



PRINCIPAL'S MESSAGE

Simon Bridgeman

Annual Awards Ceremony

Our annual awards ceremony will be on Friday 9 December starting at 1.30pm.

We will be holding this in the schools MPC and families are welcome to attend. This is a great opportunity to celebrate our students academic successes for 2022.

2023 changes to school structure

In 2022 we introduced a Stage 4 class (Yr 7 & 8 combined), this was to provide greater flexibility and support to students in differentiating the curriculum and improving student educational outcomes. During term 3 the school sought feedback from students, parents and teachers as to the success of this initiative. As a result the school will be continuing the current Stage 4 model, and adopting a similar approach for Stage 5 in 2023.

Curriculum class structure for 2023 will be as follows-

Stage 4 – 1 x Year 7 Gold class, 1 x Year 8 Blue Class and a combined Yr 7 & 8 Green class.

Stage 5 - 3 x Year 9 & 10 classes.

SCHOOL CALENDAR 2022

Our full school calendar is now available anytime online through Sentral at:

<https://gundagaihs.sentral.com.au/webcal/calendar/1>

Term 4 2022		
NOVEMBER	Monday 28	<ul style="list-style-type: none"> Year 6 into Year 7 2023 parent information night in the school library
	Tuesday 29	<ul style="list-style-type: none"> Year 6 Orientation – all day
DECEMBER	Tuesday 6	<ul style="list-style-type: none"> Wellbeing Excursion – Stage 4 - Movies / Bowling
	Thursday 8	<ul style="list-style-type: none"> Wellbeing Excursion – Stage 5 - Jamberoo
	Friday 9	<ul style="list-style-type: none"> Presentation day commencing 1.30pm
	Tuesday 13	<ul style="list-style-type: none"> "Big Bash" Cricket – Manuka Oval
	Wednesday 14	<ul style="list-style-type: none"> Colour run during sport – whole school
	Friday 16	<ul style="list-style-type: none"> LAST DAY for students and staff
Term 1 2023		
JANUARY	Friday 27	<ul style="list-style-type: none"> Staff return to school – SDD 1
	Monday 30	<ul style="list-style-type: none"> Staff only – SDD 2
	Tuesday 31	<ul style="list-style-type: none"> Years 7, 11 and 12 students return today
FEBRUARY	Wednesday 1	<ul style="list-style-type: none"> ALL students come to school today

Please note :- The school is currently analysing performance data collected throughout 2022 to place students in appropriate classes for 2023.

Sport structure in 2023 will also be slightly modified and will be as follows-



Stage 4 will run under an integrated sport model. This means students will have individual sport lessons in their class group throughout each week.

These lessons will align with the skills and games they are learning in PDHPE lessons. They will not participate in the traditional Wednesday sport activities.

Stage 5 students will continue to operate under the tradition Wednesday sport structure. However we are moving this to between our two breaks so that staff and students are not participating in sporting activities during the high temperature part of the day.

Stage 6 students may have normal lessons during Wednesday sport or if eligible they will be allowed to utilise flexible time to study at home.

Stage 6 students are only eligible to have flexible time if they have completed the compulsory 'Stage 6 Life Ready' course completed all assessment tasks by due dates.

2023 School backpacks will again be available from the school canteen.

The P&C arrange backpacks specific for Year groups from Year 7 -10. These can be purchased prior to the end of the year or during the first few days of 2023. Please see price list on the next page.



Yondr Pouches progress



A quick update and thank you to all the staff, students and families for your support in implementation of the Yondr pouches.

Teachers are experiencing an increase in student engagement in classrooms, our playground is more active in conversation and games. Negative referrals and behaviours to do with social media and inappropriate mobile use have also decreased due to this implementation.

As a result of the positive effects this is having on the school learning and social environments, Gundagai High School will be continuing the Yondr pouch program into the future.

TRANSITION for YEAR 7 2023

After four weeks of Wednesday afternoon visits from next year's year seven students, our transition program for 2022 has nearly come to an end.

Students have enjoyed a range of activities across most of the subject that we offer, including making timber coasters, working with negative numbers, creative writing, and working together to make original music and art, as you can see in the accompanying image.

Teachers have thoroughly enjoyed working with the students, and very much look forward to beginning the students' high school journey in the classroom next year.

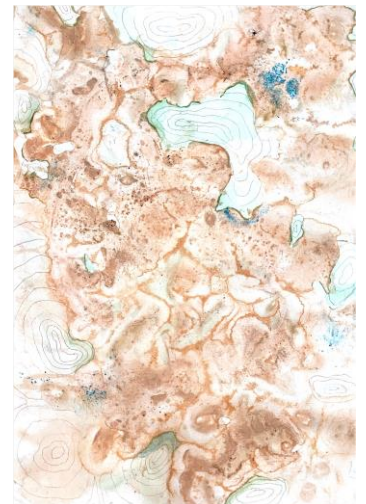
To the students: As your stage coordinator, I look forward to meeting your families on Monday evening at 5:30 pm for a brief information session, and enjoying your company once again for your first full day of high school on Tuesday. It has been wonderful watching what you are all capable of so far and I cannot wait to see what's possible from here.

Mr Fish
Stage 4 Coordinator



Artist statement: Tazmin Makeham

'Navigating My World' is inspired by the land in which I grew up. I come from a family with a long history of farming and throughout my whole life it has been instilled in me how to respect and appreciate the land. My Body of Work showcases the many different aspects of the land from the changing colours and textures, and also the agricultural use of the land. I have incorporated topographic map symbols which relates to the title of my work as I navigate my connections to the land. My artmaking practice was inspired by artists John Wolseley and Julia Roche through the use of unconventional watercolour application techniques and exploring the natural textures of world into my artmaking.



Artist statement: Natalia Shimpf

'Molecular Dis-ease' represents my struggle with the ongoing illness my father suffered until his death late last year. My Body of Work displays the molecular structure of leukemia and the fear I have of its hereditary nature. These artworks represent the multiple layers of grief and fear I am experiencing due to my loss. My artmaking practice has been a natural process exploring my father's condition and working through my emotions. Artists Cherry Hood and Amy Parrish influenced my techniques with the bleeding of the watercolour paints and the softness of my father's portrait.





Not every act of meanness is bullying

By Michael Hawton, Psychologist (MAPS) and [Parentshop](#) founder.

One of our jobs is to help children and young people to interpret events proportionally. However, in recent times, I have seen a shift involving the wrong application of words like *trauma*, *depression* and *bullying*. When these very meaningful words are misused, their misuse can result in unwanted consequences. What might be the 'unkind' behaviour of another may, in fact, not be 'bullying'. In this article, I discuss the differences between unkindness and bullying – and how defining the two correctly - can teach kids resilience and to cope with conflict.

Anyone who spends a great deal of time with teenagers or simply remembers their own teenage years, would know that young people can be downright mean to one another.

An experiment by Debra Pepler at York University brought together children from years 1 to 6 who were identified by their teachers as particularly aggressive or particularly non-aggressive. What the study found was that, on average, mean behaviour from the aggressive children was displayed every two minutes and, most revealingly, from the non-aggressive children every three minutes.

**Conflict is unfortunately a part of life that we all deal with,
no matter what age.**

Bullying is, however, way more than that and can have serious and sometimes tragic consequences. Yet the term 'bullying' seems to be readily bandied around these days for all forms of 'mean behaviour'. According to 'Bullying No Way', the National Australian definition of bullying is:

"an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert)... Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying." (Safe and Supportive School Communities (SSSC), 2019)

The key terms in the definition of bullying is 'misuse of power' and 'repeated'. The key terms in the definition of what is not bullying is 'between equals' and while conflicts or mean and hurtful behaviour may upset a young person tremendously, by labelling the mean behaviour 'bullying' we may be disempowering children.

... calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.'

Eileen Kennedy-Moore PhD, 2014

It is important for teenagers to understand the difference between someone being insensitive or mean and what constitutes bullying behaviour, because being able to successfully resolve and navigate these situations is a huge step in their emotional growth and maturity. If the situation is deemed to be simply mean or hurtful behaviour, it is important not to over-play this through misleading terminology (i.e., bullying) and offer ways for the child to address and resolve this themselves.

Teacher and writer Braden Bell spoke in his article for *The Washington Post* (Bell, 2018) about his own personal experience when hearing about one of his teenager experiencing negative and disparaging remarks from a co-worker. His initial fury led him to a biased judgement, defining the perpetrator as a bully. But, when he eventually calmed down, he realised it did not fit the definition (it was offensive behaviour but not bullying) and so he talked with his wife and then teenager to find a viable coping solution, which worked out in the end. A way parents can assist with this is by first acknowledging the mean behaviour, e.g., 'that was mean/rude/unkind of her/him' and then, as Bell suggests, prompting his teenage daughter to seek some form of resolution or solution by asking "What are your choices?" And, as a follow-up, "What are the likely outcomes of those choices?". This may not be easy because of heightened emotions and the initial responses may not be great. He took the right steps.

Parents who react too defensively for their teenager at every negative encounter with their peers may be doing more harm than good. In later years, the teenager may not have the necessary tools to independently handle conflict and may feel 'victimised' in situations that don't go their way, potentially causing social engagement and relationship difficulties in later life.

Further in her article in *Psychology Today*, Eileen Kennedy-Moore, wrote:

"... calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.' As these children grow older, they demonstrate less resilience, sometimes publicly. The kids got more easily and deeply upset about perceived offenses, including situations that were unpleasant, but weren't really bullying. Beyond stunting their emotional maturity, their heightened reactions had negative social consequences, as peers responded by disengaging from them." (Kennedy-Moore, 2014)

By defining the behaviour correctly, we are encouraging our kids to assess and respond in a way that creates resiliency and emotional maturity.

Michael Hawton is founder of Parentshop, providing education and resources for parents and industry professionals working with children. He has authored two books on child behaviour management: *Talk Less Listen More* and *Engaging Adolescents*. You can find more information, including his books and self-paced online parenting courses at <https://www.parentshop.com.au/parent-courses/>

References:

Further reading: Eileen Kennedy-Moore PhD, *Psychology Today*: *Is it Bullying...Or Ordinary Meanness?* 1st October 2014, <https://www.psychologytoday.com/us/blog/growing-friendships/201410/is-it-bullying-or-ordinary-meanness>

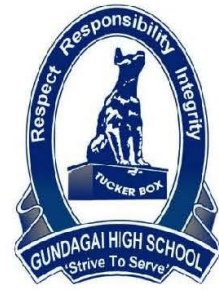
Braden Bell, *The Washington Post*: *Not all unkindness is bullying: Here's why we need to teach kids to differentiate*, 16th August 2018, <https://www.washingtonpost.com/news/parenting/wp/2018/08/16/not-all-unkindness-is-bullying-heres-why-we-need-to-teach-kids-to-differentiate/>

Bullying No Way! Australian website for schools bullyingnoway.gov.au/, Safe and Supportive School Communities (SSSC) 2019, viewed 2018, www.bullyingnoway.gov.au/DefinitionOfBullying

Kids Help Line: [How to tell if it's bullying.](#)



Stock up on school books & equipment



Now available for purchase at the school canteen are book packs for Years 7 – 10.

Year 6 into 7 2023 are able to purchase their packs from now until the end of term 4 or first day back in 2023.

Years 8 – 10 2023 are also able to purchase their packs from now on.

Book packs can be purchased by cash or Eftpos at the school canteen

Please do not pay online (POP) as these are a P&C initiative *Thank you* 

Year 8 book pack includes:

- 7 x 128 page A4 exercise book
- 1 x grid book
- 1 x 2B pencil
- 2 x A4 display folder
- 1 x Visual Art Diary

\$20

Year 7 book pack includes:

- 8 x 128 page A4 exercise book
- 1 x grid book
- 1 x geometry set
- 1 x 30cm clear plastic ruler
- 1 x 2B pencil
- 3 x A4 display folder
- 1 x Visual Art Diary
- 2 x 6B pencils
- 1 x eraser

\$30

Year 9 & 10 book pack includes:

- 5 x 128 page A4 exercise book
- 1 x grid book
- 1 x 2B pencil
- 1 x A4 display folder

\$15

Visual Arts Diary

These are available to purchase separately for Years 9-12 for:

\$5



School Calculators

Families are encouraged to purchase calculators from the school to allow for uniformity in the classroom.

Calculators + a bonus 32 GB USB can be purchased in the office for:

\$ 23





CHRISTMAS ON SHERIDAN GUNDAGAI

LIVE MUSIC, SHOPPING, KIDS RIDES, SANTA,
GREAT FOOD & DRINKS

FRIDAY
9
DEC

SPECIAL PERFORMANCE BY
DEJA GROOVE

FREE
5-10PM

PROUDLY FUNDED BY THE NSW GOVERNMENT IN
ASSOCIATION WITH GUNDAGAI BUSINESS NETWORK.

