

Kendell and Michelle

Class 1 students have been working extremely hard during all subjects this term to complete their year 11 studies. The class experienced many achievements this term with Zac successfully completing work experience for their TVET hospitality course. Students have also been moving ahead on their achievement records to earn Zac a bronze level, and Leonard and James both receiving silver level awards. Zac and Christian rocked it out during a performance at a behavioural conference in the school band 'Role Call' performing the song 'Journal Notes' written by Zac and JG. Design and technology students went on an excursion to NSW Art gallery to visit an exhibition 'Sydney Moderns Art For A New World'. Zac, Leonard and Aiden also participated in a school overnight hiking camp as part of their Duke of Edinburgh program. We say goodbye to James and Christian who are leaving us this term with their Records Of School Achievement award. We wish them luck in their futures and in their career pathways.

English -The English program this semester asked students to study English in the media and allowed students to explore literary techniques through online newspaper articles, blogs and websites. Students created timelines of their lives and from these published autobiographies. Students also wrote newspaper articles based on an experience they have had at school which resulted in wonderful newspaper articles being written about a gig performance by Roll Call, stories about Dylan falling in a stink hole during the Duke of Edinburgh hike, and recalls of the Art Exhibition excursion.

Exploring Early Child Studies This term students have been hard at work studying the physical, social and emotion, cognitive and language development of babies, infants and children. Students made observations through film clips of children acting out a range of behaviours such as temper tantrums and exploration and linked these to developmental stages. Students wrote an essay with the contentious heading of 'Smacking your child is ok.' Students agreed that this is not the best form of behaviour management and through their essays wrote about other forms of behaviour management such as rewarding positive behaviours.

CONGRATULATIONS!

TO OUR FIRST SUCCESSFUL YEAR 11 GRADUATES, MICHAEL, SHELLEY, LOREN, ZAC AND JG. WHO WILL NOW COMMENCE YEAR 12 IN TERM 4. BEST WISHES FOR YOUR CONTINUED SUCCESSES FROM THE CAMPBELL HOUSE COMMUNITY!



CLASS 2

Craig and Grace

Term 3 has seen the senior students of Class 2 continue to push towards completion of their Year 11 Preliminary HSC.

Maths- The Mathematics program this term has had a more practical sense to it with topics focusing on Maths in the real world. Students have studied Paying Tax, the costs involved with owning a car and mobile phone costs and have developed a basic understanding of these costs in life. Through these topics they have developed skills in comparing and analysing different companies and are more aware of what to look out for.

Work Studies- During Work Studies this term students have been preparing for and completing their work placement to complete their TVET Hospitality course. They have developed an understanding of what is involved in working in a commercial kitchen and gained real work experience that can form part of their Resume. In theory they have been studying and identifying skills that an employer looks for and how you can display them in a workplace.

SLSR—During Sport, Lifestyle and Recreation (SLR) this term, students have had the opportunity to participate in tennis and athletics lessons. The students have been studying event administration and are currently in the process of organising the school athletics carnival which will be held on Thursday of Week 2 next term. As part of their event management study students went to Homebush and watched the National Wheelchair Rugby Tournament. Whilst initially reluctant they loved the collisions and intensity of the game and really enjoyed the day.

Whilst it has been a busy and challenging term with students pushing themselves really hard to pass their preliminary courses they should all be really proud of the progress they have made. Fantastic work Lauren, Shelley, JG, Michael and Zac. Bring on Year 12!!

SRC

Jo and Grace

Term 3 for the SRC has been a quiet one. However, SRC members had the opportunity to attend a workshop on Bullying and the screening of 'Bully' at Event Cinemas Macarthur. During this workshop, participants were able to listen to Brett Murray speak, who inspired them to achieve their goals in life and not let set backs get in the way. I was very proud of Michael Byrne and Joshua Batten that attended from Campbell House School, as they represented our school with pride and displayed maturity beyond their years. The SRC in Term 3 also ordered a Recycled Aboriginal Dreamtime mat from Global Kids Oz. These mats are made from 100% recycled materials; and this is an

area that the SRC has deemed important within the school sustainability. As part of this, next term the SRC will begin looking into other areas where the school can become more environmentally conscious.

Although a very quiet term, I am pleased with the activities the SRC members have participated in this term.

We look forward to increased activities during term 4.



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CLASS 3

Dylan, Mary, Rhianna and Di

This term has been one of many changes and I would like to thank each of the class members for their ability to accept change and work with new people. Class 3 had many new additions, both teachers and students. Sherrell, who taught Class 3 in Term 2, returned to her positions at other schools, and was replaced by Dylan, Mary and Rhianna! Nathan, Dakota and new student Emma all joined the Class 3 fold and have become great classmates to James and Joshua. Class 3 have had a busy term filled with hands on learning activities across all subjects and have really thrived from the success they have achieved. In Maths, the students have been studying Data, and have used pedometers to track and compare their weekly activity. The students have also been participating in weekly Box Fit classes to add to their weekly fitness tally.

Like much of the school, Class 3 have engaged in a COGS unit of 'adolescent health' focusing on changes in the body, sexual health, risk taking and drug education. This has led to many interesting, awkward and at times hilarious discussions!

Class 3 have been the constant gardeners in Term 3, maintaining 2 of their own Veggie garden beds, as well as designing and paving a new area around the budgie cages.

Rhianna has been leading the class through an amazing hands-on History unit based on the Vietnam War. She really has brought History to life and it's great to see some real quality learning going on.

A really big thank you from myself, Mary, Rhianna and the students to our SLSO Di, her hard work makes all the difference for our students and ties it all together. Have a happy and safe holiday, and we'll see you all in Term 4!



CLASS 4

Class 4 has had a positive start to Semester 2. The recent addition of Elyas to the class has seen a positive change in the learning dynamic and it is great to see how well he has settled into the class routine. The class has had a key focus on increasing numeracy skills through the use of card and counting games, which has worked in conjunction with the Mathletics program.

The enhancement of literacy skills has also been a key focus area with students undertaking reading, comprehension, public speaking and writing exercises on a regular basis.

It has been pleasing to see how well the students have engaged in the media aspects of the music program and they are now comfortable to work independently to produce a short film with 'iMovie'.

Well done Class 4.

Keep up the good work!

Jay, Clinton and
Chris



CLASS 5

Jo and Linda

This term Class 5 along with the rest of the school have been exploring a COG's unit of work on Health. The topics Class 5 have looked at are: The Human Life Cycles; Reproduction, Puberty, Relationships & Belonging and Risk Taking Behaviours. The members of Class 5 are currently working on a film, which will highlight some of the things they have learnt during these lessons. The class has created a story board and built settings for each scene using Lego blocks. Next term the class will begin filming our production.

Class 5 have also begun a program called '*Magnificent Monday*'. This is where as a class we cook a delicious and healthy meal in the kitchen and sell it to the rest of the school. So far it has been running successfully for 2 weeks and we have made almost \$80. This money will go back into the kitchen so that the school can purchase more food products for the kitchen garden program. All in all it has been a good term and the class has been working on a few exciting projects.

Stay tuned for the results next term.

Quote from Craig Ryman

"I loved learning on how to build a chopping board in wood work and learning more about multiplication and life skills. My best highlight was being a part of the Achieve Anything program."



EJ HOLDEN

This term the EJ Holden team has done a lot of work to the car. Taking off the doors, painting, sanding and a little bit of panel beating. The team this term has been comprised of Lachlan, Aiden, James, Aaron and Taylor, with George and Phil overseeing the project. It's been a interesting term to say the least. We have had a number of different staff supervising the project with Jo, Hanako, Craig and Mary. We had Aiden return to the program mid-term which was a welcomed boost for Lachlan and James who were struggling a bit with taking the rear door off. Taylor has been mainly painting the interior and body. While Lachlan and Aaron have been sanding and doing a bit of panel beating. James has been the star of this term with his dedication and hard work to his panel beating. James without a doubt was the standout!

The last job this term has been to align the doors and replace inside panels. A panel for the back of the car was missing and had to be replaced with ply. Aiden did a good job tracing and cutting the new piece with the assistance of Jay. *That's all this term. Well done to all involved!*

Mary

co-written by Lachlan



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CLASS 6

Hanako and Wayne



Class 6 has had an eventful second semester, changing from being a class full of only boys, to a mixed class of girls and boys now, with Meg and Haylee joining the team. With mixed stages, the students of Class 6 have bonded and worked well together, which has been wonderful to see. This semester our timetable has been filled with various programs that have allowed the students to gain various techniques and skills to use throughout their lives. They have started woodwork with Jay and are progressing with excellence. The boys are practising making joints and learning the basics in the woodwork room, as well as general workplace safety whilst the girls are working on constructing a wooden chopping board. During the

music program, we have made A LOT of noise including discovering the beautiful voice of our newest member of class 6, Haylee! She has 'wowed' us with her music and vocal skills. The boys have been rocking to various new songs, learning the guitar, bass and drums - very impressive! It's like a music/rock concert during our music time slots with Adrian. During our time in class, Brandon has been improving his literacy skills. He has begun reading short novels and using comprehension cubes to answer more complex questions to show a deeper understanding. Class 6 also has a rising sport star, Brayden, where he has been consistently demonstrating his sporting progress on the fields. He has also been excelling in literacy and numeracy tasks as the class champion of our numeracy game, 'Salute'. Meg has started to shine in our Stephanie Alexander Kitchen Garden program where she has taken on the leadership role and is encouraging her fellow classmates to be involved. The Achieve Anything program runs every Friday, where students have been participating in goal setting and gaining self-discipline through martial arts. Finally, the students have engaged in the Anger Management course with the help of ADRAS and have learned alternate ways of dealing with their anger. It has indeed been a very busy and fun term!

We look forward to a fantastic Term 4 in Class 6 and have a safe holiday.

CLASS 7

This Term Class 7 has seen the inclusion of three new students. Jacob, Joshua and Haylee. The class has quickly united as a group and posses many common interests. Jacob has displayed a keen interest in mathematics and music, enjoying the many maths games undertaken. Joshua likewise enjoys music and has displayed much creativity in the visual arts. Hayley has recently joined our class and has formed many new friendships. Nina and Zac continue to excel in the visual arts as well as literacy and in the case of Nina who greatly enjoys being a part of the Animal Welfare Program every second Thursday. Toran has engaged in his many programs and has again shown leadership and experience in the subject of music. Class 7 are progressing steadily in their learning and are willing to participate in the new curriculum such as Horticulture.

Many thanks go to the ongoing support of Mariam and Stephanie and Daniel who assist all students in their learning.



Ian, Mariam, Daniel and Stephanie

DUKE OF EDINBURGH PROGRAM

Duke of Edinburgh Award

Campbell House School runs the Duke Of Edinburgh Award for a select group of students that have demonstrated enthusiasm for learning as well as leadership qualities. The participants have had the opportunity to learn a range of new skills, increase physical health and fitness, experience adventure and feel a great sense of achievement.

Throughout the year the participants have run a fortnightly wood fire pizza day. With the assistance of SLSO Lisa, they hand make pizza dough, sauces and prepare the pizzas. They are also responsible for taking orders and ensuring there is pizza for each person. They then help their teacher Jay and SLSO Adrian to cook, box and deliver around 30 pizzas. Profits from the Pizza day are used to fund excursions and purchase materials.



During term 2, the participants attended the Sydney Indoor Climbing Gym at Villawood. They were challenged both physically and mentally. They showed a sense of determination and self-belief to overcome the challenges they faced and often surprised themselves with their natural abilities. The group offered lots of encouragement and support and there was a lot of positivity from everyone involved.

Term 3 has offered a whole different set of challenges for the participants. In Week 4, their teacher Jay and Assistant Principal Dylan accompanied the Duke of Edinburgh Award participants on a day hike in the Royal National Park. The group set out first thing in the morning and arrived at Garie Beach to find the sun shining brightly. The day adventure took the group south along the coastal track heading towards Burning Palms. They stopped for lunch at North Era campgrounds and later continued heading south. Throughout the day there were numerous deer, wallabies, birds (including some very territorial plovers), lizards and insects. The group concluded the hike back at Garie Beach and headed home in the afternoon. The group now felt confident that they could tackle the overnight camp that lay ahead.

Duke of Edinburgh Award Camp

On Thursday of Week 6, the Duke of Edinburgh Participants (Zach, Chris, Leonard, J.G, and Aiden) arrived at school and were excited for the biggest challenge yet, an overnight camp/hike. The group packed their tent, sleeping bag, cooking equipment, water, food, clothes, sleeping mat, torch, maps and other gadgets into their backpack and hit the road. The first days hike was a real challenge. The group ducked, weaved and climbed their way through Burning Palms and after many kilometers of hiking they arrived at the far side of the jungle. They sat at a beautiful lookout on the oceans edge and ate lunch together as a group. The second half of the day saw the participants climb up and over numerous coastal ridges. They were heading north with the campgrounds far in the distance. They were determined to win the battle against the hill and they pushed through their pain barrier when their bodies began to ache. At one point during the day J.G. was starting to feel the strain of the 16kg backpack that he was carrying and sat down feeling exhausted. It was then that a pair of curious Crimson Rosella's came flying in to see what was going on. One of them walked straight down to J.G and looked at him as though it was asking 'are you OK? A cheeky smile grew on J.G's face and he offered the bird some water, which it was happy to accept. From that moment on J.G was revitalised and soldiered on to the campground. Little did anyone know that we would soon be repairing shoes in the middle of the bush, and be ducking as a pair of angry plovers came swooping in. In the afternoon the group arrived at the campground and set up their tents. The hunt for timber saw Dylan end up waste deep in a smelly sinkhole and so it was left to the group and their teacher Jay to scavenge wood for the fire. Throughout the afternoon they relaxed on the beach while Aiden and Leonard did some fishing. In the evening they sat around the bon fire and reflected upon the day. An early night meant the group was up at the crack of dawn. Tents were packed away and each person cooked up a warm breakfast in their billy. They once again hit the Coastal trail and were at Garie Beach by 11:00am.



There was a genuine sense of accomplishment as the group climbed onto the bus. They had overcome some difficult challenges and had fun while they were doing it!

Well done boys!

Jay and Dylan



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TAFE REPORT

Craig and Michelle

This term students have put the finishing touches on their 120 hour TVET Hospitality course. This has involved them continuing to go to Campbelltown TAFE each Tuesday and also included a week of work placement out in the community. At TAFE students have completed an assessment by preparing and cooking an entrée, main and dessert meal. In addition they have worked really hard to complete the theory side of the subject and should be proud of how they have applied themselves throughout the subject.



As part of the course each student has completed a week of work placement in a commercial kitchen. This has involved them getting to work on time, following instructions and working independently. JG at Macquarie International Golf Club Macquarie Links, Shelley at The Rydges Campbelltown, Chris at Pararotti's Macarther Square, Lauren and Michael at Sizzler Campbelltown, Josh at DoJo Catering Services, Glenquarie Tavern and Zac at West Leagues Club, Campbelltown. All have done exceptionally well when on work placement with lots of positive feedback coming back about how you all performed and represented Campbell House.

It is a massive achievement to complete a TAFE course and something you should all be extremely proud of. It is something you can put in your resume to show employers that you can commit to a course and it may provide the foundations of a career in the industry.

Congratulations on completing your TVET Hospitality Course.



MUSIC

Adrian and Jay

The senior music program is conducted in out of school hours on a Thursday and Friday afternoon. The group of senior students have formed a band called 'Role Call' and have written and recorded an original song called 'Journal Notes'.

With the support of their teachers Jay and Adrian, they have also conducted live performances of their song at two education functions in front of audiences of 250 - 300 people. Exciting times lay ahead with the recent restructuring of the band and it is hoped that new faces will bring a fresh perspective to the song writing and recording, as well as the performance aspects of the program.



INDUSTRIAL TECHNOLOGY



Campbell House School commenced running an Industrial Technology Timber program in early 2013. Both senior and junior students have participated in the program, with many students proving that they have natural abilities when they are working with their hands. Junior Technology Mandatory students have learned to use a range of hand tools and commenced learning to use machinery such as a drill press. Later this year they will have the chance to use the scroll saw, disc sander and the timber lathe. They have each had the opportunity to produce a small project which they designed and manufactured using a range of techniques. Senior Industrial Technology (timber) students have learned to use a range of different hand tools and machinery such as the band saw and biscuit joiner, which requires a high level of technical skill.

They are currently compiling a design portfolio and conducting an industry study. In addition to this they are also preparing for their end of Year 11 exams and we wish them good luck.



Jay and Grace

HORTICULTURE

Term 3 has seen the ongoing production of fresh seasonal produce within our school food gardens. Leeks, carrots, broccolini and a variety of chinese greens notably bok choy and pak choy have been grown and used in an ever increasing variety of recipes. The Food Technology Kitchen has enabled students to produce food that is both nutritious and balanced. In Term 4 students will plant a large variety of summer growing vegetables and herbs . Our staple ingredients will be capsicums, egg-plants, zucchini, pumpkin, cucumbers and tomatoes . The world of South East Asia cuisine will be introduced to students with many easy and innovative recipes. These recipes follow the Luke Ngu-yen Mekong River television series that will allow exposure to the cultures of Vietnam, Cambodia and Thailand. Within the garden ginger, lemongrass , galangal, snake beans, winged beans as well as a variety of herbs. Many unique to these countries will be grown and employed adding to an ever increasing possibility of food products.

Ian and Michelle

FOOD TECHNOLOGY

Planting of the garden has continued this term and classes have been preparing ingredients to make up some delicious recipes. Students are trying new foods and are learning new ways to prepare some basic ingredients. Classes have made and indulged in spinach gnocchi with burnt butter sauce, gozlemes with bok choy, sticky pork with chinese cabbage stir-fry, and potato and leek soup. Students also made sweet treats including cupcakes with yellow icing and black liquorice question marks to give to fellow students and staff to assist them to hold a conversation with the introduction of R U OK?



Lisa & Kendell

SPORT & P.E REPORT

Craig Guthrie

PE lessons this semester have included a focus on tennis and field athletics with the majority of students developing their skills in these sports. During tennis lessons students have worked on their forehand and backhand strokes as well as serving. Each lesson has required patience and the students should be proud of their commitment to improving their skills. We have also had athletics lessons on Shot put and Discus as we prepare ourselves for the athletics carnival early next term. Students have worked on their techniques and are aware of what makes a legal throw.



During Sport this term students have competed in games of Soccer and Basketball. The Soccer games were awesome and heaps of fun. They were always played in the right spirit and as the weeks progressed the teamwork amongst students improved. The last few weeks of Sport have focussed on basketball as the students prepare for the next Basketball tournament organised by ADRA. Each week the students continue to improve their combinations and develop their game.

Good luck in the tournament guys.

VISUAL ART

Ian Hickson.

This term students have been investigating the world of Art Deco. Senior Visual Design students have visited the Art Gallery of NSW as part of their studies wherein they viewed the paintings, fashion and design products of the 1920's and 30's as part of a modernistic exhibition. Junior students have created many function ceramic forms this semester that will be fired and glazed in Term 4.

Students have enjoyed the freedom and possibilities that ceramic affords. Chinese ink paintings have been another area that students have excelled in, black and white ink washes have been used to create mountainous landscapes that reflect Southern Chinese scenes.

This interest in orientalism is a by product of the permanent Chinese, Japanese and South East Asian exhibitions on display at the New South Wales Gallery as viewed by senior students on their recent excursion.



ACHIEVEMENT AWARDS

Students at Campbell House participate in an award system whereby, they receive points in class for academic achievements and positive behaviour. The points accumulate over the school year and students are rewarded with class certificates. The stages of the achievement awards are; white, bronze, silver, gold, diamond and platinum.

Congratulations to those students:

White: Camilla Santos, Craig Ryman, Jayden Collinson, Kane Higgins, Lachlan Backhouse, Sky Thomas, Brock Henderson, Josh Pitt, Nina Yaaco

Bronze : Zac Hobbs, James Chidgey, Nathan Wilson, Dakota Cotterill, Meg Wilson, Lauren Rid-dington

Silver : Shelley Dawson, Jean Gabriel, Michal Byrne, Brayden Marriott, Brandon Contreras, Corey Pinchen,

Gold: Joshua Batten

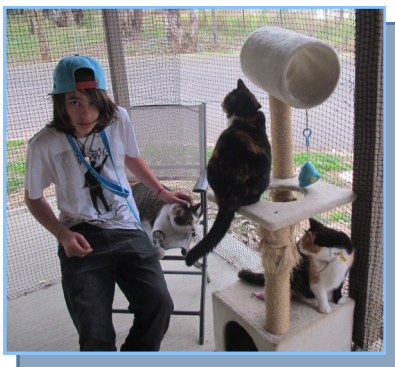
ANIMAL WELFARE

The Animal Welfare League volunteering program continues to be a great success in 2013. Last term students and staff held a fundraiser carwash raising \$210 to help care for the animals at the shelter. We hope to hold another car wash early next term to raise more money.

Every Thursday, our groups of volunteers have been working hard at the Kemps Creek shelter to make sure every dog spends quality time out of their kennels. We also give special attention to the cats who love a good scratch under the chin to get them purring.

The shelter has many cats and dogs available for adoption.

If you would like to find out more visit www.awlnsw.com.au



Clinton and Elisa

SCHOOL PROGRAMS

Achieve Anything - Marisa

This term the Invincible team delivered the Achieve Anything program and it was a great experience for both students and staff. The program was delivered by Alan La and inspired our students to understand their potential for success. It taught them life skills that gave them a new sense of self-worth and direction. Every week the students practiced skills in goal-setting, leadership, communication and self-confidence and learned some basic martial arts techniques. The workshops were so inspiring and culminated in a group of students using positive thought and focus to break a wooden board. The students understood a powerful lesson in breaking limiting beliefs about themselves while focusing on positive thinking and commitment.

Some comments from students who completed the program were:-

'I learned to believe in myself'

'I will trust myself and expect more of myself'

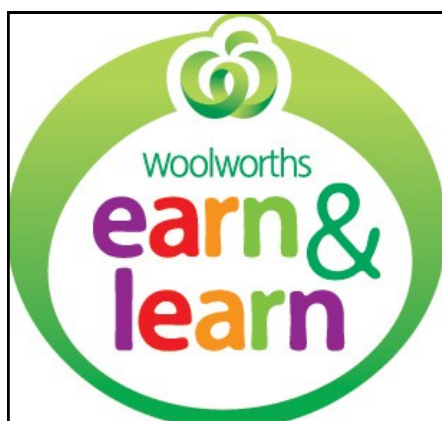
'To achieve you have to believe. You need to back it up with action'

'The past does not equal the future'

'Be a leader not a complainer'



THANK-YOU



Thank you to all the students, staff, carers and parents who participated in bringing as many earn and learn stickers from Woolworths. We managed to collect 5220 stickers and we will be able to receive resources for our literacy and numeracy programs. This year we focused on our science and maths curriculum which will arrive at school

early Term 1 2014.

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SCHOOL PROGRAMS

Shine Girls Group — Kay Howe



In week 6 of this term the girls of Campbell House began their SHINE GIRL program. The aim of the SHINE GIRL program is for each girl to develop an understanding of their own personal worth, strength and purpose and to realise the potential within to fulfil her true desires. The sessions run through topics such as: I am valuable; I am one of a kind; I am wonderfully made; I have the power of choice; My decisions determine my destination; I have resilience; My potential is limitless and My life has purpose. The girls are enjoying the hands on activities that Margaret, from Macquarie Fields Salvation Army and Nora from Work Ventures, provide each week. So far they have manicured their nails, learned makeup application techniques and given themselves a facial! Not to mention, the generous afternoon tea the ladies provide each week so the girls can celebrate their achievements. It's like a party for girls every Wednesday where the girls can talk and giggle and just be their beautiful selves.

It feels really nice to SHINE!

Adras Group — Daniel and Meagan

Growing up is never easy, but for some of us, it is a little harder than it should be.

Having experienced some fairly difficult times in my early years, I was fortunate to have broken the generational trend of crime, domestic violence and unemployment that my family was known for, and instead focused myself on business. The result being that I became a millionaire by the age of 24. I am now helping with a program run by Megan Bellamy at ADRA.

I hope to influence other young people whom may be facing some of the challenges I did at their age, and help them on their journey by providing some key lessons I have learned along the way. Of all the schools I have worked with, Campbell House has been my favourite.

The staff are great, and the students are awesome.

It has been a pleasure watching them grow as individuals over the past year and I have high hopes for them all.



Youth Development— Mark Hankin

The project targets young people across Liverpool, Fairfield and Bankstown who present with Complex Needs, and particularly those who may be homeless or 'At Risk'. The Outreach component of the project provides the opportunity to engage young people in situations which are relevant to them. The project also provides information and skill development workshops around relevant current issues for Young people. Sexual Health, Drugs and Alcohol, Anger Management and Interpersonal Skills Development to name a few.

Cabramatta Youth Team. Ph: 9727 0477



Be the Hero— Kendell, Marisa and Adrian

The 'Be The Hero' program has commenced once again this term with Corey, Brock, Kaine and Aiden involved in a weekly meeting with Marisa, Adrian and myself. During our meetings we discuss different types of violence, how stress and violence makes us feel, ways to keep ourselves safe when violence may occur and ways that we can step up and be leaders within school and the community. We used music, teambuilding exercises and body movement to explore healthy living. The program ran out of time to be fully completed and will continue in the near future.

'HARVEST FRESH CAFÉ' Recipe of the Month: Spinach Bok Choy and Cheese Pie

What is Bok Choy also known as Chinese mustard cabbage, bok choy (or pak choy) originated in Asia as part of the Brassica family. Its relatives include broccoli and brussel sprouts. In Chinese, the word "bok" means "white", and "choy" means "vegetable" — even though it's mostly green. The nutrition offered in bok choy is similar to that of other cabbage. It contains vitamins A and C and some B vitamins and it's a good source of folate. You can also receive small amounts of calcium from bok choy, which is helpful for those who struggle to get enough calcium in their diets.

METHOD:

Butter, olive oil, 3 sheets puff pastry, 1 chopped onion, chopped spinach, chopped bok choy, 300gms ricotta, 250gms cheese and 4 eggs.

INGREDIENTS:

1. Pre-heat oven 220c
2. Sautee onion in oil until soft. Set aside
3. Wash spinach and bok choy and roughly chop
4. Lightly beat eggs with a fork in a bowl
5. Add spinach bok choy onion ricotta and cheese
6. Mix all ingredients together add salt and pepper to taste
7. Grease the bottom and sides of dish with butter
8. Line the base with pastry and use another to line the sides
9. Fill pie with mix
10. Then top with remaining pastry
- Decorate the pie with remaining pastry
11. Bake in the oven for 25 minutes, then turn down heat and bake for another 10 minutes



CAMPBELL HOUSE
SCHOOL
TERM 3 2013

CLO REPORT



In term 2 we held our annual Parent Retreat in beautiful Bundanoon, Southern Highlands. It was a privilege to work with CLO Carol O'Brien from Glenfield Park School.

I assisted Carol with the organisation of the Quest For Life Hilltop Parent retreat at Bundanoon. Carol and I worked together to take twenty five parents, carers and staff for a life changing experience. This year we invited 6 parents and carers along with Laura, a staff member, from Lawrence Hargrave School. Thank you Carol and Marisa for making this wonderful experience possible.

Congratulations on such a great initiative!

We also held a parent retreat reunion in Term 3, Week 1 where we shared our stories of our wonderful journey together. In weeks 2 & 5 we met at Bunnings at the Crossroads for a workshop where Ted showed us how to fix leaky taps and change washers. Then in week 5 Bill gave us some hints on what to plant in spring, such as tomatoes, basil, chives, lettuce and cucumber. Throughout weeks 4 & 7 we met with the Aftercare Hilltop Retreat/ Parent Group to catch up with everyone.

We did 10 minutes meditation and also talked about our journey after our last meeting. During weeks 6,8 & 9 we had the Circle of Security Workshop, focusing on Attachment Theory (looking at behaviour of how children communicate their needs). Next term is going to be just as busy with weeks 3 & 7 focusing on our Aftercare Hilltop Parent Retreat and our Christmas party at Ingleburn RSL Club. See up coming events for the Parent Group meeting dates.

I hope you all have a relaxing, well deserved break.

***See you
all next
term.***

Chris Walker



PARENT RETREAT

This year we celebrated another highly successful Hilltop Parent Retreat Program. Parents and carers from Ajuga, Glenfield Park, Marsden Rd, Lawrence Hargrave and Campbell House took part in the Quest for Life program at Bundanoon.

Parents and carers have the opportunity to share stories, attend counselling, take part in workshops, meditate and learn gentle exercise techniques. The focus is on learning about the importance of self-care.

The Quest for Life program has been transformational for some of our parents and carers. For some, the program has been an opportunity to make friendships and connect for the first time with others who share similar stories. All of the parents/carers leave the program with new skills, they understand the importance of self care for the first time and quickly learn that small changes can make all the difference to a difficult day.

For me, I always walk away with the knowledge that we have a wonderful group of parents who are so appreciative of the opportunities provided by each of the schools. I thank you for trusting us to take this journey with you.

This year our group was a colourful sight of rainbow wraps! I would like to acknowledge this generous donation from Kimmi who is currently on leave. I would also like to thank Chris Walker and Carol O'Brien whose organisation and commitment to supporting our parents is so valued.

Some of the comments from the 2013 evaluation day are as follows:

'I am very grateful for the opportunity to attend the retreat. It has completely helped me to change my way of thinking so I can be positive'

'Making new friends and knowing that I am not the only one has helped me so much'

'have learned not to yell as much and to walk away'

'I need to put myself first'

'I feel calmer and have learned to meditate'



TERM 3 PHOTOS

