LEADERSHIP AT CCDC
At the beginning of each semester all year groups elect a Year Captain. Year captains have the opportunity to develop their leadership skills under the guidance of our leadership coordinator and stage advisers. We congratulate the Semester One Year Captains for their service, and look forward to them continuing to display their leadership skills for the remainder of the year. Thank you to our Semester One Year Captains:

Year 7: Koa Sarafian, Emma Sole
Year 8: Chloe Burdon, Elvin Manaois, Sakaio Vaa
Year 9: Ronit Achariya, Yasmin Diab
Year 10: Tabitha Turton, Mitchell Rollo

We also congratulate and welcome our new Year Captains for Semester Two:
Year 7: Koa Sarafian, Emma Sole
Year 8: Elvin Manaois, Lent Taverio
Year 9: Cody Hepenstall, Kay Phillips
Year 10: Tabitha Turton, Josh Ross

We look forward to all students representing the school with pride.

Ms Chloe Smith
Leadership Coordinator

CELEBRATING EDUCATION WEEK
A huge congratulations to the following students (photo below): Reuel Jualan, Angel Carter, Mitchell Rollo, Melina Vaa, and Jayden Connor, who performed at Mt Druitt Westfield’s Shopping Centre for Public Education Week during Week 3.

The school band performed two songs: See You Again and Photograph. It was also an opportunity to perform as part of Chifley College, with all campuses being represented through musical performances.

These students performed at a very high standard and represented our school with pride. Well Done!

Mrs T Azzopardi
Head Teacher, CAPA/TAS

PENRITH SHOW
It’s an exciting and productive time in our TAS workshops, Food Technology kitchens and Visual Arts practical rooms as students are busy completing their projects, baking and/or artworks to feature in the 2015 Penrith District Show.

WHAT’S HAPPENING

Tuesday 11 August
Year 10-11 Subject Selection

Wednesday 12 August
Captains Cup 8.30 am

Thursday 13 August
Girls Rugby League 3.15 pm

Thursday 20 August
Girls Rugby League 3.15 pm

Friday 21 August
Fast Forward - UWS

Tuesday 25 August
Be Street Smart, Olympic Park

Wednesday 26 August
PATHE workshops
FOCUS OF THE WEEK

Each week, we focus on one behavioural expectation.

Week 5 - I start walking to class when the music begins

The Penrith District Show is being held on Saturday and Sunday, 29 and 30 August at the Paceway in Penrith. Please come along to view and support the projects, baking and artworks submitted by Dunheved Campus students at this local event.

Mrs T Azzopardi
Head Teacher, CAPA/TAS

NATIONAL SCIENCE WEEK
From the 15th to the 23rd August, Australia celebrates National Science Week, which is an opportunity to celebrate all things scientific. There are many activities and learning opportunities featuring as a part of this week around Australia.

In Science, students have opportunities to investigate the many ways light affects our everyday lives, from our ability to see the world around us, to providing the energy for all plants to grow, and providing a renewable source of energy for electricity.

During National Science Week be sure to take a moment to appreciate the importance of light in your life.

Mrs V Longridge
Head Teacher, Science

CHIFLEY COLLEGE DUNHEVED

RUGBY LEAGUE TERM 3
This term there are opportunities for our students to get involved in Rugby League. Our Chifley Junior Girls are currently undefeated in the Penrith Panthers Open Girls Rugby League Competition. They are the defending undefeated champions and are looking like going back to back.

Congratulations to Cheryl Varga, who was selected as halfback for the Penrith Panthers U/16’s Rugby League side. This competition is part of the NSW All Schools Carnival team, with the assistant coach being Mr Raymond.

Our Year 8 boys played in the Penrith Panthers 9-a-side competition winning 2 games; 26-8 and 22-0, eventually losing in the quarter finals 14-8. Well done to all the players who represented their school with pride. A special thank you to all the wonderful parents and carers who came to support the team on the day.

Check our website where you can find newsletters, calendar items and the latest information for students and parents:

www.dunheved-h.schools.nsw.edu.au
Our Year 9/10 boys have their gala day on this week, with the girls having another competition in Week 7. Good luck to all those teams.

Chifley Junior Girls:

Year Boys:

Mr Raymond
Coach
Benefits of regular physical activity
Information for parents and carers

“Our school system rightly aims to bring the gifts of literacy and numeracy to every child. We need to bring the gift of a healthy and active lifestyle to every student too.”

Mike Baird, Premier of NSW

Department of Education and Communities policy requires students in Years K-10 to participate in a minimum of 150 minutes of planned physical activity each week. Physical activity greatly benefits the health and wellbeing of students.

Student Focus
Physical activity increases blood flow and nutrients to essential areas of the brain that stimulate learning. This enhances cognitive functioning, attention and memory. Physical activity also stimulates the release of adrenaline which improves attention and enables children to become alert and ready to learn.

Academic Performance
Academic achievement improves with physical activity and may boost standardised test scores, even when time is removed from the academic timetable.

Students who are physically active are more likely to achieve than those who are sedentary.

Skill Development
Participation in physical activity provides students with opportunities to develop movement skills and feel a sense of achievement. Participating with others can help students develop their skills in self-regulation, problem solving, leadership and decision making.

Wellbeing
Participation in physical activity helps students to feel more confident, happy and relaxed. Active students are more connected to their school which can improve their sense of fair play, their resilience and ability to develop and maintain positive friendships.

Health Outcomes
Physical activity improves physical fitness, sleep, mental health and wellbeing, bone health and contributes to maintaining a healthy weight.

If you need help accessing the content of this document please contact the NSW School Sport Unit on the phone number or email address below. If you need an interpreter to assist you to contact the Unit, please call the Telephone Interpreter Service on 131 450. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.

Further information
NSW School Sport Unit
T: (02) 9707 6900
E: schoolsportunit@det.nsw.edu.au
http://www.sports.det.nsw.edu.au
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