



## Carinya School

Coleborne Avenue Mortdale. Phone: 9580 2852 Fax: 95807054

### A message from the principal's desk:

Congratulations to all students on the effort they have put into their work during Semester 1 2016. Thank you parents and carers for supporting the work of our teaching staff and learning support officers as they have worked with commitment to support the development of your children.

The Anzac commemorations at the start of the Term were moving and memorable. Thank you to staff and students for their thoughtful and meaningful contributions.

Throughout the term staff have continued their professional development in the areas of technology, leadership, teacher development and mentoring, Futsal coaching and behaviour management. We look forward to the continuing development of our staff and the impact it will have on the engagement, learning and wellbeing of our students.

During Term 3 the school will be providing more support to students in the area of the management of strong emotions. Through a combination of school wide programs in resilience, counselling in the management of strong emotions and mentoring of individuals it is anticipated that we will continue to positively impact the wellbeing of our students. Over the break there will be significant electrical work done to the food technology room

to enable the operation of our Carinya Café. This has been a long road and I thank you all for your patience and support of this project. The allocation of counsellor time to Carinya will be increasing next term. Lisa Blake will be delivering 2.5 days of service to our school. Unfortunately we will need to farewell Christine Tsekas who has been a fabulous support to our students and their carers and families. A farewell to those students who have changed schools including Indie, Gary Elias and Brayden. We wish you well in your new schools, We look forward to an exciting Term 3.

Craig Cleaver

### LANDCARE

The students in Landcare this first semester have been very busy keeping our school environment neat and tidy. They performed tasks such as weeding, planting, mulching and the removal of large abandoned tree trunks left over from the storm.

These photos demonstrate what can be achieved with team work!!



# SPORTS REPORT

## Sport Term 2



This term in sport students have been involved in the Sporting Schools program. This is a government funded initiative providing free or subsidised coaches and venues for school sports. The Futsal coaches provided by Football NSW at Peakhurst Indoor Sports Centre have been fantastic and students have learned valuable skills and sportsmanship. Our school has also been invited to participate in a Soccer Gala Day organised by Endeavour Sports High School support unit next term. Unfortunately this Gala Day was postponed due to wet weather; however the school team was able to train at Menai PCYC as a lead up to the new competition next term.

Some courageous students ventured to the High Ropes course at Oakdale this term and we were very excited to see students "having a go" and conquering their fears. The photos below show the heights our students went to in completing the course. Well done to all who tried their best!

On Friday 5<sup>th</sup> August our Futsal team will be competing in Penrith at the Futsal State Championships in the AWD section. Good luck to our team!

On Friday 5<sup>th</sup> August our Futsal team will be competing in Penrith at the Futsal State Championships in the AWD section. Good luck to our team!

Next term we will be going bowling at Southgate Lanes, having gym lessons in the hall and hopefully participating in some more excellent instruction via the Sporting Schools program. Our School Camp has been booked from 5-6 September at Wooglemai Environmental Education Centre and Our Sports Carnival this year will once again have an Olympic theme. Start training everyone!

## Student Wellbeing

This Semester our school has been implementing the MindMatters program, focusing on student mental health and wellbeing. Mental health is about being able to manage life's challenges effectively in ways that enable us to live a life we value. Mental health is not mental illness or "problems" or "difficulties". Mental health is part of our overall sense of wellbeing and includes the positive aspects that create a fulfilling and meaningful life (eg confidence, optimism, persistence, courage and resilience). Through our weekly wellbeing lessons in assembly and class, students have been learning about resilience, what it means, how we develop it and how important it is in helping us in school and life.

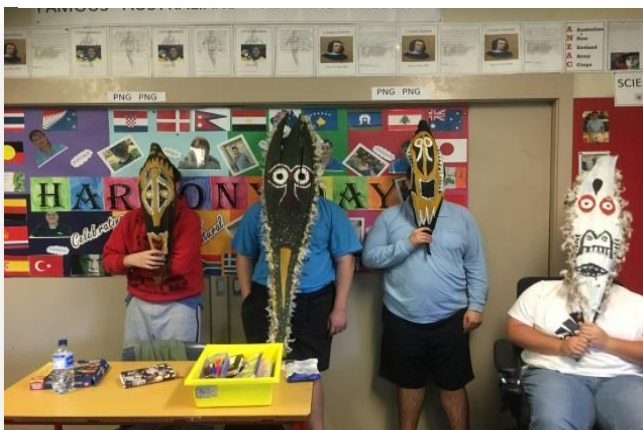
## What is well-being?



### Class 3

As part of our Geography unit, Class 3 has been looking at Papua New Guinea during term 2. Students focused on PNGs economy, food, languages, weather, life expectancy, climate, religion and currency used. Students also painted traditional tribal masks using palm fronds, ochre paints and feathers. A country of immense cultural and biological diversity, it's known for its beaches, coral reefs and scuba diving. Inland are active volcanoes, granite Mt. Wilhelm and dense rainforests, which hikers trek via the Kokoda Trail. There are also agricultural villages, many with their own languages.

Sam Nadile and Jacqui Chase



### Mobile Phones - Good or Bad?

Ok, let's say you are getting mugged. If you have no phone how are you going to call the police. That is right, you cannot.

If your car breaks down you can call a towtruck/taxi.

You can call your loved ones and they can call you. On some phones you can play games/apps which can occupy your time. You can check the time and the weather.

It is good and cool to have a mobile phone.

Cameron Michael Walsh



### Work Experience

A very successful term was had by our Carinya Work Experience crew. The students gained experience working with stock presentation on the floor and in the produce section. Customer service was also practiced in the Deli/Bakery section.

Thank you to all the staff at Coles Oatley who assist our students in their learning.

Cathy Zeleni

Class 9 love food tech

We love to cook on Wednesday because it's and good life skill. While I've been here we've cooked Mexican pizza, Nachos, Fried rice, Apple pie with cinnamon, Hot dogs and a toasted meatball sub with tomato and cheese.

My favourite was the fried rice and we used chicken breast, frozen vegetables and sweet soy sauce.

Megan and Jye's favourite was the apple pie. We used tinned apples warmed up with cinnamon and then wrapped them in pastry and baked them.

Indies favourite was the Nachos. We used burritos as a base and then put corn chips with meat, salsa and cheese we then baked it. I can't wait to see what we'll be cooking next term. I'm already hungry now.

By Aidan



## Class 2

I like to play the Violin it makes me happy and calm.

Nick

Resilience is about not letting lifes downs get tough. Resilience is being able to keep going no matter what life throws at you. I have shown resilience by doing well at my new school.

Andrew J.

Bouncing back when things become hard. Being able to keep your cool and staying focused on the job. I kick a ball to stay calm.

Jack

Resilience is people have strengths to push past your limit and be strong too. Never give up what you started. You bounce back by meditating in a quiet place when you feel angry.

Jacob

Playing with my electronic games makes me happy.

Hayden W.

I think resilience is when you bounce back. When I am sad I will make myself happy by playing my Video games.

Patrick

Resilience is people have strengths to push past your limit and be strong too. They never give up what they started. You bounce back to meditate in a quiet place when you feel angry.



**Today you are YOU,  
that is TRUER than true.  
There is NO ONE alive  
who is YOUER than YOU!**

## Class 4

One day 4 Pokémon trainers came to Resilience Town to visit the cousins it was a nice place to live cause of good Pokemon neighbours and with a lot of trees. Charmeleon and his mum lived there. He was outside and he met Electiure who wasn't nice. He said "You are not strong enough to fight me Charmeleon."

Charmeleon was upset. He ignored Electiure by walking away. Charmeleon trained hard to be a better Pokemon. He read how to smash rocks and how to become faster by practicing quick attacks. Electiure stopped bothering him and said sorry to Charmeleon.

Bailey H.

This is Jayden and he is playing Terraria on his phone and he is very angry because he can't figure out how to defeat a boss called the Guardian. Ah... Ah yelled Jayden. "This Guardian is really annoying me" he said. He put his phone down and went to calm down and get a drink. Jayden came back and started playing again. " I think I can do it this time" though Jayden. So he tried again and again and then he finally did it and he was so happy that he had done it. From then onwards he never got frustrated at a game again because he kept on trying until he got it right.

Jayden

I found the Pokemon Darkcry. He was a new Pokemon and I didn't see him before I practiced this game. I became good at it I finally beat Tyrone and I was very pleased with myself.

Jamie R.

## Class 8

Resilience is about you bouncing back. Once I was playing soccer and there was some bigger kids playing too. They were playing rough and they booted the soccer ball at my private parts, but I kept playing.

Matthew F.

If someone isn't being nice to others you have to bounce back. Help your friends and cheer them up. Be nice to others and yourself. Play with them and have fun. This is called resilience.

Luke S.

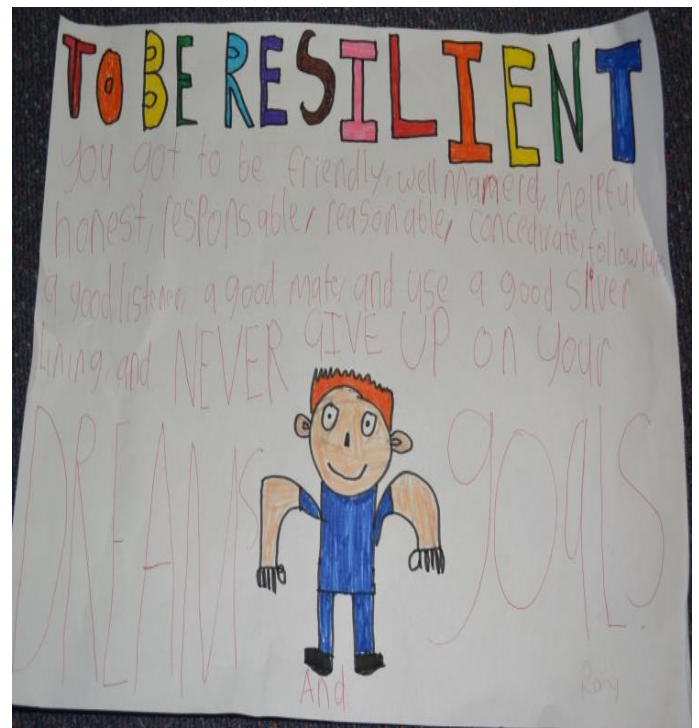
There was a boy named Mick. Mick was always getting banned off his gadgets. He tried and tried to get his gadgets back but nothing worked. So Mick started to earn his gadgets back but it did not work. Then Mick became really angry and started taking his gadgets back but that was not right, he got caught and got a bigger ban. Then he started to realize he had done the wrong thing and buckled down and started to listen to his parents and soon he got his gadgets back.

## Class 1

Michael P

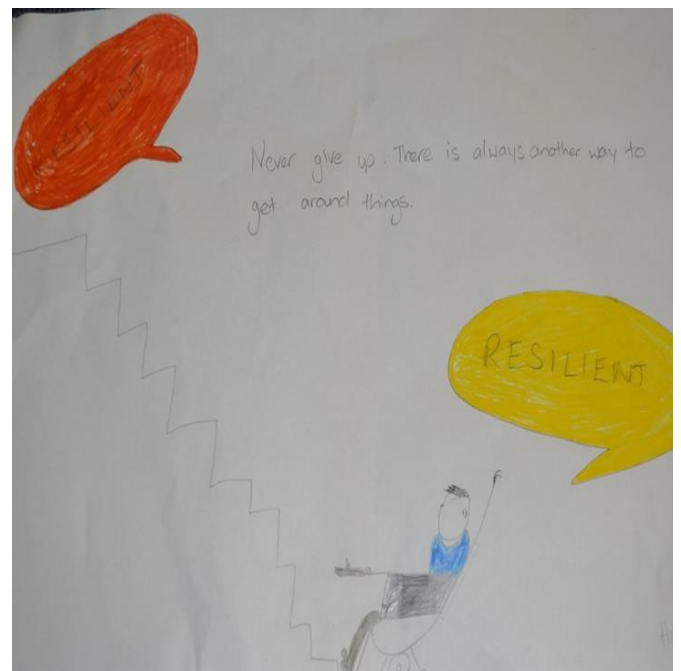
I was jumped by a group of girls because of my skin colour. I stood up for myself even though what they said hurt my feelings. I overcame what they said because I knew I was better than them. I grew up in a bad area and around bad people, but now I am in a better place. It shows not giving and it's better to keep going. My dog helped me to not give up.

Latisha W.



You got to be friendly, well mannered, helpful, honest, responsible, reasonable, and considerate, follow rules, a good listener a good mate and use a good silver lining and NEVER GIVE UP ON YOUR DREAMS.

Rory



Never give up. There is always another way to get around things.

Hayden. A

# Food Technology

Semester one has come to a close and the students at Carinya have produced some amazing food products. Throughout Terms 1 & 2 students have developed their cooking skills whilst learning about food hygiene and safety, different cooking techniques and the influence of cultures on the food industry.

Students have shown their skills in making a variety of meals covering all the foods groups, using a variety of methods of cookery including frying, baking, roasting and poaching.

Some of the recipes used were:

Big Breakfast (Eggs, bacon, grilled tomatoes, mushrooms)

Spinach & Beef Cannelloni (pasta dish)

Brownie Biscuits & ANZAC cookies

Chicken Schnitzel & Salad

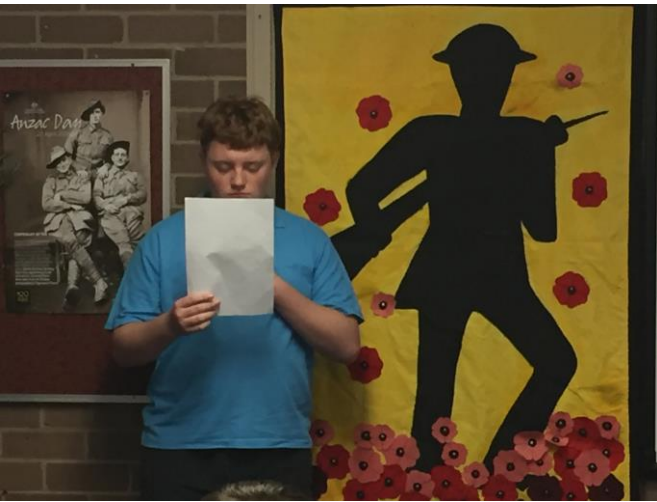
Healthy Omelettes

Chicken Curry

Students have also learnt the importance of working cooperatively in small groups, hygiene and washing practices, use of personal protection equipment and the effective management of their time.

It has been a thoroughly enjoyable semester.





# School



t e a c h e r i c l o w  
y o u w f k c a l p p j  
n p j u m s h o a f n t  
b w h d y u a p s u s v  
a y e n y w i e s e c y  
g t b u k r r n r r h b  
v s r w j c a c o a o o  
b r u l e r r i o s o a  
a d a x o t c l m e l r  
b o o k z j y q h r e d  
c o l i l v v z d e s k  
s t u d e n t s y j e b

school

student

teacher

chair

desk

book

bag

pencil

eraser

board

ruler

classroom